



## Free HIV, STD, & Hep C Testing Aug. 31

Our Custer Health location in Mandan, 403 Burlington St. SE, is offering **free** and **confidential** HIV, STD, and Hepatitis C testing from 8 am to 4 pm on Wednesday, August 31.

HIV and Hep C test results can be available in 20 minutes. Appointments are recommended to reduce your wait time. Call Custer Health at 701.667.3370.

### Know Your Status

If you are sexually active, getting tested for STDs is one of the most important things you can do to protect your health. If you are not comfortable talking with your regular health care provider about STDs, Custer Health offers confidential testing.

#### You should be tested if you

- Are a current or former injection drug user
- Have had more than 2 sex partners in the last 60 days
- Have had unprotected sex
- Had a blood transfusion prior to 1992
- Have had tattoos or piercings done at home or prison
- Everyone aged 14-64 is recommended to be tested for **HIV** at least once
- Anyone born between **1945 & 1965** is recommended to be tested for **Hepatitis C**

For STD testing in Beulah, contact the Custer Health office at 1101 3<sup>rd</sup> Ave. Beulah, ND 58523. 701.873.4433.



According to the CDC, 15-24 year olds account for half of all new STD infections.

## CAR SEAT CHECKUP...

**Mercer County – Hazen Fire Hall**  
August 8, 3:00 pm-4:30 pm (CT)  
For more information call: 701.873.4433

**Morton County – Mandan**  
Second Wednesday of every month  
from 3:00-6:00 p.m. by appointment.

Contact: Bismarck-Burleigh Public Health at 701.355.1540 to schedule an appointment.

Next checkup is **August 10** at **Bill Barth Ford**, 3205 Memorial Highway, Mandan.

Please bring:

- ✓ The car seat instructions
- ✓ Your vehicle owner's manual

## Prevent Child Heatstroke Deaths

### Act Fast. Save a Life.

On average, a child dies from heatstroke every 10 days in the US in vehicles where they have been left or have gotten back in the vehicle and are unable to get out. Twenty-four children died in 2015, which is the lowest number since 1998. Unfortunately, in 2016, 21 children have already died. Nine of these children were 2-3 years old, several of whom got back in the vehicle.

Temperatures on the days that children have died this year have ranged from 52 (heater was on) to 96 degrees. At 80 degrees, the temperature in a vehicle exceeds 100 degrees in 10 minutes. Remember that children's bodies overheat 4 times faster than an adult.

### Tips for preventing child heatstroke deaths:

- Never leave a child in a vehicle, not even for a minute!!
- Place an item you need in the back seat, such as a purse, cell phone or backpack.
- Have an agreement with daycare provider that you will be called 10-15 minutes after your child has not arrived as expected.
- Arrange with your partner to text each other when either of you has dropped your child at daycare.
- Lock vehicles to prevent children from entering them.
- Do not allow children to play in vehicles.
- If you see a child alone in a vehicle, ACT QUICKLY to get them out of the vehicle and cooled off.

Source: [safercar.gov](http://safercar.gov), [safekids.org](http://safekids.org), [nhtsa.gov](http://nhtsa.gov), and [noheatstroke.org](http://noheatstroke.org)



Even on a cloudy day, the heat of the sun can be deadly.

## Breastfeeding Promotes Healthy Babies

**Breastfeeding is one of the most effective steps a mother can take to protect the health of her baby.**

The American Academy of Pediatrics recommends exclusive breastfeeding for about the first 6 months and continued breastfeeding for at least the first year as solid foods are introduced. However, many mothers in North Dakota are not able to meet these goals. The [2014 Breastfeeding Report Card](#) shows that in ND, 82% of newborn infants started breastfeeding, 55% were still breastfeeding at six months and 27% were still breastfeeding at twelve months.

Custer Health supports nursing mothers in the workplace and has been designated "Infant Friendly" since 2011.