

# Highlight on Health

*An Emmons County Public Health Publication*

## Important Dates

**September 2** - Labor Day  
(Office Closed).

**September 8-14** - National  
Suicide Prevention Week.

**September 15-21** - National  
Farm Safety & Health Week.

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

**September 18** - National  
School Backpack Awareness  
Day.

**September 23** - Autumn  
begins.

**September 23-27** -  
Malnutrition Awareness  
Week.

**September 23** - Falls  
Prevention Awareness Day.

**September 25** - National  
Women's Health & Fitness  
Day.

**September 28** - World  
Rabies Day.

**September 29** - World Heart  
Day.



**Public Health**  
Prevent. Promote. Protect.



# PREPARED, NOT SCARED

National Preparedness Month 2019

## Be Prepared, Not Scared During Preparedness Month

According to the National Household Survey, while more than 75 percent of Americans surveyed reported having supplies set aside in their homes just for disasters, less than 50 percent have a household emergency plan. National Preparedness Month is the time to accomplish preparedness steps for you and your family.

Putting together an emergency plan starts with knowing what types of disasters may affect your region. By visiting [www.ready.gov/make-a-plan](http://www.ready.gov/make-a-plan), you can begin to examine four questions that will be the foundation of your emergency plan:

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?

September was chosen as National Preparedness Month due to the tragedies of September 11, 2001, events that also helped to create the Public Health Emergency Preparedness program. The theme of this year's National Preparedness Month is "Prepared, Not Scared". The month of September is broken into four campaigns:

**Install the FEMA App  
on Apple and Android devices.  
[www.fema.gov/mobile-app](http://www.fema.gov/mobile-app)**

- **September 1-7** – Save Early for Disaster Costs
- **September 8-14** – Make a Plan to Prepare for Disasters
- **September 15-21** – Teach Youth to Prepare for Disasters
- **September 22-30** – Get Involved in your Community's Preparedness

We will also utilize a number of hashtags including #YouthPrep, #ReadyKids, and #PrepareNow.

Emmons County Public Health will be posting a variety of preparedness information through its social media during the month of September. Learn more by following us at [www.facebook.com/ECPH.gov](https://www.facebook.com/ECPH.gov).

Source: [Ready.gov](http://Ready.gov)

**Emmons County Public Health**  
118 E Spruce Ave, Linton ND 58552  
P: 701.254.4027

[www.emmonsnd.com/public-health.html](http://www.emmonsnd.com/public-health.html)  
[facebook.com/ECPH.gov](https://facebook.com/ECPH.gov)

# Farm Safety & Health Week Set for September



Producing nearly \$11 trillion worth of crops in 2018, North Dakota's agriculture is big business.

But there are countless ways to be injured on the 30,000 farms in the state. According to the U.S. Department of Labor report, agriculture was ranked as the country's most hazardous industry in 2017-2018.

The Bureau of Labor Statistics tracked three deaths of farmers, ranchers or other



agricultural managers in 2017, down from eight the year before. According to the University of Nebraska Medical Center there were 55 agriculture-related fatalities in North Dakota from 2012 to

2018, to go with 36 injuries. However, it is safe to assume that many more injuries have gone unreported.

Each year the third week in September is recognized as National

Farm & Safety Week and is used as a time to highlight a variety of issues facing farm families. The five themes that make up this year's overall theme, "Shift Farm Safety into High Gear" center prioritizing safety on the farm and rural roadways throughout America:

- **Monday** – Tractor Safety/Rural Roadway
- **Tuesday** – Farmer Health & Opioid/Suicide Prevention
- **Wednesday** – Safety & Health for Youth in Agriculture
- **Thursday** – Confined Spaces in Agriculture
- **Friday** – Safety & Health for Women in Agriculture

Source: [NECASAG.org](http://NECASAG.org)

## Immunization Season is Coming

Learn about the importance of a flu shot and schedule your appointment by calling ECPH at 254-4027

