



Get Smart about Antibiotics

November 14-20 is “Get Smart about Antibiotics Week”. This annual observance seeks to raise awareness about the threat of antibiotic resistance and the importance of improving antibiotic use.

Antibiotics aren't always the answer

- **Antibiotics can have reactions and side effects.** Harmful effects from antibiotics, such as side effects and allergic reactions, cause 1 out of 5 emergency department visits for adverse drug events and lead to 50,000 emergency room visits in children each year.

- **Antibiotics can be overused and misused.** It is estimated that more than half of antibiotics are unnecessarily prescribed to children in doctor office settings for cough and cold illness, most of which are caused by viruses.

- **Antibiotics can only cure infections caused by bacteria, not viruses.**

- **Antibiotic resistance is growing.** An estimated 2 million illnesses and 23,000 deaths occur each year in the United States due to antibiotic-resistant infections. Overuse and misuse of antibiotics are main drivers of resistance.

CDC recommends that antibiotics be taken as prescribed. They should not be shared or saved for the next illness, and doses should not be skipped or stopped unless instructed by a clinician. Rather than asking your healthcare provider to prescribe antibiotics, ask what steps you can take to feel better.

Source: www.cdc.gov



Remember that antibiotics only treat bacterial infections, not the flu.

CAR SEAT CHECKUP...

Mercer County – Beulah Fire Hall
November 14, 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 **November 9** at **Puklich Chevrolet**, Highway 83 & North Calgary Ave, Bismarck.

Please bring:

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

Quitting Tobacco Benefits North Dakotans

From 2013 to 2015, the youth smoking rate in North Dakota declined significantly, sharply reducing the harms and costs caused by smoking in North Dakota.

Because of these declines:

- **11,520** fewer kids alive today in North Dakota will grow up to be addicted adult smokers
- **3,840** fewer of today's residents in North Dakota will ultimately die prematurely from smoking

Despite this progress, tobacco use is still the number one cause of preventable death in North Dakota, killing 1,000 people each year, while thousands of others suffer from smoking-caused disease and disability. Tobacco use is also a substantial drain on the state's economy, costing the state \$326 million in health care costs every year.

Custer Health's tobacco prevention and cessation program helps keep kids tobacco and nicotine free and helps tobacco users quit their nicotine addiction for good. This results in public health and economic savings for our entire community.

This year's Great American Smokeout is Thursday, November 17. Take this opportunity to quit smoking for even one day or use the day to make a quit plan.

Source: www.tobaccofreekids.org



An initiated measure approved by North Dakota voters provides funding to Custer Health to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use.



Call NDQuits at 1.800.QUIT.NOW for help quitting smoking.

Set Your Clocks, Check Your Stocks

Daylight saving time ends Sunday, Nov. 6! Use this date as a reminder to check your preparedness kit. Make sure your emergency stockpile isn't missing any items and that the food hasn't expired.



Make sure that your kit includes:

- A three-day supply of non-perishable food and water
- Flashlights
- Batteries
- Manual can opener
- First-aid kit
- Radio
- Prescription drugs, sanitary supplies, and diapers or pet supplies if needed

Source: www.aphagetready.org