

This Month at Public Health:

June 2016

Immunization Clinics

Thursday, June 2
Monday, June 6
Thursday, June 9
Monday, June 13
Thursday, June 16
Monday, June 20
Thursday, June 23
Monday, June 27
Thursday, June 30

Optimal Pregnancy Outcome

Program - a free service

Monday, June 13
Tuesday, June 14
Monday, June 20
Tuesday, June 21

Cholesterol Screenings

Friday, June 10
Wednesday, June 29

Holiday Closings

None

Bismarck-Burleigh Public Health

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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



June is Men's Health Month

Men—you are strong and mighty—but not indestructible. Poor health habits and a lack of preventive care can break down any man. Whether it's scheduling an annual check-up, quitting smoking, beginning to exercise or eating more fruits and vegetables—there are many things you can do to improve your health.

◆ Get a Health Check-up

If you have not recently visited a doctor or a local health clinic, plan to do so this summer.

◆ Be Active

Exercise will improve your physical and mental health. By getting into a routine that includes 30 minutes of physical exercise a day, you can be well on your way to ensuring your health for the future.

◆ Eat Healthy—Every Day, Every Meal

- Eat a variety of fruits, vegetables and whole grains.
- Limit foods and drinks high in calories, sugar, fat and alcohol.
- Limit your salt intake—watch out for salt in processed foods.

◆ Have Your Blood Pressure Checked at Least Once a Year

A normal blood pressure is below 120/80. Your blood pressure is high if it is 140/90 or above. High blood pressure does not have physical symptoms, so get your blood pressure checked regularly.

◆ Get Screened For:

- Prostate and Colorectal Cancer
- Diabetes
- Depression
- Sexually transmitted disease

Source: www.cdc.gov

Keeping Kids Safe Around Medicine

Children are curious by nature, and it makes sense that they would be even more curious when it comes to medication. Medications are the leading cause of child poisoning. In 2013, over 59,000 children were seen in emergency room for medicine poisoning. That's one child every nine minutes. Almost all of these visits are because the child got into medicines during a moment alone.

What Families Can Do to Protect Kids

- **Put all medicine up and away and out of sight.** In 86% of emergency department visits for medicine poisoning, the child got into medicine belonging to a parent or grandparent.
- **Consider places where kids get into medicine.** Kids get into medication in all sorts of places, like in purses and nightstands. Place purses and bags in high locations, and avoid leaving medicine on a nightstand or dresser. In 2 out of 3 emergency room visits for medicine poisoning, the medicine was left within reach of a child.
- **Consider products you might not think about as medicine.** Health products such as vitamins, diaper rash creams, eye drops and even hand sanitizer can be harmful if kids get into them. Store these items up, away and out of sight, just as you would traditional medicine.
- **Only use the dosing device that comes with the medicine.** Kitchen spoons aren't all the same, and a teaspoon or tablespoon used for cooking won't measure the same amount of medicine as a dosing device.
- **Write clear instructions for caregivers about your child's medicine.** When other caregivers are giving your child medicine, they need to know what medicine to give, how much to give and when to give it. Using a medicine schedule can help with communication between caregivers.
- **Save the Poison Help line in your phone: 1-800-222-1222.** Put the toll-free number for the Poison Control Center into your home and cell phones. You can also put the number on your refrigerator or another place in your home where babysitters and caregivers can see it.

Source: www.safekids.org

Kids Home Alone this Summer?

Are your kids prepared to stay home alone? This one-day program teaches youth **ages 9-12** what they need to know to stay safe and healthy when they are on their own.

Topics covered include:

- *Fun Activities to Keep You Busy
- *Safe, Healthy Snacks
- *Storm and Emergency Preparedness
- *Basic First Aid
- *General Home Safety Information

**Tuesday, June 7
from 12:30-3:00
pm or Wednesday,
June 8 from 9:00-
11:30 am**



Bismarck-Burleigh Public Health
500 East Front Ave, Bismarck

To Register:

Call NDSU Extension-Burleigh County
701-221-6825