

Highlight on Health

An Emmons County Public Health Publication

Important Dates

April 3-9 - National Public Health Week.

April 7 - World Health Day.

April 7 - Walk to Work Day.

April 20 - Volunteer Recognition Day.

April 23 - World Laboratory Day.

April 24-30 - World Immunization Week.

April 26-May 3 - National Infant Immunization Week.

April 26 - Administrative Professionals Day.

April 27 - Take Your Daughter to Work Day.

April 30 - National Honesty Day.



Easy Tips for Poison Safety

Poisoning is the leading cause of injury-related death in the U.S. In 2014, there were 56 poison centers serving the United States. Poison centers assisted when about 2.2 million people came into contact with dangerous or potentially dangerous substances.

Below are seven quick tips to help keep you and your family safe:

1. Keep Cleaners and Other Toxic Products Out of Reach
2. Check Your Purse for Potential Hazards
3. Use Original, Child-Resistant Packaging
4. Keep Medicines Up and Away
5. Put the Poison Help Number in Your Phone - (1-800-222-1222)
6. Check for Lead
7. Install a Carbon Monoxide Alarm

Source: Safe Kids Worldwide and AAPCC

Pre-School Screenings Scheduled

Pre-school screenings will begin at the public health office starting Wednesday, April 5th, 2017.

A pre-school screening is encouraged for all children entering pre-school this upcoming year. Activities conducted during the screenings include vision, hearing, speech, development, and oral health, along with growth assessment.

These services are provided by Registered Nurses from the public health office and staff from Emmons County Special Education Unit.

Please contact Emmons County Public Health at (701) 254-4027 for your child's appointment.



Vaccines Key to infant Protection

National Infant Immunization Week (NIIW) was established to raise the profile of the infant immunization program in the United States.

Infant immunization protects people from vaccine-preventable diseases throughout their life.

NIIW is also a time to appreciate and celebrate the achievements immunization programs have had in promoting good health. Supported by the Center for Disease Control and Prevention, the first National Infant Immunization Week took place in 1994.

While aspects of the campaign may differ each year, the message behind this week is always, 'Love Them.

Protect Them. Immunize Them'. Parents are encouraged to have their children immunized by no later than the age of 2.

A course of vaccines offers protection against 14 diseases:

- | | |
|----------------------|------------|
| Hepatitis A | Influenza |
| Hepatitis B | Measles |
| Diphtheria | Mumps |
| Hib Disease | Rotavirus |
| Pertussis | Rubella |
| Pneumococcal Disease | Tetanus |
| Polio | Chickenpox |

National Infant Immunization Week runs from April 26 to May 3.

Source: whathealth.com



WHO focuses on depression for World Health Day

The World Health Organization celebrates World Health Day in April. This year, the focus of their campaign is depression, which affects more than 300 million people worldwide.

Depression is indiscriminate the leading cause of disability worldwide, and is a major contributor to the overall global burden of disease. Each year, depression is attributed to the more than 800,000 suicides. Suicide is the second leading cause of death in 15-29-year-olds.

The good news is there are a variety of effective treatments for the disease. Resources are available online, at www.who.int and you can find help for yourself, or someone you know through a variety of mental health organizations in the community.

#VACCINESWORK TO PROTECT INDIVIDUALS AND COMMUNITIES

Immunization is our shield against serious diseases.

When immunization rates are high, the wider community is protected including:

Infants who are too young to receive their vaccines.

Older adults at risk of serious diseases.

People who take medication that lowers their immune systems.

Check with your doctor that you are fully vaccinated.