

This Month at Public Health:

Immunization Clinics

Thursday, July 7

Monday, July 11

Thursday, July 14

Monday, July 18

Thursday, July 21

Monday, July 25

Thursday, July 28

Optimal Pregnancy Outcome

Program - a free service

Monday, July 11

Tuesday, July 12

Monday, July 18

Tuesday, July 19

Cholesterol Screenings

Friday, July 8

Tuesday, July 26

Holiday Closings

Independence Day

Monday, July 4 2016

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Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

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Healthy Living Update

Take Steps to Avoid Mosquito Bites

Bismarck-Burleigh Public Health reminds residents of the importance of protecting themselves and their families from mosquito bites and West Nile virus in North Dakota.

Most people infected with West Nile virus experience no symptoms or have only mild symptoms, such as fever and headache. However, the more serious form of the illness can cause high fever, severe headache, stiff neck, altered mental status, and death. People over age 50 or those



who have underlying health issues are at greater risk for developing the more serious complications from the disease than others.

Preventing mosquito bites is the most effective way to avoid West Nile virus disease. There is no human vaccine for West Nile virus, and there are no specific treatments for the disease. The North Dakota Department of Health recommends residents take these precautions to avoid mosquito bites:

- Use insect repellent registered with the U.S. Environmental Protection Agency (EPA) that contains ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (or PMD) or permethrin. Always follow the directions on the manufacturer's label for safe and effective use.
- Wear long-sleeved shirts, long pants, and socks when outdoors.
- Limit outdoor activities between dusk and dawn when mosquitoes are most likely to bite.
- Eliminate stagnant water in containers around homes where mosquitoes can lay their eggs (e.g., gutters, buckets, flower pots, old tires, wading pools, and birdbaths).
- Keep mosquitoes from entering your home by installing or repairing screens on windows and doors.

For more information about West Nile virus and North Dakota's 2016 mosquito surveillance activities, visit www.ndhealth.gov/wnv.

Vaccinate Your Preteen This Summer

Most preteens get their shots in August before school begins. Make an appointment to get your child vaccinated this July and beat the back-to-school rush!

What vaccines are recommended for my preteen?

Boys and girls should get the following vaccines when they are 11 or 12 years old:

- **Human papillomavirus (HPV) vaccine** helps protect against HPV infections that cause cancer. All boys and girls should finish the HPV vaccine series (three shots) before their 13th birthday.
- **Quadrivalent meningococcal conjugate vaccine** protects against some of the bacteria that can cause infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections.
- **Tdap vaccine** protects against three serious diseases: tetanus, diphtheria, and pertussis (whooping cough).

Source: www.cdc.gov

Protect All the Skin You're In

- ☀️ Skin cancer is the most common cancer in the United States, yet most skin cancers can be prevented.
- ☀️ Every year, there are 63,000 new cases of and 9,000 deaths from melanoma—the deadliest form of skin cancer.

Ultraviolet (UV) exposure is the most common cause of skin cancer. **A new CDC study shows that the majority of Americans are not using sunscreen regularly to protect themselves from the sun's harmful UV rays.**



In fact, fewer than **15% of men** and fewer than **30% of women** reported using sunscreen regularly on their face and other exposed skin when outside for more than 1 hour.

Many women report that they regularly use sunscreen on their faces but not on other exposed skin.

Choose sun protection strategies that work.

Use broad spectrum sunscreen with SPF 15+ to protect any exposed skin.



Seek shade, especially during midday hours.

Wear a hat, sunglasses and other clothes to protect skin.



Sunscreen works best when used with shade or clothes, and it must be re-applied every two hours and after swimming, sweating, and toweling off.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention