

Highlight on Health

An Emmons County Public Health Publication

Important Dates

December 1 - World AIDS Day.

December 2-8 - National Handwashing Awareness Week.

December 2-8 - National Influenza Vaccination Week.

December 2-10 - Hanukkah.

December 3-7 - National Older Driver Safety Awareness Week.

December 7 - Pearl Harbor Day.

December 21 - Winter Solstice.

December 21 - National Flashlight Day.

December 24 - Christmas Eve.

December 25 - Christmas Day (Office closed).

December 31 - New Year's Eve.



Remember Handwashing as Part of Flu Defense

Handwashing serves as the foundation for good health – reducing infections such as influenza, the common cold, RSV, bronchitis and pneumonia.

However, many people could be better with handwashing frequency and techniques. This was the driving force behind infection control specialist, Dr. Will Sawyer, creating Henry the Hand and National Handwashing Week. This year's handwashing week runs from Dec. 2-8, and is traditionally the first full week of December each year.

While soap and water are the preferred methods of washing hands, an alcohol-based hand sanitizer containing at least 60 percent alcohol can also be used. However, it is important to note that sanitizers do not eliminate all types

of germs and might not remove harmful chemicals. Hand sanitizers are also not as effective when hands are visibly dirty or greasy.

The 4 Principles of Hand Awareness:

1. WASH your hands when they are dirty and BEFORE eating
2. DO NOT cough into your hands
3. DO NOT sneeze into your hands
4. Above all, DO NOT put your fingers into your eyes, nose or mouth

Source: HenryTheHand.com and CDC.gov



Public Health
Prevent. Promote. Protect.

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Car Survival Kits Paramount During Winter

The importance of a winter car survival kit in North Dakota vehicles cannot be stressed. Particularly in rural areas, where individuals may be stranded on lightly-traveled roads, it is critical that you have access to a variety of items that may potentially save your life when you are stranded due to inclement weather or mechanical failure.

Consider these items for your winter emergency kit, and consider having many of these items in your vehicle throughout the year:

- Antifreeze
- Batteries
- Blankets
- Cash and coins
- Cat litter/sand
- Cell phone car charger
- Potable water
- Duct tape
- Flag or bright fabric
- First aid kit
- Flashlight
- Foam tire sealant
- Hand-crank radio
- Ice scraper
- Jumper cables



If you are traveling during the winter months, you need to have a survival kit in your vehicle.

- Maps
- Multi-tool
- Nonperishable snacks
- Portable electric air pump for tires
- Rags
- Reflective warning triangles
- Roadside flares
- Seasonal clothing (including hats, gloves, boots, etc.)
- Snow shovel
- Tire pressure gauge

- Tow strap/tow rope
- Whistle

You can also avoid many of the problems associated with dangerous winter travel by planning ahead:

- Avoid traveling during periods of weather advisories
- Check antifreeze level
- Check tire treads or

use all-weather or snow tires

- Inform friends/family of your proposed route and ETA
- Keep gas tank near full to avoid ice in the tank and fuel lines
- Maintenance service on your vehicle as recommended

Source: CDC

**Not creating a quit plan could be the death of you.
Start 2019 off right.**



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Call Emmons County Public Health at 254-4027 for nicotine replacement products and to develop your quit plan.