



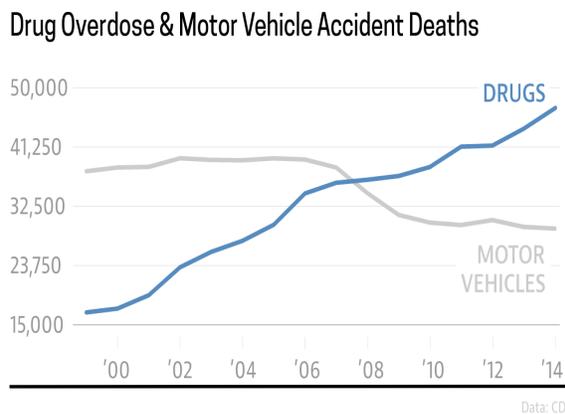
The New Drug War

The United States is in the midst of an opioid epidemic.

Opioids are natural or synthetic chemicals that bind to receptors in your brain or body. Common opioids include illicit drugs, like heroin, and prescription drugs such as oxycodone, hydrocodone, and fentanyl.

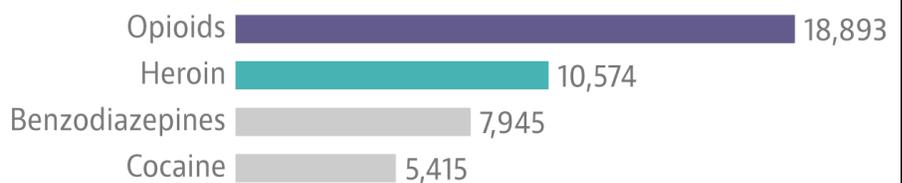
In 2014, more than 28,000 people in the US died from opioid overdose, and at least half of those deaths involved a prescription opioid.

Many more became addicted to prescription and illegal opioids. Heroin-related deaths have also increased sharply, more than tripling since 2010.



People often think that prescription and over-the-counter drugs are safer than illicit drugs, but that's not necessarily true. Prescribed drug can be as addictive and dangerous as illegal drugs, especially if not taken as directed. The most common forms of prescription drug abuse are taking medications prescribed for someone else and taking larger doses than prescribed. Abuse puts users at risk for adverse health effects - including overdose.

US Drug Overdose Deaths—2014



In North Dakota, 20 people died of opioid overdose in 2013. That number more than doubled in 2014, when 43 North Dakotans lost their lives to these insidious drugs. From 2013 to 2015, the number of drug cases submitted to the State Crime Laboratory increased by 26%, but drug cases involving heroin increased by more than 400%.

Opioid abuse is a serious public health issue, but preventive actions, treatment for addiction, and proper response to overdoses can help.

What's New at FDHU

Coming Events

- December 6 & 7 and January 3 & 4
Food Safety Class
Minot Office
- January 3
Kick Start Tobacco Quit Class
Minot Office
- January 5
Food Safety Class
Bottineau
- January 9
Food Safety Class
Underwood

For details and more local events, click 'Calendar' at www.fdhu.org



The 20 Second Health Plan

Good handwashing is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water.

If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs and might not remove harmful chemicals.



Some aspects of using hand sanitizer are still being researched, such as the impact of killing beneficial bacteria along with the harmful, and causing bacteria to become more resistant and harder to kill. Sanitizers do kill many germs, but they don't work on everything. Handwashing is more effective. Sanitizers should be used only at those times that soap and clean water are not available.

Losing Sleep? It Could Be Your Medication

If you rely on medications for a chronic condition or even minor ailments, you may find yourself sleep-deprived or battling daytime drowsiness. Certain heart, blood pressure, and asthma drugs, as well as over-the-counter medicines for colds, allergies, and headaches, can interrupt normal sleep patterns. Medications for ADHD, thyroid problems, depression, and some herbal supplements can also disrupt sleep. Some medications may make it hard to fall asleep, while others may reduce the amount of restorative REM sleep you get.



If you are having trouble falling asleep or wake up feeling groggy, talk to your doctor about the medications you take. You may be able to try another medication or take a lower dose to see if your sleep improves.

Planning a trip to somewhere warm and tropical this winter? Don't forget your mosquito repellent! Check the CDC's Zika Travel Information website to find out if there is a Zika travel notice for your destination.



**First District
Health Unit**
www.fdh.u.org

For more info, contact:

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Bottineau 228-3101

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Bowbells 377-2316

McHenry County:

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McLean County:

Garrison 463-2641

Washburn 462-3330

Renville County:

Mohall 756-6383

Sheridan County:

McClusky 363-2506

Ward County:

Kenmare 385-4328

Minot 852-1376

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