National Immunization Awareness Month: 
Immunizations at Every Age

Vaccines protect you all year round, and fall is a great time to get vaccinated.

In August, as summer wins down, it’s a good time for you and your family to make plans to get the flu vaccine. The vaccine usually becomes available in the early fall. Getting the vaccine as early as possible can help keep you and your family members from getting the flu throughout all of flu season. You can learn more about the flu and flu vaccine at Flu.gov.

When you and your family get your flu shots, you can also ask your health care provider about other routinely recommended vaccines you might need. For example, you should make sure that the whole family is up-to-date on their DTap/Tdap and MMRV boosters, each of which protects against several serious diseases:

- **DTap or Tdap:** tetanus, diphtheria and pertussis (whooping cough)
- **MMR or MMRV:** measles, mumps, rubella, and varicella (chickenpox)

Finally, HPV vaccines help prevent girls and boys from getting cancers later in life that are caused by HPV. If you have questions about the HPV vaccine, contact First District Health Unit or ask your healthcare provider for more information.

There are many routinely recommended vaccines for people of all ages. These are some examples of vaccines you can discuss with your healthcare provider. Make sure that you and your family are up-to-date on all recommended vaccines.

Vaccines: Our Best Defense

Vaccines are the best defense we have against these and other serious diseases, and it’s important to make sure that you’re up to date on all recommended vaccines. Use National Immunization Awareness Month as your chance to make sure that all your vaccinations are current. Talk with your healthcare provider about what vaccines you and your family need, and keep putting your healthiest foot forward!

What’s New at FDHU

**Coming Events**
- August 1 & 2 and September 5 & 6
  - **Food Safety Class**
  - Minot Office
- August 17 & September 21
  - **Kick Start Tobacco Quit Class**
  - Minot Office
- August 8 & September 12
  - **Car Seat Check**
  - Ryan Honda, Minot

For details and more local events, click ‘Calendar’ at www.fdhu.org
“Your child has head lice.” These words are high on the list of statements that parents dread. Head lice are a common nuisance that appears in some school or another every year, especially among preschool- and elementary school-age children. But take heart; although annoying, head lice are fairly harmless. They are not known to transmit any disease (although secondary bacterial infection of the skin can result from scratching).

How can you prevent head lice? According to the Centers for Disease Control and Prevention, they are most commonly spread through head-to-head contact. To be on the safe side, remind your child not to share brushes, combs, hats, and scarves with others. Contrary to popular belief, getting head lice is not related to personal hygiene or social class. Lice just happen to have really good survival skills.

On the scalp, lice can look like dandruff, scabs or hair spray. Itching is the most common symptom. If you discover your child has picked up head lice, don’t panic. Special shampoo-like medications are available to treat the problem. To be effective, be sure to follow the instructions exactly. To reduce re-infestation, machine wash and dry clothing, bed linens, and other items worn or used during the 2 days before treatment in hot water (130°F) and dry on high heat. Clothing and items that are not washable can be dry-cleaned OR sealed in a plastic bag and stored for 2 weeks.

For more helpful tips, visit www.cdc.gov and search “Head Lice”.


If you’ve seen the news lately, you have probably heard that North Dakota and the US are in the midst of a full-scale opioid epidemic. What you may not realize, though, is that one of the most common ways this addiction starts is with prescription drugs—especially pain medication. One thing every one of us can do is manage medications in such a way that no one else has access to them:

**LOCK:** Keep medication out of sight and in a safe and secure place.
- Consider storing medications in a lock box or hide them in a discreet location in your home so they are not easy for others to find.
- Keep a low profile. Your medicines are your business. There’s no reason to tell people about your medicines.

**MONITOR:** Keep track of medication and take only as directed.
- Never share your medications. If a family member or friend is injured, instead of "sharing" a pain reliever, make sure he or she sees a health care professional.

**TAKE BACK:** Drop off unused medication at local Take Back locations.
- If a take-back program is not available, prescription drugs can be placed in an opaque container mixed with coffee grounds or kitty litter and thrown in the garbage.
- To find a location near you, see below or visit prevention.nd.gov/takeback and click ‘What Can I Do?’