

Highlight on Health

An Emmons County Public Health Publication

Important Dates

June 5 - World Environment Day.

June 6 - National Gardening Exercise Day.

June 14 - Flag Day.

June 15 - Smile Power Day.

June 16 - Wear BLUE Day.

June 18 - Father's Day.

June 20 - Summer Solstice.

June 20 - World Refugee Day.

June 21 - National Selfie Day.

June 27 - National HIV Testing Day.

June 27 - Sun Glasses Day.



Photo courtesy of CDC

Stay Vigilant for WNV

2017 marks the 15th anniversary of North Dakota's first case of West Nile Virus, discovered in Grand Forks County. That year saw 17 West Nile cases, the first west of the Mississippi River. The following year the state confirmed more than 500 West Nile cases in horses.

While Emmons County did not have a documented human case of the virus in 2016, four neighboring counties, Burleigh (7), Morton (5), Sioux (1) and McIntosh (3) combined for 16 human cases in 2016. Emmons County, along with Burleigh, Morton and Sioux Counties each had one confirmed horse infected with West Nile.

As Spring stretches into Summer, there are a number of ways to reduce potential exposure to mosquitos and their diseases:

- Cleaning clogged roof gutters.
 - Turning over plastic pools or wheelbarrows when not in use and do not allow water in bird baths to become stagnant.
 - Aerating ornamental pools or stocking them with fish.
 - Cleaning and chlorinating swimming pools that are not in use and being aware that mosquitos can breed in the water that collects on swimming pool covers.
 - Landscaping property to eliminate standing water as mosquitos can breed in any puddle that lasts more than four days.
 - Cleaning of livestock watering troughs thoroughly on a monthly basis.
- Disposing of water containers, including discarded tires.
 - Drilling holes in the bottom of

West Nile Virus educational materials are available online at www.ndhealth.gov/WNV/Materials.

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Reduce Risks During Safety Month

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

During National Safety Month, Emmons County Public Health is working with community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

- **Prescription abuse:** Prescription painkiller



According to the American Academy of Orthopedic Surgeons, 500,000 people are treated for ladder-related injuries each year with about 300 incidents proving to be fatal. Ladder-related injuries cost the public in excess of \$11 billion annually.

overdoses are a growing problem in the U.S., especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999.

- **Transportation safety:** Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 5 crashes

(17%) that injured someone involved distracted driving.

- **Slips, trips, and falls:** 1 in 4 older adults falls each year. Many falls lead to broken bones and health problems.

You can make a difference. Find out ways to help reduce the risk of these safety issues.

For more information, call Emmons County Public Health at (701) 254-4027.

Support Men's Health by Wearing BLUE

Wrap up the 2017 Men's Health Week (June 12-18) with a Wear BLUE day at your place of work. The Friday before Father's Day serves as a day for awareness about the importance of male health and the opportunity for others to support and encourage them.

Men's health can be defined as a variety of things:

- Healthy Lifestyle Choices
- Annual Doctor Visits
- Health Education About Male-Specific Topics

These topics are important because males are more likely to be uninsured than women, and live on average about 5 fewer years. Men also have a higher mortality rate for cancer, heart disease, diabetes and suicide. One in 2 men will develop cancer, and about 30,000 men in the U.S. die each year from prostate cancer.

Wear BLUE is sponsored by Men's Health Network. Free materials is available online at www.menshealthnetwork.org/wearblue.

Fireworks Season, Dangers Approaching

When using fireworks, it necessary to be cautious, because of the severity of the injury they cause.

- Children should never be allowed to handle fireworks.
- When lighting fireworks, wear safety glasses.
- Only use fireworks outside in an

open area.

- Keep water nearby to soak duds with, and do not try to relight them.
- Don't light fireworks in a container.
- Keep a first aid kit handy, and if serious injury is suffered, seek medical attention.

Source: *ConsumerSafety.Org*