

Highlight on Health

An Emmons County Public Health Publication

Important Dates

February 2 - Groundhog Day

February 4 - World Cancer Day

February 4 - Give Kids A Smile Day

February 4 - National Wear Red Day

February 7-14 - Congenital Heart Defect Week

February 13-19 - Sepsis Survival Week

February 14 - Valentine's Day

February 14 - National Donor Day

February 14 - National Condom Day

February 21 - Presidents Day (Office Open)

February 21-27 - National Eating Disorders Awareness Week



Think Winter Travel Safety During Tournament Time

As the various high school winter sports seasons begin to draw to a close, you may find yourself traveling in less than ideal conditions. Ensure you can attend every event by making smart decisions.

Every vehicle should have an emergency kit that includes a variety of items to keep you safe:

- Jumper cables
- Tow cables/ropes/chains
- First aid kit
- Shovel
- Ice scraper
- Food and water
- Sand/Kitty litter
- Road flares
- Reflective warning triangles
- Windshield cleaner
- Blankets/Sleeping bags
- Gloves/Mittens and hats
- Socks and boots
- Flashlight
- Batteries
- Phone Charger

Make sure you let someone know your travel plans, including the route

you'll take and your expected times to leave and arrive. Check weather and road reports prior to leaving to make the most informed decisions on if you should consider cancelling the trip. Try to ensure your vehicle will always have at least half a tank of gas.

When driving in wintery conditions, be aware of snow and ice on roads. They may look clear, but could still be slippery. When driving, increase your following distance behind other vehicles and avoid using cruise control. Accelerate and decelerate slowly and make turns and lane changes gradually.

If you become stranded, do not leave your car. Stay calm and try calling 9-1-1 or local law enforcement. Make sure your vehicle's exhaust pipe is unblocked to ensure you can run your vehicle for warmth safely.



Public Health
Prevent. Promote. Protect.

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Millions of COVID-19 Tests, N95 Respirators Available

COVID tests and N95 respirators have been made available at no out of pocket cost.

North Dakota has been in the grips of an Omicron wave throughout the end of 2021 and into the first stages of 2022.

COVID-19 Tests

Every home in the U.S. is eligible to order four COVID-19 tests through <https://www.covidtests.gov/>. If you need a COVID test prior to your tests arriving, visit <https://www.health.nd.gov/diseases-conditions/coronavirus/testing-care/where-get-covid-19-test> for a state-wide list of testing locations. Please note that some of these locations require appointments and you may want to contact a site prior to arrival. Test orders will usually ship in 7-12 days.

The results from home testing kits are not reportable to the North Dakota Department of Health. NDDOH cannot validate results from home testing kits. If you need validated results, or a letter stating your COVID status, you will need to seek testing from a healthcare provider or from a state/public health testing site. For more information visit <https://www.health.nd.gov/home-testing-or-self-testing-guidance>.

If you, or a family member, tests positive via a home test, it is recommended the positive individual(s) stay home and isolate according to the latest guidance. Monitor your health and potential symptoms closely and contact your healthcare provider immediately if you notice emergency warning signs.

If you, or a family member, tests negative via a home test, this does not rule out a COVID-19 infection.

Putting On The Respirator



Position the respirator in your hands with the nose piece at your fingertips.



Cup the respirator in your hand allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.



The top strap (on single or double strap respirators) goes over and rests at the top back of your head. The bottom strap is positioned around the neck and below the ears. Do not crisscross straps.



Place your fingertips from both hands at the top of the metal nose clip (if present). Slide fingertips down both sides of the metal strip to mold the nose area to the shape of your nose.

Checking Your Seal²



Place both hands over the respirator, take a quick breath in to check whether the respirator seals tightly to the face.



Place both hands completely over the respirator and exhale. If you feel leakage, there is not a proper seal.



If air leaks around the nose, readjust the nosepiece as described. If air leaks at the mask edges, re-adjust the straps along the sides of your head until a proper seal is achieved.



If you cannot achieve a proper seal due to air leakage, ask for help or try a different size or model.

Removing Your Respirator



DO NOT TOUCH the front of the respirator! It may be contaminated!



Remove by pulling the bottom strap over back of head, followed by the top strap, without touching the respirator.



Discard in waste container. WASH YOUR HANDS!

Source:
DHHS, CDC,
NIOSH

N95 Respirators

The federal government is making 400 million N95 respirators available from the Strategic National Stockpile. Each person is eligible to receive 3 respirators. An N95 respirator is a piece of personal protective equipment designed to achieve a very close facial fit and used as a filtration barrier for airborne particles. Presently, the United States has more than 750 million N95 respirators in the Strategic National Stockpile. This stockpile is part of the federal medical response infrastructure and can supplement medical countermeasures needed by states, tribal nations, territories and the largest metropolitan areas during public health emergencies.

The N95s will be available for the public to pick up at thousands of pharmacies and community health center sites across the country.

The respirators were shipped at the end of January and are expected to be available in early February.

All FDA-cleared N95 respirators are labeled as single-use disposable devices. At this time it is not known if these recommendations will be altered. However, if your respirator is damaged or soiled, or if breathing becomes significantly more difficult, discard it properly and replace it with a new one. To safely discard an N95 respirator, place it in a plastic bag and put it in the trash. Wash your hands after handling a used respirator. N95 respirators are not designed to be worn by children or people with facial hair. CDC provides more requirements for donning and doffing of N95 respirators at <https://www.cdc.gov/niosh/docs/2010-133/pdfs/2010-133.pdf>.

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