



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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DECEMBER 2019

Cavalier County Health District Welcomes New Nurse

Cavalier County Health District would like to welcome Courtney L. Howatt to our staff. Courtney is a Registered Nurse (RN) with a Bachelors of Science in Nursing from South Dakota State University since 2014. Her career path has focused towards rural nursing, safety and the health of others.

Courtney is married to Alex Howatt; Native of Langdon. They have two beautiful daughters; Goldie (18 months) and Crosby (4 months).

Courtney would like to tell the community she is “very thankful and excited to be starting my new role as your County Health nurse. I am anxious to learn and to be part of such a wonderful team. I am truly blessed!”



Three of the five leading causes of death are linked to alcohol use. And heavy drinkers are at greater risk of health issue ranging from liver disease to sleep disorders to sexually transmitted diseases. In addition, alcohol use disorders, generally called alcoholism and alcohol abuse, effect about 18 million people in the U.S. To learn more about binge drinking and what you can do to prevent it go to <https://www.speakvolumes.nd.gov/>

What is Binge Drinking?



4 DRINKS **DD**
in 2 HOURS



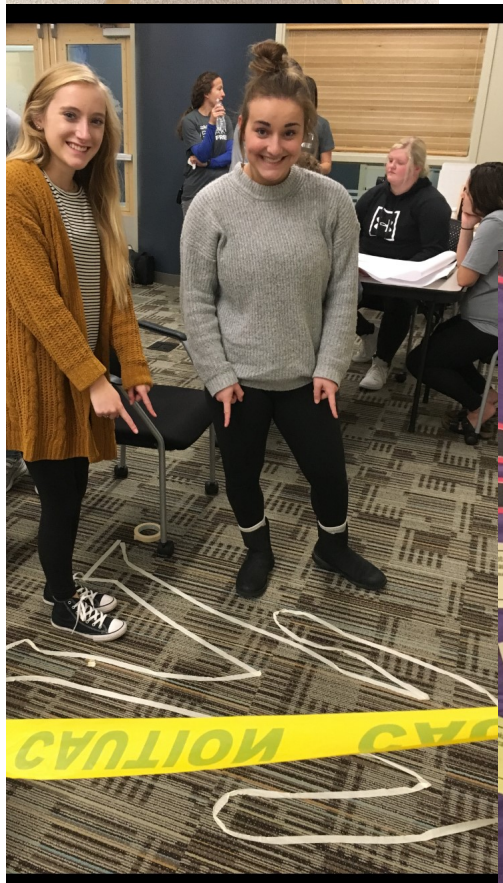
5 DRINKS **DD**
in 2 HOURS

Local Youth Attend Leadership Summit

With support from CCHD twelve area students and their advisors attended the 2019 Break Free Youth Action Summit in Fargo on Thursday October 3, 2019 sponsored by Tobacco Free North Dakota (TFND) and Fargo Cass Public Health (FCPH). This annual event provided a unique opportunity for youth advocates to demonstrate their passion and commitment in helping create the next tobacco free generation.

Learning from a national speaker, students learned about various tobacco free policies, and how they can be successful youth advocates in their communities. The youth and their adult advisors then had the opportunity to be engaged in presentations and hands on tobacco prevention activities.

WELCOME
TO THE
YOUTH
ACTION
SUMMIT
2019



CCHD Offers Medication Disposal Systems

Cavalier County Health District has been offering free medication disposal systems in conjunction with influenza vaccine clinics this fall for individuals unable to access Take Back locations such as Langdon Drug and Cavalier County Sheriff's Department. The disposal system inactivates medications making it safe to dispose unused, unwanted or expired medications in regular trash. It is not recommended to throw intact medications in the trash or flush them in the toilet without deactivating them first. The disposal systems have also been offered to individuals with decreased mobility such as with pharmacy medication delivery and with meals on wheels. Additional disposal kits are available free by request at Cavalier County Health District while supplies last.

For individuals unable to get to a drug take back location or obtain a disposal system like those offered by Cavalier County Health District medications can also be disposed at home. If your medicine is on the FDA flush list at <https://www.fda.gov/media/85219/download> your next best option is to immediately flush these potentially dangerous medicine down the toilet.

If your medication is not on the flush list, you should follow these instructions to discard the medicine in your trash at home. Follow these steps:

Remove the drugs from their original containers and mix them with something undesirable, such as used coffee grounds, dirt, or cat litter. This makes the medicine less appealing to children and pets and unrecognizable to someone who might intentionally go through the trash looking for drugs.

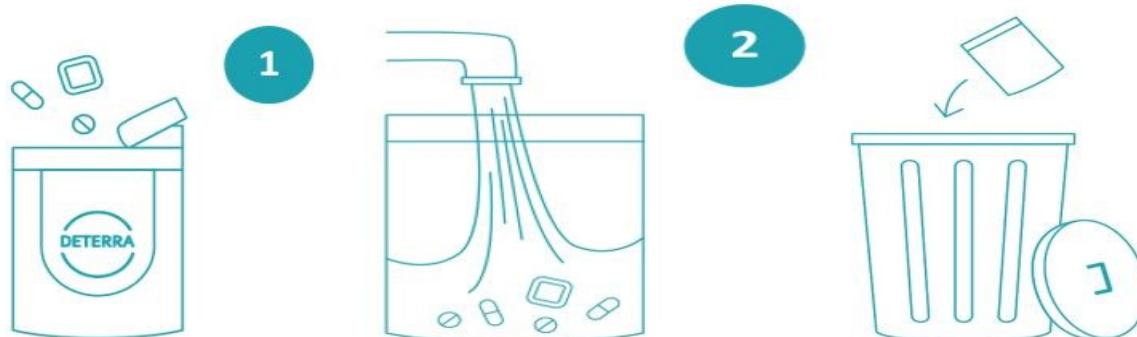
Put the mixture in something you can close (a re-sealable zipper storage bag, empty can, or other container) to prevent the drug from leaking or spilling out.

Throw the container in the garbage.



How to Use Deterra

Medium Size Deterra Pouches will hold 45 pills or 6 ounces liquid or 6 patches.



Step 1: Tear open pouch and place unused medications inside Deterra Pouch

Step 2: Fill pouch halfway with warm water and wait 30 seconds for air to release. Some foaming may occur.

Step 3: Seal pouch tightly, gently shake and dispose of in normal trash.

To deactivate and dispose of used transdermal patches, attach the sticky side of the patch to a paper towel and insert into the Deterra pouch. For unused patches, remove packaging and protective liner before attaching to paper towel.



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Our Mission...Cavalier County Health District is committed to promoting healthy lifestyles, preventing disease and protecting the environment.

Our Vision... Healthy Choices, Healthy People, Healthy Community.

Take Back Held Event

Cavalier County Health District in cooperation with Cavalier County Sheriff's Department held a drug Take Back event at the Munich Ambulance Center October, 21 2019 in conjunction with an influenza vaccination clinic. The event allowed individuals to bring unwanted, unused and expired medications to be disposed of in a secure, environmentally friendly manner. Individuals were also able to learn information about safe medication use and storage. Individuals who have medications which they would like to dispose of but were unable to attend the Take Back event can use Take Back sites Langdon Drug and Cavalier County Sheriff's Department at no cost anytime of the year.

