

Highlight on Health

An Emmons County Public Health Publication

Public Health

Healthy Baby Clinic - 2nd Monday of the month, 3-6 p.m.

Important Dates

Apr. 2-8 - National Public Health Week

Apr. 5 - National Alcohol Screening Day

Apr. 7 - World Health Day

Apr. 10 - National Youth HIV and AIDS Awareness Day

Apr. 21-28 - National Infant Immunization Week

Apr. 23-27 - Every Kid Healthy Week

Apr. 24 - World Meningitis Day

Apr. 28 - National Prescription Drug Take Back Day

Apr. 30-May 4 - Air Quality Awareness Week



Permits Required for Septic System Installation, Repair

If you're putting in a new septic system this year, or repairing an old one, you'll need to obtain a permit for the system before doing so.

"This is a change for this year," said Bev Voller, Emmons County Public Health Executive Officer. "With the new developments happening in the county, permitting became necessary to make sure that the water and sewer for those developments was safe, and not causing health issues for the owners or their neighbors."

"Human sewage can cause disease, and can pollute the rivers and lakes that we want to keep clean to enjoy," said Erin Ourada, the Environmental Health Practitioner who serves Emmons County Public Health. "It's important to prevent

people and pets from coming into contact with human sewage."

Taking out a permit, besides complying with the law, offers several advantages: it ensures that your installer is a licensed contractor who knows the business, and it offers design criteria to ensure that the system works. Additionally, a record is kept of the installation for future needs.

Permits can be obtained by going to www.custerhealth.com or by calling 701-667-3370 for further information.



Public Health
Prevent. Promote. Protect.

Emmons County Public Health
118 E Spruce Ave, Linton ND 58552
P: 701.254.4027
www.emmonsnd.com/public-health.html
facebook.com/ECPH.gov

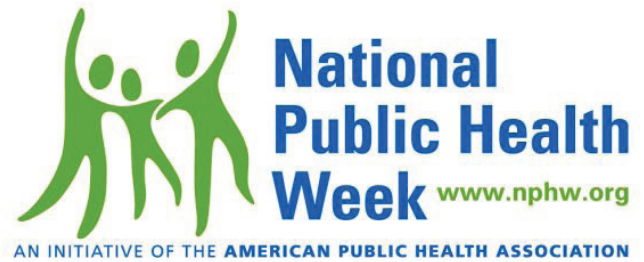
ECPH Celebrates Public Health Week

Linton, N.D. - During National Public Health Week, April 2 - 9, 2018, Emmons County Public Health is highlighting the importance that public health and prevention play in keeping our community healthy and eliminating health disparities.

North Dakotans experience health disparities by not having equal opportunities to good jobs, quality education, safe housing, good physical and social environments, and quality health care. These determinants lead to overall poor health and a higher risk for disease. In North Dakota:

- Fewer than one in six adults consume five or more servings of fruits and vegetables per day.
- More than half of adults do not meet the recommended guidelines for physical activity.
- About one in five adults currently smoke cigarettes.

There are a number of ways to improve health and eliminate disparities. Emmons County Public Health has been collaborating to change policies, systems and/or environments in communities, schools, workplaces and other settings to tackle health issues and disparities. Access to affordable and healthy



foods, walking path design, and smoke-free and healthy vending policies in workplaces are just a few examples of ways to make a big difference in helping residents make healthier choices.

Public Health Week celebrates the importance of public health and helps educate and engage Americans in the movement to create a healthier community, state and nation for ourselves and the generations to come. If public health efforts can address health disparities, we will impact our resident's health and provide an equal opportunity to ward off disease and injury.

For more information about Public Health Week, contact Emmons County Public Health.



Medication Disposal

- Remove the drugs from their original containers.
- Mix medicines with an unpalatable substance such as dirt, kitty litter, or used coffee grounds.
- Place the mixture in something you can close such as a sealed plastic bag.
- Throw the container in your household trash.
- Scratch out all personal information on the prescription label.
- Visit www.deadiversion.usdoj.gov/drug_disposal/index.html for more information.

OR

- Take advantage of a National Prescription Drug Take Back Day (April 28, 2018 from 10 a.m. to 2 p.m.) by bringing old medication to a collection point.