



Get the Shot, Not the Flu

It is that time of the year for influenza to begin circulating in our communities. Now is the best time to get your flu vaccination. Flu season typically peaks in February or March, but don't wait until then to get your flu shot. This year there have already been reported cases of the flu in Morton County.

Almost everyone 6 months of age and older is recommended by the CDC to receive the flu vaccine. It takes about 2 weeks for the injected vaccine to become fully effective.

Flu season is also a good time to check on your Pneumonia vaccination if you are 65 years of age and older. Be sure and ask about this with your health care provider.

Custer Health **will not** be offering the Flumist spray this year as it is no longer recommended by the CDC. According to a CDC study, the effectiveness of the Flumist last year averaged only 3% protection.

Custer Health Walk-in Flu Clinics

Custer Health is holding more than 20 flu clinics this October. For the full flu clinic schedule visit www.custerhealth.com or call one of our regional clinics.

Grant County flu clinics – 701.622.3591

Mercer County flu clinics – 701.873.4433

Morton or Oliver County flu clinics – 701.667.3370

*Business owners can call 701-667-3370 to schedule a worksite flu clinic.



Vaccination continues to be the best way to prevent influenza.

CAR SEAT CHECKUP...

Mercer County – Hazen Fire Hall
October 10, 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 **October 12** at **Bill Barth Ford**, 3205 Memorial Highway, Mandan.

Please bring:

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

Reduce the Risk of SIDS

This is SIDS Awareness Month and Custer Health would like to remind parents and caregivers that there are actions you can take to reduce the risk of SIDS.

About 3,500 infants die suddenly and unexpectedly each year in the United States. Most of these deaths result from Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death, such as suffocation.

To reduce the risk of SIDS and other sleep-related causes of infant death:

- Always place baby on his or her back to sleep for all sleep times, including naps.
- Room share — keep the baby's sleep area in the *same room*, next to your sleep area.
- Use a firm sleep surface, free from soft objects, toys, blankets, and crib bumpers.
- Do not smoke during pregnancy or around the baby. The risk of SIDS is even stronger when a baby shares a bed with a smoker. For help in quitting, call the ND quitline at 1-800-QUIT-NOW (1-800-784-8669) or visit <https://ndquits.health.nd.gov/>.



If you bring your baby into your bed to breastfeed, make sure to put him or her back into a separate sleep area in your room when finished.



Always place babies on their backs to sleep for every sleep.

Breast Cancer Screenings Saves Lives

October is Breast Cancer Awareness Month. The most effective way to prevent breast cancer is to get a mammogram and clinical breast exam regularly.

Asking Questions is the key to early detection.

Am I at a higher risk of breast cancer?

When should I begin mammography screening?

What should I do to prepare for a mammogram?

How often should I get a mammogram?

Contact our Custer Health *Women's Way* Coordinator if you need help and cannot afford a screening.