

Highlight on Health

An Emmons County Public Health Publication

Important Dates

January 1 - New Year's Day (Office Closed).

January 4 - World Braille Day.

January 8 - Lifestyle Coaching Classes begin.

January 19-25 - National Non-Smoking Week.

January 20 - Martin Luther King Jr. Day.

January 24 - Belly Laugh Day.

January 26 - World Leprosy Day.

Awareness Months

Cervical Health Awareness Month

National Birth Defects Month

National Blood Donor Month

National Glaucoma Awareness Month



Include Flood Preparedness As A New Year's Resolution

A historically wet Fall 2019 is expected to lead to a season of flooding in Spring 2020.

Flooding is the most common natural disaster in the United States. But you can begin making preparations now that will offset many of the dangers presented by spring flooding:

- Gather emergency supplies.
- Make sure you have at least 72 hours' worth of food and water for each individual in your household. Depending on if you live in rural areas, you may need access to more resources.
- Have your immunization records handy. Due to tetanus dangers during flooding, be aware of this specific immunization date.
- Listen to your local radio/

television for updates. Listen for updates from local officials.

- If evacuation appears imminent, turn off all utilities at the main power switch and close the main gas valve.
- If roadways are flooded, do not drive on them.

Your local public health unit will be able to provide a number of flood education resources covering topics such as basic preparedness, cleanup after the flood, drinking water safety, flood insurance tips, mold safety, septic system safety, and more.

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www.emmonsnd.com/public-health.html
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Resources Available for Quitting Vaping, Nicotine

Quitting nicotine in its many forms (vaping, smoking, smokeless tobacco, etc.) is one of the most efficient ways to reduce your risk of heart disease, cancer, lung disease and increase your overall health.

Use these simple and effective tips to rid yourself of nicotine:

- **Exercise** – The endorphins you release from physical activity can help you crush those nicotine cravings.
- **Use a distraction** – Read a blog, listen to music, play a game, solve a puzzle or doodle when you have cravings. These activities will help the cravings pass without breaking your willpower.
- **Set up your environment** – Remove anything that reminds you of vaping/smoking/smokeless tobacco from your home. Let your friends/family know you are trying to quit, so they don't bring items around



that might trigger cravings.

- **Find stress solutions** – Determine what your “go to activities” will be when you are stressed. These activities are the substitute for using nicotine.
- **Celebrate your accomplishments** – Start small. Celebrate your first hour or day. Remember, quitting isn't supposed to be a punishment, but instead an accomplishment.

Quitting tobacco can be a difficult endeavor, and it is possible that you won't be able to quit on your first attempt. However, that doesn't mean you should stop trying to quit. Today's relapse might be what cements tomorrow's successful quit. Also, don't be afraid to seek support from local, or other, resources. If it helps to utilize a third party for support, so be it.

For teens that are trying to break their addiction to nicotine, the My Life

My Quit program (www.mylife.myquit.com) is an invaluable resource. North Dakota is one of 12 states in the U.S. with access to this free, confidential program dedicated to teen nicotine cessation provides text and call access to a quit coach and provides tips and support for why your body craves nicotine, learning healthy ways to cope with stress and ways to quit for good.

Content: TruthInitiative.org, MyLifeMyQuit.com

Radon is a gas we cannot see, smell or taste. But the health concerns are real, as radon is responsible for over 20,000 lung cancer deaths each year, according to the EPA.

Learn more at
www.cdc.gov/radon/index.html

