

Highlight on Health

An Emmons County Public Health Publication

Important Dates

August 1 - World Lung Cancer Day

August 1-7 - World Breastfeeding Week

August 6 - National Fresh Breath Day

August 9-15 - National Health Center Week

August 13 - Friday the 13th

August 18 - First Day of Classes for Linton School

August 19-23 - National Lens Health Week

August 20 - World Mosquito Day

August 21 - National Senior Citizens Day

August 24 - First Day of Classes for Strasburg School

August 26 - Women's Equality Day

August 31 - International Overdose Awareness Day



Above: Back to School vaccinations help keep your child, and the school they attend, safe.

Vaccines Necessary for Safe BTS

With children going back to school this month, vaccinations are necessary to provide a safe learning environment. Check with your child's medical provider to make sure he or she is up to date on an immunization schedule.

Emmons County Public Health is available to provide all school-related immunizations. These vaccines prevent illnesses that have long-reaching effects:

- Measles
- Whooping Cough (Pertussis)
- Polio
- Tetanus
- Influenza
- Hepatitis A and B
- Rubella
- Hib
- Pneumococcal Disease
- Rotavirus
- Mumps
- Chickenpox
- Diphtheria
- Meningococcal A&B

The North Dakota Department of Health provides back to school immunization information online at <https://www.health.nd.gov/immunize>. A printable sheet with information about the vaccine schedule for children from birth to 6 years old are available at <https://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>. Printable sheets with information about the vaccine schedule for children ages 7-18 are available at <https://www.cdc.gov/vaccines/schedules/downloads/teen/parent-version-schedule-7-18yrs.pdf>.

For more information, visit <https://www.cdc.gov/vaccines/parents/visit/vaccination-during-COVID-19.html>.

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www.emmonsnd.com/public-health.html
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Lower Costs on Marketplace Health Insurance Plans Available

You may be eligible for more savings and lower costs on health coverage through the Health Insurance Marketplace due to the American Rescue Plan Act of 2021.

What's new:

- More people than ever before qualify for tax credits that lower the cost of health coverage, even those who weren't eligible in the past.
- Most people currently enrolled in a Marketplace plan will qualify for more tax credits.
- Health insurance premiums after these new savings will go down.
- 4 out of 5 customers can find a plan for \$10 or less per month.

Enroll or change plans with the 2021 Special Enrollment Period through August 15.

Fill and submit your application on [HealthCare.gov](https://www.healthcare.gov) by August 15, 2021. After you submit your application, you have 30 days to enroll in a plan. Coverage starts the first day of the month after you enroll. For example, if you enrolled any time in July, your coverage started August 1.

For more information about the Special Enrollment Period, visit [HealthCare.gov](https://www.healthcare.gov).



National Breastfeeding Month Celebrated Throughout August

In 2019, about 3 in 4 of the Emmons County births had been breastfed at the time of discharge. This percentage was higher than just 12 other counties in the state and below the state average of 82.77 percent.

Each August is National Breastfeeding Month. This year's theme "**Every Step of the Way**" is intended to help meet the needs of lactating families and individuals who support them. The schedule for the 2021 National Breastfeeding Month is as follows:

- **Week 1** – World Breastfeeding Week. Protect Breastfeeding: A Shared Responsibility.

- **Week 2** – Native Breastfeeding Week. Nourishing Our Futures.
- **Week 3** – Asian American Native Hawaiian and Pacific Islander Week. Reclaiming Our Traditions.
- **Week 4** – Black Breastfeeding Week. The Big Pause: Collective Rest for Collective Power.

More information about National Breastfeeding month is available at www.usbreastfeeding.org/nbm. Campaign materials for World Breastfeeding Week are available at <https://worldbreastfeedingweek.org/wbw2021-social-media-kit/>.

Want to see online editions of our newsletter?

Visit <http://www.emmonsnd.com/newsletter.html>