



Take Steps to Avoid Mosquito Bites This Summer

Custer Health wants to remind residents the importance of protecting themselves and their families from mosquito bites and diseases like West Nile virus in North Dakota.

Preventing mosquito bites is the most effective way to avoid West Nile virus disease. There is no human vaccine for West Nile virus, and there are no specific treatments for the disease. The North Dakota Department of Health recommends residents take these precautions to avoid mosquito bites:

- Use insect repellent registered with the U.S. Environmental Protection Agency (EPA) that contains ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (or PMD) or permethrin. Always follow the directions on the manufacturer's label for safe and effective use.
- Wear long-sleeved shirts, long pants, and socks when outdoors.
- Limit outdoor activities between dusk and dawn when mosquitoes are most likely to bite.
- Eliminate stagnant water in containers around homes where mosquitoes can lay their eggs (e.g., gutters, buckets, flower pots, old tires, wading pools, and birdbaths).
- Keep mosquitoes from entering your home by installing or repairing screens on windows and doors.

For the latest information on North Dakota's mosquito surveillance activities, visit www.ndhealth.gov/wnv.



Adults: Spray insect repellent onto your hands and then apply to a child's face.

CAR SEAT CHECKUP...

Mercer County – Beulah Civic Center
July 11, 8:30 am-11:00 am (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 **July 13** at **Puklich Chevrolet**, Highway 83 & North Calgary Ave. Bismarck.

Please bring:

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

Vaccinate Your Preteen This Summer

Most preteens get their shots in August before school begins. Make an appointment to get your child vaccinated this July and beat the back-to-school rush!

What vaccines are recommended for my preteen?

Boys and girls should get the following vaccines when they are 11 or 12 years old:

- **Human papillomavirus (HPV) vaccine** helps protect against HPV infections that cause cancer. All boys and girls should finish the HPV vaccine series (three shots) before their 13th birthday.
- **Quadrivalent meningococcal conjugate vaccine** protects against some of the bacteria that can cause infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections.
- **Tdap vaccine** protects against three serious diseases: tetanus, diphtheria, and pertussis (whooping cough).

Source: www.cdc.gov

Custer Health Immunization Clinics on Mondays

July 11 from 3 pm to 6 pm

July 18 from 3 pm to 5 pm

July 25 from 3 pm to 5 pm

Custer Health Sports Physicals are available on

Saturday, August 6, 2016 at the Mandan Office.

By Appointment Only, \$25.00 per physical.

Call 667-3370 to schedule an appointment.



Taking them to their sports physical and getting them vaccinated are critical steps for your child's health.

Congratulations to Heidi Moore, Mercer County RN!

Heidi Moore, RN at Mercer County Custer Health has completed her lactation counselor certification.

What services do lactation counselors provide?

A certified lactation counselor teaches breastfeeding classes and assists mothers in successfully breastfeeding exclusively and for longer durations.

How can I get lactation counseling?

Mercer County residents can call with questions or make an appointment.
Stanton Office 701-745-3599
Beulah Office 701- 873-4433

Our Custer Health location in Mandan also has certified lactation counselors!