

# Highlight on Health

*An Emmons County Public Health Publication*

## Important Dates

**September 6** - Labor Day  
(Office Closed)

**September 10** - World  
Suicide Prevention Day

**September 11** - Patriot Day

**September 12** - Grandpar-  
ent's Day

**September 12-18** - National  
Folic Acid Awareness Week

**September 13** - World  
Sepsis Day

**September 18** - National  
HIV/AIDS and Aging  
Awareness Day

**September 20-24** - Falls  
Prevention Week

**September 22** - Fall Begins

**September 28** - World  
Rabies Day

**September 29** - National  
Women's Health and Fitness  
Day

**September 29** - World Heart  
Day



**Above:** COVID-19 positive cases are again on the rise in Emmons County, as well as across North Dakota.

## Delta Variant Pushing Into ND

COVID-19 positive cases are again on the rise in North Dakota as we head into another Fall season. This year, the Delta variant is one of the most popular contributing factors to individuals being infected.

The Delta variant has been shown to be more than twice as contagious as previous variants. This makes it more contagious than influenza, and about as contagious as chicken pox.

Individuals who have not been vaccinated for COVID-19 are still the most likely to get COVID-19, and most likely to suffer from the most severe symptoms upon being infected by the virus.

No vaccination is 100-percent effective. And even individuals who have been vaccinated may still become sick. But, vaccination still remains the safest, and most effective way, to proceed through – and out of – a pandemic.

Recently, a booster dose has been recommended for individuals 8 months after their previous COVID-19 vaccination, and individuals who qualify as immunocompromised have become eligible to receive a third vaccination. We expect to be able to provide these vaccinations this fall and expect to provide more information in coming weeks.

Emmons County Public Health continues to provide COVID-19 vaccination clinics. Contact us for more information and to secure your appointment. Learn more about the Delta variant at <https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html>.

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[www.emmonsnd.com/public-health.html](http://www.emmonsnd.com/public-health.html)  
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# 'Prepare to Protect' During National Preparedness Month

Preparedness has proven to be a universal need during the pandemic response, as common household items have at times become scarce, or due to illness you may need to quarantine from your community.

This year's National Preparedness Month's theme is "Prepare to Protect. Preparing for disasters is protecting everyone you love." Different aspects of preparedness will be focused on throughout September:

**Sept. 1-4: Make a Plan:** Talk to friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the CDC recommendations due to the coronavirus.

**Sept. 5-11: Build a Kit:** Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider unique needs each person or pet may have in case

you have to evacuate quickly. Update kits and supplies based on recommendations by the CDC.

**Sept. 12-18: Low-Cost, No-Cost Preparedness:** Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area. Learn how to make your home stronger in the face of storms and other hazards. Check insurance coverage to make sure it is up-to-date.

**Sept 19-25: Teach Youth About Preparedness:** Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

Watch for social media posts throughout the month of September focusing on various aspects of preparedness.



## Q: Who Needs A Flu Shot?

*A: All persons aged 6 months of age and older are recommended for annual vaccination, with rare exception.*

Learn more at

<https://www.cdc.gov/flu/prevent/whoshouldvax.htm>

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