

Highlight on Health

A Bismarck-Burleigh Public Health Publication

Important Dates

June 6 - Gardening Exercise Day

June 14 - Flag Day

June 16 - Wear BLUE Day

June 18 - Father's Day

June 20 - Summer Solstice

June 20 - World Refugee Day

June 27 - National HIV Testing Day

June 27 - Sun Glasses Day

Public Health

Note: All dates listed are for the month of June.

Car Seat Distribution - 2, 30

Cholesterol Testing - 9, 27

HIV Testing - 27

Immunization Clinic - 1, 5, 8, 12, 15, 19, 22, 26, 29

OPOP - 5, 6, 12

Well Baby Clinic - 2

Safety Month Focuses on Injury Prevention



According to the American Academy of Orthopedic Surgeons, every year 500,000 people are treated for ladder-related injuries and approximately 300 of these incidents prove to be fatal. Ladder-related injuries effectively cost the public in excess of \$11 billion annually.

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. But, you can get involved to help prevent injuries.

During National Safety Month, Bismarck-Burleigh 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 painkiller abuse:** About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as in 1999.
- **Transportation safety:** Almost 1 in 5 crashes (17%) that injured someone involved distracted driving.
- **Slips, trips, and falls:** One in 4 older adults falls each year. Many falls lead to broken bones and other health problems.

For more information, contact **Bismarck-Burleigh Public Health** by phone at (701) 355-1540 or online at <http://www.bismarcknd.gov/95/Public-Health>.

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Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

From the Director's Desk

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June is National Safety Month. Remember to be safe this summer while spending time outdoors. As temperatures continue to rise, outdoor activities increase and so does the risk tick exposure. Ticks can typically be found in tall grass and wooded areas and should not be taken lightly.

You may have already heard about Lyme Disease being transmitted by ticks, but this season we are paying attention to an additional tick-borne illness becoming more prevalent in our neighboring state of Minnesota, the Powassan Virus. The Powassan virus is transmitted to humans by infected ticks. This virus can cause dangerous inflammation in the brain and is deadly in about 10% of cases. Signs and symptoms of the Powassan virus usually appear within 1-4 weeks of a tick bite.

Signs and symptoms may include:

- Fever
- Headache
- Vomiting
- Weakness
- Seizures
- Swelling of the brain
- Meningitis



There is no cure or vaccine for this disease, but there are steps you can take to prevent tick bites.

- Keep lawns mowed short and wear insect repellent
- Check for ticks after spending time outside
- Remove ticks as soon as you find one
- Use tweezers to grasp the tick close to its mouth and pull outward
- Clean the area with soap and water

Make an effort to keep you and your family safe this summer!

Wear Blue for Men's Health

Don't forget Wear BLUE Day on June 16. This 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 to do so. Wear BLUE is sponsored by Men's Health Network. Men's Health Network is a national non-profit organization. Free materials are available at www.menshealthnetwork.org/wearblue.



Remember Fireworks Safety

When using fireworks, it is always necessary to be cautious, because of the severity of the injuries they can cause.

The first day of June begins National Fireworks Safety Month, which runs through July 4. Fireworks safety is important, especially this time of year when people use them to celebrate.

Burns on the hand are the most common firework injury, because the hand is always closest to them. Eye and face injuries are also common, because of the particles that fly through the air after one has exploded. Hearing loss can also be suffered by some users, due to the loud noises upon detonation.

When using fireworks it is best to follow a few rules to keep everyone safe. Be sure to read and follow directions before use.

- Children should never be allowed to handle fireworks.
- When lighting fireworks, wear safety glasses to protect the eyes.
- Only use fireworks outside in an open area.
- Keep a bucket of water nearby at all times to soak duds with, and do not try to relight them.
- Keep a first aid kit handy. If serious injury is suffered, seek medical attention immediately.

Source: *ConsumerSafety.Org*