

Highlight on Health

A Custer Health Publication

Important Dates

April 3-9 - National Public Health Week.

April 7 - World Health Day.

April 24-30 - World Immunization Week.

Public Health

Car Seat Checkups

April 1 - 9 am to noon at Eide Chrysler

April 10 - 3 pm to 4:30 pm at the Hazen Fire Hall

April 12 - 3pm to 6 pm at Bill Barth Ford

Immunizations

Every Monday afternoon at the Mandan office. Please call for an appointment.

Nurse of the Day

Monday through Thursday, 8 am to 4 pm and Friday 8 am to noon. Walk ins are welcome.



▲ Walkers take to the course for Custer Health's 2016 Walk for Wellness.

Following the walk, Public Health staff meets with the community for health education. ►



Walk for Wellness

Custer Health will hold its annual Walk for Wellness in April at Fort Yates.

The walk, which is open to all ages, will be held Wednesday, April 19, from 10 a.m. to 11 a.m. Registration for the event begins at 9 a.m. at the Tribal Administration Building and the walk concludes at the AJ Agard Center.

Following the walk, Custer Health staff will have booths set up at the AJ Agard Center and will be available for health inquiries.

Walking is a simple, free activity that encourages good health, no matter your fitness level. Walking is inexpensive, can help you lose weight, and can be a social opportunity.



Public Health
Prevent. Promote. Protect.



Custer Health
For a healthier way of life.

Custer Health
Offices in Mandan, Carson, Beulah and Center
custerhealth.com
facebook.com/custerhealth

Poison Prevention Tips

Seven quick tips to help keep you and your family safe:

1. Keep Cleaners and Other Toxic Products Out of Reach
2. Check Your Purse for

- Potential Hazards
3. Use Original, Child-Resistant Packaging
 4. Keep Medicines Up and Away
 5. Put the Poison Help Number in Your Phone -

- (1-800-222-1222)
6. Check for Lead
 7. Install a Carbon Monoxide Alarm

Source: *Safe Kids Worldwide*



WHO focuses on depression for World Health Day

The World Health Organization celebrates World Health Day in April. This year, the focus of their campaign is depression, which affects more than 300 million people worldwide.

Depression is indiscriminate the leading cause of disability worldwide, and is a major contributor to the overall global burden of disease. Each year, depression is attributed to the more than 800,000 suicides. Suicide is the second leading cause of death in 15-29-year-olds.

The good news is there are a variety of effective treatments for the disease. Resources are available online, at www.who.int and you can find help for yourself, or someone you know through a variety of mental health organizations in the community.

#VACCINESWORK TO PROTECT INDIVIDUALS AND COMMUNITIES

Immunization is our shield against serious diseases.

When immunization rates are high, the wider community is protected including:

Infants who are too young to receive their vaccines.



Older adults at risk of serious diseases.

People who take medication that lowers their immune systems.



Check with your doctor that you are fully vaccinated.



Look For Us on the News

During Public Health Week



Custer Health
For a healthier way of life.