

# Highlight on Health

*An Emmons County Public Health Publication*

## Get Your Daycare Signed Up for Safe Sleep Visit



Emmons County Public Health will be visiting with area daycares during December about ensuring safe sleeping environments. A safe sleep display is also set up at the ECPH office (118 E Spruce Ave in Linton). For more information about ABCs of safe sleep, or to schedule your daycare's visit, contact Emmons County Public Health at (701) 254-4027.

Sudden Infant Death Syndrome (SIDS) is the leading cause of infant death for babies aged one to 12 months old. In 2015 there were about 3,700 sudden unexpected infant deaths for children under 1 year of age in the United States. About 43 percent (1,600 deaths) were due to SIDS, with 900 deaths (25 percent) attributed to accidental suffocation and strangulation in bed. About 1,200 deaths (32 percent) were due to unknown causes.

There are a number of ways to create the safest sleeping environment for your child and reduce the potential for injury or death:

- Have babies sleep on their back, but never use wedges or positioners.
- Use a firm sleep surface every time, such as a mattress in a safety-approved crib with a fitted sheet.
- Room sharing is encouraged, but never share a bed with your infant.
- Keep all soft objects, toys, crib bumper pads, and any type of loose bedding out of your child's sleeping area.
- Get regular health care during pregnancy and throughout the first year with your infant.
- Smoking has been shown to increase the risk of SIDS. Do not smoke or allow anyone else to smoke around your infant.
- Breastfeeding has been shown to reduce the risk of SIDS.
- Give your infant a pacifier that is not attached to a string for naps and bedtime.
- Don't let your infant get too hot during sleep. One more layer of clothing than you would wear is generally enough.
- Until your infant rolls over on their own, place them on their back to sleep every time.
- Give your infant plenty of Tummy Time when awake.

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[facebook.com/ECPH.gov](https://www.facebook.com/ECPH.gov)

## Important Dates

**Dec. 1** - World AIDS Day

**Dec. 3** - International Day of People with Disability

**Dec. 3-9** - Handwashing Awareness Week

**Dec. 4** - Santa's List Day

**Dec. 4-8** - Older Driver Safety Awareness Week

**Dec. 4-11** - National Influenza Vaccination Week

**Dec. 7** - Pearl Harbor Day

**Dec. 10** - Human Rights Day

**Dec. 12** - Start of Hanukkah

**Dec. 20** - End of Hanukkah

**Dec. 21** - Winter Solstice

**Dec. 23** - Festivus

**Dec. 24** - Christmas Eve

**Dec. 25** - Christmas Day (Office Closed)

**Dec. 31** - New Year's Eve



## Protect Kids this Flu Season with Flu Shot

As you get your family vaccinated this season, remember some kids 6 months through 8 years of age require two doses of flu vaccine for optimal protection. Children in this age group getting vaccinated for the first time, or who have previously received only one dose of vaccine, should get two doses of vaccine this season. The two doses need to be given at least 28 days apart. For children who need two doses of flu vaccine, the first dose should be given early in the season to allow for immunity before flu starts to spread in your community. Ask your health care professional if your child needs two doses of flu vaccine.

**Source:** CDC

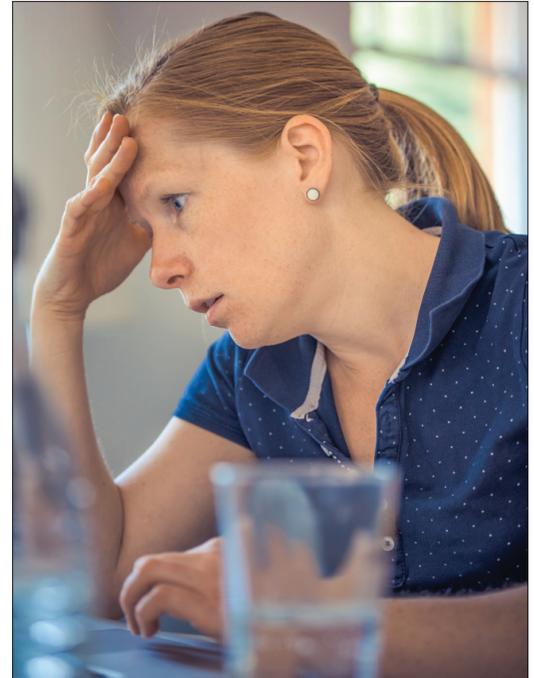
## Help Keep Holiday Stress at Bay

Most adults experience job stress throughout the course of the year, but report a broad array of conditions (e.g. depression, anxiety, PTSD) and emotional strain (e.g. dissatisfaction, fatigue, tension) in November and December. It is important to note organizations are able to take steps to help employees prevent and/or manage stress during this time. At a minimum, stress prevention programs should include the following factors:

- Awareness about job stress
- Secure top management commitment/support for program
- Incorporate employee input and involvement in all program phases
- Establish capacity to conduct the program (e.g. training for staff or use of stress consultants)

Once a program is established, an organization can take the following steps to counteract signs of job stress:

- Identify the problem (hold discussions with employees, design an employee survey, measure employee perceptions of job conditions, stress, health, satisfaction, etc., collect/analyze data to identify problem locations and stressful job conditions)
- Design and implement interventions (Target source of stress for change, propose and prioritize intervention strategies, communicate planned interventions to employees, Implement interventions)
- Evaluate the interventions (Conduct



short- and long-term evaluations, measure employee perceptions of job conditions (stress, health, satisfaction), Include objective measures, refine intervention strategy and return to Step 1).

For more info, contact the [National Institute for Occupational Safety and Health](#). NIOSH provides info and publications about a wide range of occupational hazards [online](#).

**Source:** CDC.gov



### Winter Survival Kit List

- Shovel
- Windshield scraper and small broom
- Flashlight with extra batteries
- Battery powered radio
- Water
- Snack food including energy bars
- Raisins and mini candy bars
- Matches and small candles
- Extra hats, socks and mittens
- First aid kit with pocket knife
- Necessary medications
- Blankets or sleeping bag
- Tow chain or rope
- Road salt, sand, or cat litter for traction
- Booster cables
- Emergency flares and reflectors
- Fluorescent distress flag and whistle
- Cell phone car charger