

This Month at Public Health:

Immunization Clinics

Monday, April 4
Thursday, April 7
Monday, April 11
Monday, April 18
Thursday, April 21
Monday, April 25
Thursday, April 28

Optimal Pregnancy Outcome

Program - a free service

Tuesday, April 5
Monday, April 11
Monday, April 18
Tuesday, April 19

Cholesterol Screenings

Friday, April 8
Tuesday, April 26

Holiday Closings

None

April 2016

Healthy Living Update

Five Important Reasons to Vaccinate Your Child

You want to do what is best for your children. You know about the importance of car seats, baby gates and other ways to keep them safe. But, did you know that one of the best ways to protect your children is to make sure they have **all** of their vaccinations?



Immunize on time, every time.

Call to make an appointment.

701-355-1540



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Immunizations can save your child's life. Some diseases, like polio, that once injured or killed thousands of children are no longer common in the U.S. – primarily due to safe and effective vaccines.

Vaccination is very safe and effective. Vaccines are only given to children after careful review by scientists, doctors, and healthcare professionals.

Immunization protects others you care about. While some babies are too young to be protected by vaccination, others may not be able to receive certain vaccinations due to severe allergies, weakened immune systems from conditions like leukemia, or other reasons. To help keep them safe, it is important that you and your children who are able to get vaccinated are fully immunized.

Immunizations can save your family time and money. Some vaccine-preventable diseases can result in prolonged disabilities and can take a financial toll because of lost time at work, medical bills or long-term disability care. In contrast, getting vaccinated against these diseases is a good investment and usually covered by insurance.

Immunization protects future generations. Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago.

Source: www.cdc.gov/vaccines

Bismarck-Burleigh Public Health

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BreatheND

Saving lives, saving money. The voice of the people.

Celebrate Public Health Week at BBPH



Monday, April 4 – Building a Nation of Safe, Healthy Communities

Did you know the home you live in can impact your health? The presence of radon in homes causes 21,000 lung cancer deaths annually. Stop by Bismarck-Burleigh Public Health at 500 E Front Avenue this week and pick up a **free** radon test kit.

Tuesday, April 5 – Giving Everyone a Choice of Healthy Food

For many families, eating healthy is a daily challenge. To overcome these challenges, take advantage of our local community garden plots or visit local farmer's markets. Also, check out the [City of Bismarck Facebook](#) page this week for a chance to win one of our "Healthy Garden" giveaways and start making healthier food choices today.

Wednesday, April 6 - Providing Quality Health Care for Everyone

More Americans still need health insurance. If you do not have health insurance, take advantage of Patient Navigation services at Bismarck-Burleigh Public Health offered on-site this Wednesday. A Patient Navigator can assist with health insurance questions and sign-up.

Thursday, April 7 – Impacting Lives Everyday - Public Health Professionals

Today we recognize the Public Health Professionals who work tirelessly every day to protect this community from disease, injury and health threats and keep our residents and their families healthy and safe.

Friday, April 8 – Preventative Healthcare = Healthy Outcomes

One of the ways Bismarck-Burleigh Public Health invests in preventative healthcare is through our "Cholestech" screenings (screening of blood pressure, lipid and blood sugar). During Public Health Week only, the cost is just \$25.00. Call 701-355-1540 to schedule a screening.

April is STD Awareness Month: Get Yourself Tested

According to the North Dakota Department of Health *2014 STD Surveillance Update*, rates for Chlamydia, Gonorrhea, and Syphilis in North Dakota are on the rise. In 2014 there were a reported 3,416 cases of Chlamydia (64% of these were women), 686 cases of Gonorrhea, and 50 cases of Syphilis. The majority of Chlamydia and Gonorrhea infections occur in young people between the ages of 20-25. Most people with Chlamydia or Gonorrhea infections have no symptoms of the illness, so routine screening is highly encouraged.

Bismarck-Burleigh Public Health (BBPH) provides screening, testing, and treatment for many sexually transmitted diseases and infections. Testing for Chlamydia and Gonorrhea infections requires a urine sample and results are available the next business day. Other testing at BBPH includes: Hepatitis B and C (risk factors must be identified in order to test), and HIV. Disease-specific, individual counseling with a trained registered nurse is also included with each testing appointment.

Contact Bismarck-Burleigh Public Health at (701) 355-1540 to schedule an appointment for testing.

Source: HIV and Hepatitis C Counseling, Testing, and Referral Site Policies and Procedures 2016. Bismarck, ND: North Dakota Department of Health Division of Disease Control.