

Highlight on Health

An Emmons County Public Health Publication

Important Dates

October 3-9 - Mental Illness Awareness Week

October 6 - World Cerebral Palsy Day

October 7 - National Depression Screening Day

October 10 - World Mental Health Day

October 12 - Farmers Day

October 15 - Global Handwashing Day

October 15 - National Mammography Day

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October 15 - International Day of Rural Women

October 18-22 - National Health Education Week

October 24 - National Prescription Drug Take Back Day

October 31 - Halloween



Breast Health

Above: *If you were one of the more than a third of American adults who put off getting a cancer screening during the pandemic, now is the time to schedule it.*

Cancer Doesn't Stop During Pandemic, Women's Way Can Help

If you are one of the more than the 1/3 of adults in the United States who failed to receive recommended cancer screenings during the pandemic, it's time to get those screenings scheduled. It's safe to get cancer screening tests. Health care facilities that provide cancer screenings have precautions in place to be sure that you are as safe as possible.

Regular screening mammograms and visits to your health care provider are critical to detect cancer early when treatment is highly successful. If you notice any changes in your breasts that concern you, contact your healthcare provider immediately.

Who should get tested?

Mammography is the most effective screening tool used today to find

breast cancer in most women.

- Women ages 40-44 should talk with their health care provider and together decide when to start getting mammograms
- Women ages 45-54 should receive annual mammograms
- Women ages 55 and older can switch to mammograms every two years, or can continue yearly screening. Women should continue to screen as long as they are in good health.

How can Women's Way Help?

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Public Health
Prevent. Promote. Protect.

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Keep Scares to a Minimum During Halloween Season

Attending gatherings and events increases your risk of getting, or spreading, COVID-19.

If you have been fully vaccinated, you can resume activities that you did prior to the pandemic. According to the CDC, you can reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.

If you have close contact with someone who has COVID-19, and are vaccinated, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.

Please note that even if you are fully vaccinated and become infected with the Delta variant, you can still spread the virus to others. People with weakened immune systems, including people who take immunosuppressive medications, may not be protected even if fully vaccinated.

At this point many school-aged children are not old enough to receive vaccination and group activities pose potential health problems. Instead, you may want to try these options:

- Avoid direct contact with other trick-or-treaters
- Use a station with individually-bagged treats

Traditional Halloween activities are fun, but some can increase the risk of getting or spreading COVID-19 or influenza. Plan alternate ways to participate in Halloween.

Wear A Mask



- Make your cloth mask part of your costume.
- A costume mask is **NOT** a substitute for a cloth mask.
- Do **NOT** wear a costume mask over a cloth mask. It can make breathing more difficult.
- Masks should **NOT** be worn by children under the age of 2 or anyone who has trouble breathing.



Wash Your Hands



- Bring hand sanitizer with you and use it after touching objects or other people.
- Use hand sanitizer with at least 60% alcohol.
- Parents: supervise young children using hand sanitizer.
- Wash hands with soap and water for at least 20 seconds when you get home and before you eat any treats.



Keep Your Distance

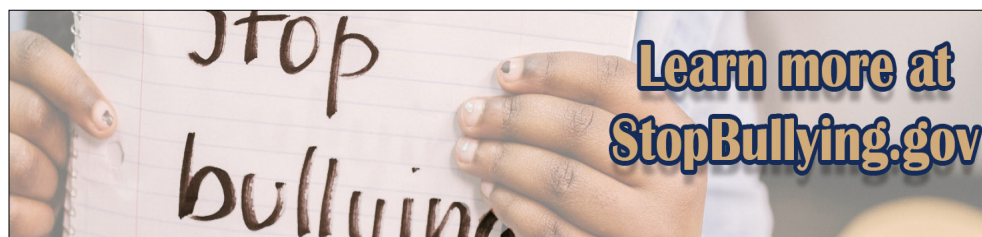


- Stay at least 6 feet away from others who do not live with you
- Indoors and outdoors, you are more likely to get or spread COVID-19 when you are in close contact with others for a long time.

- Wash hands before handling treats
- Wear a mask
- Decorate your home with holiday-themed items/banners
- Host a video chat party with family and friends
- Plan a special meal with people who live with you
- Have an outdoor celebration with everyone at least 6 feet apart and wearing masks.

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Women's Way helps to pay for breast and cervical cancer screenings for eligible North Dakota women and provides patient navigation services to help women overcome barriers and get timely access to quality care. 1 in 22 North Dakota women may be eligible for free breast and cervical screenings. Enrollment is easy and eligibility can be determined over the phone. For more information, go to www.health.nd.gov/womens-way or call your Local Coordinating Unit at 701-355-1577.



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