

Keep Kids Safe at Home

Children are curious by nature, and it makes sense that they would be even more curious when it comes to medication. Medications are the leading cause of child poisoning.

What You Can Do to Protect Kids

- **Put all medicine up and away and out of sight.** In 86% of emergency department visits for medicine poisoning, the child got into medicine belonging to a parent or grandparent.
- **Consider places where kids get into medicine.** Place purses and bags in high locations, and avoid leaving medicine on a nightstand or dresser.
- **Consider products you might not think about as medicine.** Health products such as vitamins, diaper rash creams, eye drops and even hand sanitizer can be harmful if kids get into them. Store these items up, away and out of sight, just as you would traditional medicine.
- **Only use the dosing device that comes with the medicine.** Kitchen spoons aren't all the same, and a teaspoon or tablespoon used for cooking won't measure the same amount of medicine as a dosing device.
- **Save the Poison Control Help line in your phone: 1-800-222-1222.** Put this toll-free number into your phone and on your refrigerator where caregivers can see it.

Source: www.safekids.org



Pick a medicine storage place in your home that your child cannot reach or see.

CAR SEAT CHECKUP...

Mercer County – Hazen City Hall
June 13, 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 **June 8** at **Bill Barth Ford**, 3205 Memorial Highway, Mandan.

Please bring:

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

June is Men's Health Month

Men—you are strong and mighty—but not indestructible. Poor health habits and a lack of preventive care can break down any man. Whether it's scheduling an annual check-up, quitting smoking, beginning to exercise or eating more fruits and vegetables—there are many things you can do to improve your health.

◆ Get a Health Check-up

If you have not recently visited a doctor or a local health clinic, plan to do so this summer.

◆ Be Active

Exercise will improve your physical and mental health. By getting into a routine that includes 30 minutes of physical exercise a day, you can be well on your way to ensuring your health for the future.

◆ Eat Healthy—Every Day, Every Meal

- Limit foods and drinks high in calories, sugar, fat and alcohol.
- Limit your salt intake—watch out for salt in processed foods.

◆ Have Your Blood Pressure Checked at Least Once a Year

A normal blood pressure is below 120/80. Your blood pressure is high if it is 140/90 or above. High blood pressure does not have physical symptoms, so get your blood pressure checked regularly.

◆ Get Screened For:

- Prostate and Colorectal Cancer
- Diabetes
- Depression
- Sexually transmitted disease



Men, if you haven't had your yearly physical exam, call Custer Health at 701-667-3370 to schedule one.

Custer Health Open House

Thursday, June 23

2:00-4:00 pm (CT)

Check out our new location at **403 Burlington St. SE** in Mandan. Join us on the 23rd from 2-4 for refreshments and a tour of our facility.

