



Don't Let Head Lice Bug You

September is National Head Lice Prevention Month. Children between the ages of 3 and 11 years are the most likely to get head lice, but there are ways to prevent it.

Don't Share the Lice

- Never share your comb, hair brush, hair decorations, hats, or scarves with anyone else!
- Keep your jacket separate from others. If your school will allow it, store your jacket in your backpack.
- Do not share pillows, blankets or nap mats.

If a child comes home with head lice, take immediate action! Your school, public health, or physicians' office can give you the detailed information you need to treat head lice, as well as steps to clean your house and car. Vacuuming beds and washing laundry are crucial in getting rid of lice in the home.

Anyone Can Get Head Lice

Head lice infestations affect all socioeconomic groups and are **not** an indication of poor hygiene. Regular bathing or shampooing will not prevent or get rid of head lice. Head lice are a nuisance, but they do not spread disease. Simply get head lice taken care of quickly and get your child back to school!

For more information on identifying head lice and how to treat it visit www.ndhealth.com/Head-Lice



The most common symptom of head lice is an itchy head.

CAR SEAT CHECKUP...

Mercer County – Beulah Fire Hall
September 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 **September 14** at **Puklich Chevrolet**, Hwy 83 & North Calgary Ave, Bismarck.

Please bring:

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

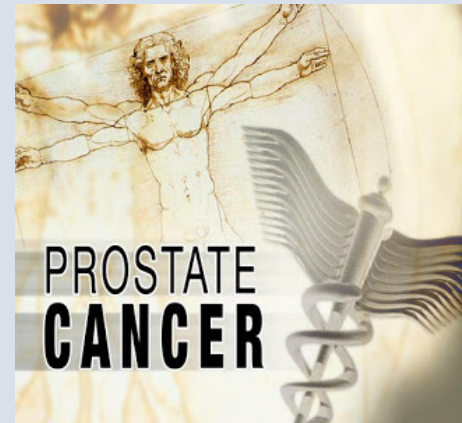
Men's Screening for Prostate Cancer

A Decision for You and Your Doctor

Prostate cancer is the most common non-skin cancer and the second leading cause of cancer death among American men. Most prostate cancers grow slowly, and don't cause any health problems in men who have them. September is Prostate Cancer Awareness Month. **Learn about prostate cancer and talk to your doctor before you decide to get tested or treated.**

- ▶ You may have a greater risk for prostate cancer if you have a father, brother, or son who has had prostate cancer; if you are over 50 years old; or if you are African-American.
- ▶ Your prostate makes a substance called prostate-specific antigen (PSA). A PSA test measures the amount of PSA in your blood.
- ▶ A PSA test can be abnormal (high PSA) for several reasons besides prostate cancer. The only way to know if an abnormal test is due to cancer is to do a biopsy.
- ▶ A biopsy removes a sample of the prostate gland cells to look at under a microscope. The biopsy is done by a specialist.
- ▶ If the biopsy shows that there are cancer cells, your doctor will talk to you about treatment options.

Custer Health offers PSA tests and digital rectal exams via Indian Health Service providers with the Men's Health Program. Next Men's Health Days are **September 13 in Fort Yates ND** and **September 21 in McLaughlin SD**. For additional information please contact Jenn Pelster at 1-888-667-3370.



Men should discuss their risk of prostate cancer with their doctor.

Are You Prepared?

Take steps to prepare yourself and family members for disasters and emergencies.

- ☑ **BE INFORMED** about emergencies likely in your area. Sign up for local alerts, download the FEMA app, and monitor the news and weather.
- ☑ **MAKE A PLAN** about where to go and how you'll communicate with your family in an emergency.
- ☑ **BUILD A KIT** or have supplies on hand that you'll need to live independently for several days. Include food, water, and medicine for your family and pets.
- ☑ **TAKE ACTION** and help others prepare in your community. Plan with neighbors or volunteer at a community service organization like the Red Cross.