

Highlight on Health

An Emmons County Public Health Publication

Important Dates

May 6 - National Nurses Day.

May 6-12 - National Nurses Week

May 6-12 - Women's Health Week

May 10 - School Nurses Day.

May 12 - International Nurses Day.

May 15-19 - Bike to Work Week

May 17 - Employee Health and Fitness Day

May 19 - National Bike to Work Day.

May 29 - Memorial Day.

May 31 - World No Tobacco Day.



Remember Sun Safety

Warmer weather is here! Who doesn't want to be outside, playing catch or just barbequing in the backyard? CDC recommends easy options for sun protection:

- Use sunscreen with a sun protective factor (SPF) 15 or higher and both UVA and UVB protection.
- Put on sunscreen again if you stay out in the sun for more than two hours, and after you swim or do things that make you sweat.
- Check the sunscreen's expiration date. Sunscreen without an expiration data has a shelf life of no more than 3 years, but its shelf life is shorter if it has been exposed to high temperatures.
- Wear clothing to protect exposed skin. Loose-fitting, long-sleeved shirts and long pants offer the best protection.
- A wet T-shirt offers much less UV protection than a dry one.

Are you under pressure?

Did you know that May is High Blood Pressure Education Month? High blood pressure can increase your risk for a stroke, the leading cause of death and disability in the United States.

You can have your blood pressure checked at the monthly Nurse Day Clinics at the following locations:

- First Monday of the month at the Braddock Community Center from 9 am to 2 pm.
- First Tuesday of the month at the Linton Senior Center from 9 am to 2 pm
- First Wednesday of the month at the Strasburg Senior Center from 9 am to 2 pm
- First Friday of the month at the Hazelton Clinic from 9 am to 2 pm
- Second Thursday of the month at the Hague KC Hall from 9 am to 2 pm

To make an appointment, please call the Public Health office in Linton at (701) 254-4027.

Emmons County Public Health
 118 E Spruce Ave, Linton ND 58552
 P: 701.254.4027

facebook.com/Emmons-County-Public-Health



World No Tobacco Day Set for May 31

Tobacco is attributed to the deaths of about 6 million people each year, with more than 600,000 of those deaths coming as a direct result of second-hand smoke.

There are more than 4,000 chemicals in tobacco smoke. Of those, at least 250 are known to be harmful, with more than 50 known to cause cancer.

Each year, the World Health Organization (WHO) highlights the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption. WHO estimates that nearly 80 percent of the world's 1 billion smokers live in low- and middle-income countries.

The organization also estimates that increasing cigarette taxes worldwide by \$1 would raise \$190 billion for development activities.

The theme for 2017's World No Tobacco Day is "Tobacco - a threat to development". The organization is calling on countries to prioritize and accelerate tobacco control efforts as part of their responses to the 2030 Agenda for Sustainable Development.

Source: WHO

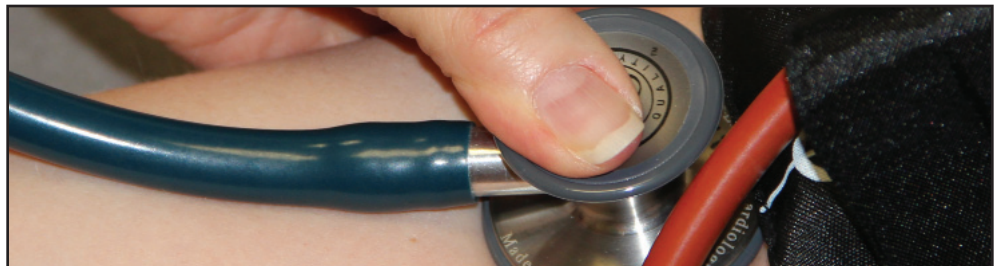
Tips for Safe Bicycling



Warmer weather means you and your child using a bicycle. Here are a few quick reminders as you hit the road:

- Always wear a helmet and never wear headphones.
- Obey traffic signs and signals.
- Never ride against traffic.
- Follow lane markings.
- Don't pass on the right.
- Scan the road behind you.
- Dress for the weather.
- Utilize hand signals.
- Look out for road hazards.
- Keep your bike in good repair.
- Use a light at night.

Source: NDDOT



Nurses Week Set for May

National Nurses Week is celebrated annually from May 6, also known as National Nurses Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

Known as the Lady with the Lamp, Florence Nightingale established written nursing and hygiene standards that were first implemented by her personally during the Crimean War in the 1850's. Thousands of lives were saved during the Crimean War after the execution of Nightingale's nursing methods.

Florence Nightingale also opened

the Nightingale Training School for Nurses in 1860 in London, England and helped spark a worldwide healthcare reform and came to be known as the pioneer of modern nursing.

Nurses across the nation continue to learn Nightingale's methods and use them in their daily work. Each year the Lady with the Lamp is remembered and celebrated as well as her fellow nurses past and present.

Take time this week to thank the nurses you know who may be training, working, or retired!