

## This Month at Public Health:

### Immunization Clinics

Thursday, September 3  
Thursday, September 10  
Monday, September 14  
Thursday, September 17  
Monday, September 21  
Thursday, September 24  
Monday, September 28

### Optimal Pregnancy Outcome Program - a free service

Tuesday, September 8  
Monday, September 14  
Tuesday, September 15  
Monday, September 28

### Cholesterol Screenings

Tuesday, September 1  
Tuesday, September 29

### Holiday Closings

Labor Day - September 7

**Call to make an appointment.**

### **Bismarck-Burleigh Public Health**

500 East Front Avenue  
Bismarck ND, 58504  
Phone 701.355.1540

[www.bismarcknd.gov/publichealth](http://www.bismarcknd.gov/publichealth)



**Public Health**  
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

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

# Healthy Living Update

## Don't Wait. Communicate. Make Your Emergency Plan Today.

Individuals with disabilities and others with access and functional needs need to make an emergency plan that fits those needs. Power outages, for example, can happen at any time. Here are some things to consider when planning for a power outage:

- Plan alternative ways to charge your mobile devices and assistive technology devices, like a solar charger or battery pack, before disaster strikes.
- Plan how you will address your dependence on electricity. Tell your power company if you use oxygen or mechanical ventilation. Be very clear about what you can expect from them in a power outage.
- If you cannot be without power, plan for how you will obtain power backup. If possible, have backup battery, generator, solar or alternate electrical resources.
- Purchase extra batteries for power wheelchairs or other battery-operated medical or assistive technology devices. Keep the batteries trickle charged at all times. Find out if you can charge your wheelchair or devices from a car. Make sure you assemble what you'll need in advance.
- Plan how you are going to receive emergency information if you are unable to use a television, radio or computer. This may include having an adaptive weather alert system to alert you in the event of severe weather.
- Plan for medications that require refrigeration. Keep ice on hand.



**Will you need help evacuating your home in the event of an emergency? Sign up for the North Dakota Department of Emergency Services Special Needs Registry on their website [www.nd.gov/ndsnr/](http://www.nd.gov/ndsnr/) or call FirstLink at 211 to register over the phone.**

**DON'T WAIT. COMMUNICATE.**  
MAKE YOUR EMERGENCY PLAN TODAY.



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



AMERICA'S  
PrepareAthon!

Ready

## Bismarck-Burleigh Public Health Welcomes Bismarck Environmental Health

The Bismarck Environmental Health division has moved its location to Bismarck-Burleigh Public Health, 500 E. Front Ave., Bismarck, effective July 1. Environmental Health was formerly located at the Fire Station on East Central Ave. “We welcome this opportunity that now brings Environmental Health services within the umbrella of the many public health services that we provide, safeguarding the health of the citizens in our community,” said Renae Moch, Director, Bismarck-Burleigh Public Health.

“These actions reflect what has been on the drawing board for a number of years and it was determined by the Fire Chief, the Director of Public Health and the City Commission that now would be a good time to make the transition in preparation for the 2016 budget process now underway,” said Keith Hunke, Assistant City Administrator.

Environmental Health is responsible for permitting and inspecting food service operations, public and semipublic swimming pools, tanning establishments, tattoo/body art establishments, lodging establishments, special pet requirements, and the vector control program. The new telephone number for Environmental Health is (701) 355-3400.



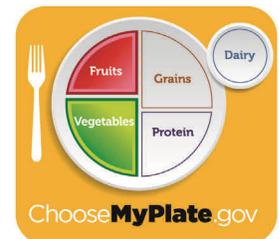
Environmental Health Practitioners now located at 500 E Front Ave, Bismarck:  
Anton Sattler, Paige McDaniel, Burton Pfliger, Jessica Douglas

### Fruits & Veggies—More Matters Month

Eating fruits and vegetables provides many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

However, many people don't eat enough fruits and vegetables.

- Only 1 in 3 adults eat the recommended amount of fruits every day.
- Only 1 in 4 adults eat the recommended amount of vegetables every day.



#### **Make it Simple: Think *Half-Your-Plate***

Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day. Fill half your plate with fruits and vegetables.

[-http://www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)