

This Month at Public Health:

Immunization Clinics

Thursday, December 3
Monday, December 7
Thursday, December 10
Monday, December 14
Thursday, December 17
Monday, December 21
Monday, December 28

Optimal Pregnancy Outcome

Program - a free service
Monday, December 14
Tuesday, December 15
Monday, December 21
Tuesday, December 22

Cholesterol Screenings

Friday, December 11
Tuesday, December 29

Holiday Closings

December 24 -closing at noon
December 25 - Christmas Day

Bismarck-Burleigh Public Health

500 East Front Avenue
Bismarck ND, 58504

Phone 701.355.1540

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

Is Your Vehicle Winter Ready?

North Dakota winters can often mean hazardous driving. In case you get stranded, keep a kit of emergency supplies in your car including:

- **Jumper cables:** might want to include flares or reflective triangle
- **Flashlights:** with extra batteries
- **First Aid Kit:** remember any necessary medications, baby formula and diapers if you have a small child
- **Food:** non-perishable food including protein rich foods like nuts and energy bars
- **Water:** at least 1 gallon of water per person for at least 3 days
- **Basic toolkit:** pliers, wrench, screwdriver
- **Pet supplies:** food and water
- **Radio:** battery or hand cranked
- **Cat litter or sand:** for better tire traction
- **Tow rope**
- **Shovel**
- **Ice scraper**
- **Clothes:** warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes for the cold
- **Blankets** or sleeping bags
- **Charged Cell Phone:** and car charger



Source: www.ready.gov

MANAGING HOLIDAY STRESS

The stress of upcoming holidays can overshadow the joy of spending time with family, exchanging gifts, nibbling on holiday goodies and relaxing with friends. No one wants to be too frazzled to enjoy what the holidays are all about. Here are some tips for memorable holidays.



1. Sit down with your family and talk about the meaning of the holiday. Have each person think about the most essential things about the holiday to him/her. What would really be missed if you didn't do it together as a family? What will each person do to help get ready for the holiday? Make a list of who will do what when. Not only will this be helpful to others, but it will also be a big boost to your health and happiness.

2. Whittle down the plans until you feel confident you can accomplish them. This will give you a sense of "being in control" (one of the key characteristics of good stress managers) — rather than feeling overwhelmed (which is a major stress generator). Are there family rituals that need to be dropped or modified? Family rituals are very important to children, but they may need to evolve as families change.

3. Eat healthy foods, exercise regularly and get enough sleep! Taking good care of yourself is one of the cornerstones of stress management, and it's especially important at holiday time – for you and everyone else in the family (especially children). Your stress can splash over onto other family members – so it's a kindness to everyone when you take good care of yourself.

4. Spend fun time together – and roll with the punches. Planning time with your family is important, but remember that the best laid plans often go astray! Expect glitches and make the best of what comes your way. When things get too stressful, call a 10-minute time out. Get a cup of tea, run around the block or just relax with your feet up. You will come back to face any challenge with a refreshed mind and body.

Have You Gotten Your Flu Vaccine?

It is not too late to vaccinate! Almost everyone, 6 months of age and older, needs to be protected from influenza. Influenza is a serious illness that can lead to complications and even death. There are some individuals who cannot be vaccinated, for medical reasons, and are at high risk of complications from influenza. That is why it is so important to protect them by protecting ourselves. The influenza season traditionally does not peak till January or February, so don't wait. It takes about 2 weeks for the vaccine to be effective. Contact your local public health, pharmacy, or physician and get protected today!



**HAVE YOU GOTTEN
YOUR FLU VACCINE?**

GET VACCINATED NOW!
IT'S NOT TOO LATE!

**National Influenza
Vaccination Week**

December 6 - 12, 2015

www.cdc.gov/flu

