

# This Month at Public Health:

## Immunization Clinics

- Thursday, September 1
- Tuesday, September 6
- Thursday, September 8
- Monday, September 12
- Thursday, September 15
- Monday, September 19
- Thursday, September 22
- Monday, September 26
- Thursday, September 29

## Optimal Pregnancy Outcome Program - a free service

- Monday, September 12
- Tuesday, September 13
- Monday, September 19
- Tuesday, September 20

## Cholesterol Screenings

- Friday, September 9
- Tuesday, September 27

## Holiday Closings

- Labor Day - September 5

# Healthy Living Update

## We Prepare Every Day

September is National Preparedness Month. **Bismarck-Burleigh Public Health reminds you to take steps to prepare yourself and family members for disasters and emergencies.**

**BE INFORMED** about emergencies likely in your area. Sign up for local alerts, download the FEMA app, and monitor the news and weather.

**MAKE A PLAN** about where to go and how you'll communicate with your family in an emergency.

**BUILD A KIT** or have supplies on hand that you'll need to live independently for several days. Include food, water, and medicine for your family and pets.

**TAKE ACTION** and help others prepare in your community. Plan with neighbors or volunteer at a community service organization like the Red Cross.



### ***Power Out? Prevent Carbon Monoxide Poisoning!***

Beware of carbon monoxide. During a power outage, don't heat your home with a gas oven. Keep generators and grills outside. These devices produce carbon monoxide, an odorless, colorless gas that kills more than 500 Americans each year.

## BUILD A KIT

Include enough food, water, and medical supplies for your needs in your emergency kit to last for at least 72 hours.



READY.GOV/MYPLAN

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

Bismarck-Burleigh Public Health

# BreatheND

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

# Don't Let Head Lice Bug You!

September is National Head Lice Prevention Month. Children between the ages of 3 and 11 years are the most likely to get head lice, but there are ways to prevent it.

## Don't Share the Lice

- Never share your comb, hair brush, hair decorations, hats, or scarves with anyone else!
- Keep your jacket separate from others. If your school will allow it, store your jacket in your backpack.
- Do not share pillows, blankets or nap mats.

If a child comes home with head lice, take immediate action! Your school, public health, or physicians' office can give you the detailed information you need to treat head lice, as well as steps to clean your house and car. Vacuuming beds and washing laundry are crucial in getting rid of lice in the home.

## Anyone Can Get Head Lice

Head lice infestations affect all socioeconomic groups and are **not** an indication of poor hygiene. Regular bathing or shampooing will not prevent or get rid of head lice. Head lice are a nuisance, but they do not spread disease. Simply get head lice taken care of quickly and get your child back to school!



For more information on identifying head lice and how to treat it visit [www.ndhealth.com/Head-Lice](http://www.ndhealth.com/Head-Lice).

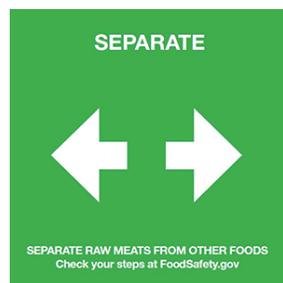
## 4 Steps to Prevent Foodborne Illness

### September is National Food Safety Education Month

Each year, 1 in 6 Americans gets sick from and 3,000 die of foodborne diseases. Foodborne diseases also send more than 100,000 Americans to the hospital each year and can have long-term health consequences, such as kidney failure, chronic arthritis, brain and nerve damage and even death. Follow four simple steps to keep you and your family safe from foodborne diseases at home.



Wash hands and surfaces often



Don't cross-contaminate



Cook to the right temperature



Refrigerate promptly