

## This Month at Public Health:

### Immunization Clinics

Monday, May 2  
Thursday, May 5  
Monday, May 9  
Thursday, May 12  
Monday, May 16  
Thursday, May 19  
Monday, May 23

### Optimal Pregnancy Outcome

**Program** - a free service

Monday, May 9  
Tuesday, May 10  
Monday, May 16  
Tuesday, May 17

### Cholesterol Screenings

Friday, May 13  
Tuesday, May 31

### Holiday Closings

May 30, Memorial Day

### 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

## Make a Healthy Splash

### Share the Fun, Not the Germs

Recreational water illnesses (RWIs) can be caused by swallowing or having contact with contaminated water in swimming pools, hot tubs/spas, water playgrounds, lakes, rivers, or oceans. RWIs can be a wide variety of infections, including gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections.

Most outbreaks linked to the water we swim, relax, and play in are outbreaks of diarrhea. These outbreaks are caused by germs like Crypto, Shigella, norovirus, and E. coli. These germs—sometimes millions at a time—can spread when someone who is sick has diarrhea in the water. Other people can get sick if they swallow the germ water—even just a mouthful.

Pool chemicals, like chlorine or bromine, are added to the water to kill germs. But they don't work right away. If used properly, they can kill most germs within a few minutes. However, some germs, like Crypto can live in properly treated pool water for several days.

To help protect yourself, your family, and your friends from germs, follow these easy and effective steps each time you get in the water:

### Keep germs out of the water!

- Stay out of the water if you have diarrhea.
- Shower before you get in the water.
- Don't swallow the water.



### Every hour—everyone out!

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

Source: [www.cdc.gov](http://www.cdc.gov)

## Celebrate National Women's Health Week

May 8-14, 2016

National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority. The week also serves as a time to help women understand what steps they can take to improve their health. The 17th annual National Women's Health Week kicks off on Mother's Day, May 8, and is celebrated until May 14, 2016.

What steps can you take for better health? To improve your physical and mental health, you can:

- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings
- Get active - try for 30 minutes a day
- Eat healthy - remember that women need folic acid every day
- Pay attention to mental health, including getting enough sleep and managing stress
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt

Breast and cervical cancer screenings are an important part of women's health. If you have high deductibles, no insurance or need help paying for screenings, call the **Bismarck Women's Way program at 701-355-1577** to see if you qualify for assistance.



## May is Stroke Awareness Month: Know Your Risks

Stroke is a disease that affects the arteries leading to and within the brain. Strokes are the leading cause of disability in the United States. Strokes can affect people of all ages and backgrounds. Learn how to safeguard yourself against stroke.



### Stroke Risk Factors

Approximately 80 percent of strokes can be prevented. Though some stroke risk factors are uncontrollable, such as age and race, other risk factors are in your control and making small lifestyle changes can reduce your stroke risk. For example, hypertension, which is the leading risk factor, can be controlled by eating a healthy diet, regular physical activity, not smoking, and by taking prescribed medications.

### Types of Stroke

A **Hemorrhagic Stroke** results from a weakened vessel that ruptures and bleeds into the surrounding brain tissue. The blood accumulates and forms a bruise within the brain tissue, compressing brain cells and causing them to die.

A **Transient Ischemic Attack (TIA)** produces stroke-like symptoms. A TIA is caused by a clot; but unlike a stroke, the blockage is temporary and usually causes no permanent damage to the brain. TIAs are often called "mini-strokes". Approximately 15 percent of all strokes occur after a TIA. **Remember: a TIA is a medical emergency!**

Source: [www.strokeassociation.org](http://www.strokeassociation.org)