

# Highlight on Health

An Emmons County Public Health Publication

## Important Dates

**August 1** - National Girlfriends Day.

**August 1-7** - World Breastfeeding Week.

**August 13-19** - National Health Center Week.

**August 17** - National I Love My Feet Day.

**August 20-24** - Contact Lens Health Week.

**August 21** - National Senior Citizens Day.

**August 30** - National Grief Day.

**August 31** - Opioid Misuse Prevention Day.

## Monthly Observances

- Children's Eye Health and Safety Month
- Medic Alert Awareness Month
- National Breastfeeding Month
- National Immunization Awareness Month

## ECPH Receives Car Seats

Emmons County Public Health is providing 100 car seats for anyone who would benefit from one. The health unit received 80 convertible and 20 low back boosters that are free for parents, grandparents or anyone who could use an extra seat.

An estimated 1 in 3 children ride unrestrained according to [www.buckleupforlife.org](http://www.buckleupforlife.org), while just only 1 in 4 seats are properly installed in the United States.

Though the Buckle Up for Life program was created for low income families, families from all economic backgrounds are eligible for a free car seat. People receiving a car seat will receive education on car seat usage. These individuals must also complete a pledge form and answer two demographic questions.



U.S. Air Force photo  
TSgt. Amelia Leonard

The car seats are provided through a grant from Toyota and Cincinnati Children's Hospital.

## Breastfeeding Remains Healthy Necessity for Moms, Babies

The first week of August is celebrated as World Breastfeeding Week and is the kickoff of Breastfeeding Awareness Month.

Breastfeeding is a tremendous short- and long-term health resource of both mother and child:

- Provides a source of antibodies against disease to help a baby's immune system.
- May reduce a mother's risk of postpartum depression, as well as breast and ovarian cancer.
- Saves money that would be otherwise spent on formula.
- Helps reduce pregnancy pounds due to burning up to 500 calories daily through milk production.

Mothers should plan to breastfeed about 8-12 times over 24 hours. Babies will regularly provide hunger signals and you should always feed on demand.

There are lifestyle choices to undertake prior to breastfeeding:

- Eat healthy
- Stay hydrated
- Rest as much as possible
- Don't smoke or quit smoking
- Be mindful of medication side effects

Emmons County Public Health  
118 E Spruce Ave, Linton ND 58552  
P: 701.254.4027

[www.emmonsnd.com/public-health.html](http://www.emmonsnd.com/public-health.html)  
[facebook.com/ECPH.gov](https://facebook.com/ECPH.gov)



# Ensure Back to School Includes Immunizations

Changes to the required immunizations for children attending child care and K-12 students go into effect for the 2018-19 school year. Students entering grades 7-10 must receive one dose of meningococcal conjugate vaccine (MCV4), while individuals entering grades 11 and 12 must receive a second dose.

MCV4 protects against meningococcal disease, a serious bacterial infection that can cause meningitis and possibly lead to death or permanent disability within hours of first symptoms. Ideally, children should receive one dose of MCV4 when they are 11 to 12 years old and a booster on or after their 16th birthday. In addition, the Tetanus, diphtheria and acellular pertussis vaccine (Tdap) is required for students entering grades 7-12. Previously this vaccine was only required for individuals entering seventh grade.

There have also been changes to who can sign for a history of disease exemption. In past years, a child's parent could sign for a history of disease exemption. However, now a physician's signature is required for that history of disease exemption. Finally, the time period that schools are required to exclude children has been changed. Whereas schools previously would exclude students who were not up to date after 30 days of enrollment, schools now may exclude children on October 1, or 30 days after enrollment if enrolling after October 1.



*The State of North Dakota has changed immunization requirements for the 2018-19 school year.*

Contact Emmons County Public Health  
at (701) 254-4027 to schedule  
your child's school immunizations.

Students may be exempt from immunization requirements for the following reasons:

- **Medical Exemption** – Requires a certificate signed by a licensed physician stating that the physical condition of the child is such that immunization would endanger the life or health of the child.
- **Personal Belief or Religious Belief Exemption** – Requires a certificate signed by the parent or guardian whose sincerely held philosophical, moral or religious belief is opposed to such immunization.
- **History of Disease Exemption** – Requires a certificate signed by a physician stating the child has a reliable history of disease. Exemptions may only be claimed for hepatitis B, varicella, measles, mumps or rubella.

For more information about immunizations for child care facilities and schools, visit <http://www.ndhealth.gov/Immunize/Schools-ChildCare/>.

**Source:** ND Dept. of Health



Click for more info or visit [breathend.com](http://breathend.com)

**Dangerous**  
**JUUL**  
**Technology**

