

Highlight on Health

An Emmons County Public Health Publication

Important Dates

February 3-9 - Burn Awareness Week.

February 4 - World Cancer Day.

February 7 - National Wear Red Day.

February 7 - Give Kids a Smile Day.

February 7-11 - Congenital Heart Defect Awareness Week.

February 9-15 - National Cardiac Rehabilitation Week.

February 12 - Abraham Lincoln's Birthday.

February 14 - National Donor Day.

February 14 - Valentine's Day.

February 17 - President's Day.

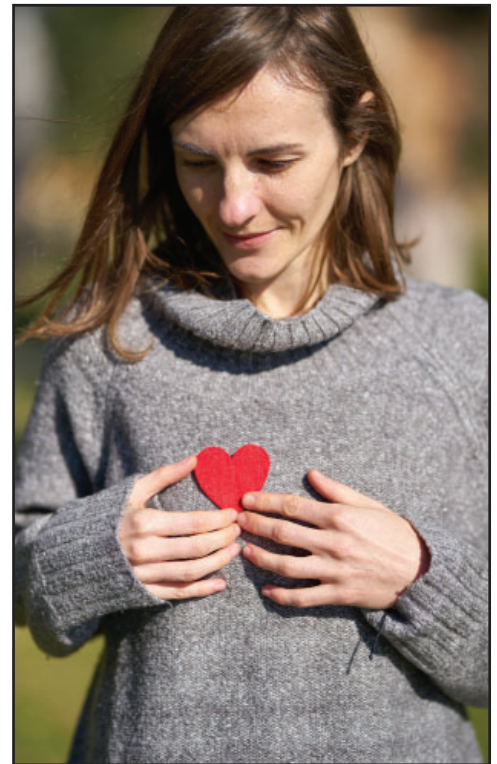
February 22 - National Heart Valve Disease Awareness Day.

Celebrate American Heart Month with Friends, Family

Heart disease is the leading cause of death for both men and women in the United States. About 90 percent of middle-aged people and more than 74 percent of young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, being a smoker, or overweight. Having multiple risk factors increases your risk for heart disease.

Follow these heart healthy tips with your friends, family, coworkers and others in your community and you'll all be heart healthier for it:

- **Be more physically active** – Ask a colleague to walk with you on a regular basis. Put the date on both your calendars and text/call to make sure you both show up.
- **Maintain a healthy weight** – Find someone who also wants to lose weight. Do healthy activities together like walking or on a neighborhood sports team.
- **Eat a nutritious diet** – We tend to eat like our family and friends, so ask others close to you to join your efforts and eat healthier.
- **Quit smoking** – Ask others for support or join a support group. All states have quit lines with trained counselors. Call 1-800-Quit-Now (800-784-8669) for more information.
- **Reduce your stress** – Join a friend or family member in doing a relaxing activity every day like



Did you know that people who have close relationships at home, work or in their community tend to be healthier and live longer? One reason is that these individuals are more successful in reaching health goals when they join forces with others.

- walking, yoga, medication or a stress management program.
- **Get enough quality sleep** – Sleeping 7-8 hours a night helps improve heart health, as does getting a 30-minute daily dose of sunlight.
- **Track your heart health stats** – Keep a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a healthy heart track.

Source: National Heart, Lung and Blood Institute

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www.emmonsnd.com/public-health.html
facebook.com/ECPH.gov



Begin Flood Preparedness with Awareness

Flooding is the most common disaster in the U.S. and can cause a variety of problems to rural communities. But you can help offset many of the dangers associated with flooding by educating yourself and of risks around your home, or other property.

BEFORE THE FLOOD

- Know what is going on in your community and learn about past problem flooding areas. This can give you perspective.
- Make sure your vehicle has a full gas tank and you have a mobile disaster kit, as well as supplies (food, water, medication, personal supplies) for at least 72 hours of sheltering in place.
- Rural homes/communities that may be cut off from stores may need significantly more resources.
- If you don't have a vehicle, make arrangements with public transportation, or a friend or relative.
- Consider a waterproof and/or fireproof box to hold important and personal documents.
- If you require consistent medical care (i.e. kidney dialysis, cancer treatment) contact your health care provider and talk about what to do in the event of a disaster.



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DURING THE FLOOD

- Stay informed by local news/officials on flooding progress.
- Follow evacuation or shelter in place warnings.
- If you must evacuate, and there is time, unplug appliances to prevent potential electric shock later. Turn off gas, power and water, if possible.
- Evacuate pets in some kind of size-appropriate carrier.
- If evacuation routes are given, do not deviate from those routes. Shortcuts or alternate routes may be blocked.
- Do not go around barricades.
- Be alert for washed out, or flooded, roadways.
- Do not walk/drive into flooded areas, if possible. Water that appears shallow may have washed out roadways.
- Listen for information

from local officials on how to safely use water to drink, cook or clean. If you have water concerns, contact your public water system. When in doubt, use bottled water.

AFTER THE FLOOD

- Stay informed by local news/officials on flooding progress.
- Contact friends and family to let them know you are safe.
- If you've evacuated, wait for an "all clear" before returning to impacted areas.
- If you are returning to your home following an evacuation, return during the day so you won't use electricity.
- If you smell gas or suspect a leak, turn off the main gas valve, open windows and leave the house. Notify your gas company, as well as fire officials and law enforcement.
- After handling

contaminated materials, wash hands with soap and uncontaminated water before touching yourself, anyone else, food or cooking utensils. Do not eat anything in contact with flood water.

- If utilizing a generator, do not run it indoors, and leave 3-4 feet of clear space on all sides to ensure appropriate ventilation.
- Clean with water and bleach (1 cup bleach to 1 gallon of water).

ECPH has a variety of flood resources available online at www.emmonsnd.com/flood-preparedness. These resources cover a variety of flood-related topics.

Source: NDDes, NDSU Extension, ND Department of Health, CDC, Ready.gov, FEMA