



## North Dakota Winter Safety

Outdoor winter activities like shoveling, sledding, or even traveling can expose you to unique health hazards. Take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Work slowly when doing outside chores.
- Consume extra calories and fluids during the outing to prevent **hypothermia** (a dangerous loss of body warmth that can cause death).

### Winter Camping

To help prevent hypothermia during cold nights, bring adequate bedding and clothing to stay warm. Use a plastic ground cloth under your tent to help keep you dry.

### Carbon Monoxide Poisoning

Carbon monoxide is odorless and colorless and can cause illness or death in people and pets. Never use fuel-burning equipment such as gas stoves, heaters, lanterns, and charcoal grills inside a tent, camper, or other enclosed shelter. It can cause dangerous levels of carbon monoxide to build up.

Symptoms of carbon monoxide poisoning include: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.



When planning travel, be aware of current and forecast weather conditions before heading out.

## CAR SEAT CHECKUP...

**Mercer County – Hazen Fire Hall**  
December 12, 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 **December 14** at **Bill Barth Ford**, 3205 Memorial Highway, Mandan.

Please bring:

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

## Prevent the Spread of Norovirus

Norovirus causes many people to become ill with vomiting and diarrhea each year. People usually get sick with norovirus in cooler months, especially from November to April. You can help protect yourself and others by washing your hands often and following simple tips to stay healthy.

### Protect Yourself and Others from Norovirus

- **Practice proper hand hygiene**  
Wash your hands carefully with soap and water, especially after using the toilet and changing diapers and always before eating or preparing food. If soap and water aren't available, use an alcohol-based hand sanitizer.
- **Take care in the kitchen**  
Carefully rinse fruits and vegetables, and cook oysters and other shellfish thoroughly before eating.
- **Do not prepare food while infected**  
People with norovirus illness should not prepare food for others while they have symptoms and for at least 2 days after they recover from their illness.
- **Clean and disinfect contaminated surfaces**  
After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces using a bleach-based household cleaner or you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water.
- **Wash laundry thoroughly**  
Immediately remove and wash clothing or linens that may be contaminated with vomit or stool. If available, wear rubber or disposable gloves while handling soiled clothing or linens and wash your hands after handling.

Source: [www.cdc.gov](http://www.cdc.gov)



Wash hands carefully with soap and water before eating to prevent norovirus.

### Nurse of the Day

Custer Health now offers Nurse of the Day eight hours a day Monday through Thursday, and Fridays from 8 am to noon to better serve the community.

#### What services can the Nurse of the Day provide?

- Immunizations and flu shots
- Screenings and education for:
  - Blood pressure
  - Blood sugar
  - Cholesterol
  - Depression
  - Head lice
- Hep C, HIV and STD testing and education
- Tuberculosis testing and management

Call 701-667-3370 for an appointment.