

# Highlight on Health

*An Emmons County Public Health Publication*

## 2019 – 2020 School Immunization Requirements

Vaccine Type	Number of Required Doses			
	Kindergarten-6	Grades 7-10	Grade 11	Grade 12
DTaP/DTP/DT/Tdap/Td*	5	5	5	5
Hepatitis B	3	3	3	3
IPV/OPV <sup>xy</sup>	4	4	4	4
MMR	2	2	2	2
Varicella (Chickenpox) <sup>z</sup>	2	2	2	1
Meningococcal <sup>t</sup>	0	1	2	2
Tdap <sup>e</sup>	0	1	1	1

## Important Dates

**August 1** - World Lung Cancer Day.

**August 1-8** - World Breastfeeding Week.

**August 3** - National Watermelon Day.

**August 4-10** - National Health Center Week.

**August 12** - International Youth Day.

**August 19-23** - Contact Lens Health Week.

**August 20** - World Mosquito Day.

**August 21-25** - Contact Lens Health Week.

**August 23-29** - Health Unit Coordinator Week.

**August 30** - Opioid Misuse Prevention Day.

**August 31** - National Trail Mix Day.

## Back to School Means Getting Up to Date on Immunizations

Back to school means immunizations for most North Dakota students. With recent national measles scares, immunizations have become all the more important.

Strasburg High School had a 100 percent immunization rate last year. Data was not available for the schools in Linton or Hazelton-Moffit-Braddock. According to the State Department of Health, 2018-2019 MMR vaccine coverage rate for Emmons County was between 88 and 95 percent.

North Dakota immunizations are broken into four categories: Kindergarten through Grade 6, Grade 7-10, Grade 11 and Grade 12.

Students may be exempt from immunization requirements for the following reasons:

- Medical Exemption – Requires a certificate signed by a licensed physician stating that the physical condition of the child is such that immunization would endanger the life or health of the child.

- Personal Belief or Religious Belief Exemption – Requires a certificate signed by the parent or guardian whose sincerely held philosophical, moral or religious belief is opposed to such immunization.
- History of Disease Exemption – Requires a certificate signed by a physician stating that the child has a reliable history of disease. History of disease exemptions may only be claimed for hepatitis B, measles, mumps or rubella.

All children must be up to date according to the school immunization requirements or have claimed an exemption by October 1 of each school year, or be excluded from school. Any child enrolling in school after October 1 has 30 days to be up to date or to claim an exemption, or they must be excluded from school.

**Source:** ND Dept. of Health

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[www.emmonsnd.com/public-health.html](http://www.emmonsnd.com/public-health.html)  
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# North Dakotans Can Do More with Breastfeeding

North Dakota still ranks behind national rates of initial breastfeeding, but the mothers who begin this process are more likely to stick with it through six months than their national counterparts.

Just over 83% of American mothers have ever breastfed. However, nearly two percent fewer North Dakota mothers have ever breastfed. But six months later, just over 29% of North Dakota mothers continue to exclusively breastfeed their babies, as compared to the national rate of 24.9 percent.

These rates have changed dramatically from 2007. 10 years ago, 73.8 percent of

U.S. mothers, and 73.1 percent of North Dakota mothers had ever breastfed. Meanwhile, in 2007 just 11.3 percent of U.S. moms exclusively breastfed, as compared to 15.4 percent of North Dakota moms.

Emmons County Public Health is listed as the county's lone Infant Friendly business. 156 business locations are available in North Dakota.

A number of resources are available online to help make your breastfeeding journey rewarding for the mother and child. Visit <http://www.ndhealth.gov/breastfeeding/workplace-support/for-mothers/> to begin learning about a variety of tips and topics.



## Eye Tips for High School, College Students

- 👁️ **For every 20 minutes of computer work, look away for 20 seconds and focus on an object 20 feet away.**
- 👁️ **Don't shower or swim with contact lenses.**
- 👁️ **Wash your hands often.**
- 👁️ **Use eye drops (called artificial tears) for occasional dry eye symptoms. For persistent dry eye, consult your eye doctor.**
- 👁️ **Don't share makeup.**
- 👁️ **Follow the schedule your eye doctor provides for wearing and replacing lenses.**
- 👁️ **Wear eye protection during the game.**
- 👁️ **Never put your contacts in your mouth, or use water or homemade saline solutions, to wet them.**

