

Wicozani Bulletin

(Health)

Health Education Program

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Dear Mni Wakan Oyate,

Goodbye April, hello May! I hope you're all excited about Spring and the warm weather, as I am. Remember, APRIL SHOWERS BRING MAY FLOWERS. Well... let's hope that those flowers come sooner rather than later. But, I hope you all enjoyed last month's edition of the Health Bulletin. The bulletin will continue to be sent out monthly. Every edition is very informative on certain health topics. I hope you all learned a little something about Alcohol Awareness Month, Self-care, good hygiene and MRSA prevention.

May is American Stroke Awareness Month and Mental Health Month. I also, plan on adding information about the Measles outbreak, West Nile, Lyme Disease and Hantavirus information. There will be continued information about; Head lice prevention and suicide prevention. Because suicide is PREVENTABLE!

The whole purpose of this Bulletin is PREVENTION, PREVENTION and PREVENTION! We, (Health programs of Tribal Health) would like to inform our elders, along with our youth and middle-aged about different health topics.

If you have any suggestions or would like to see a certain topic put out on the Bulletin, please let me know.

Thank you!

Respectfully,

Shantel DuBois/SL Health Educator



**May is
American Stroke Month**



**Upcoming Events/Mark your
Calendars**

May 6

RAVS 2019 Spray/Neuter & Wellness Clinic

May 6th-9th, 2019 is Surgery ONLY

May 10th, 2019 is Wellness ONLY

Fort Totten Wellness Center

(8am-until full for all the days)

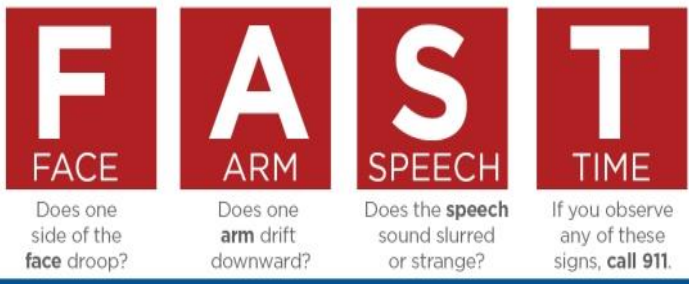
FYI: from Spirit Lake WIC

Attention
breastfeeding moms:

Join us for a photo
shoot on May 14th,
2019.

Watch out for flyers!!

May is National Stroke Awareness Month.



American Stroke Awareness Month

Someone in the US has a stroke about once every 40 seconds.

Stroke

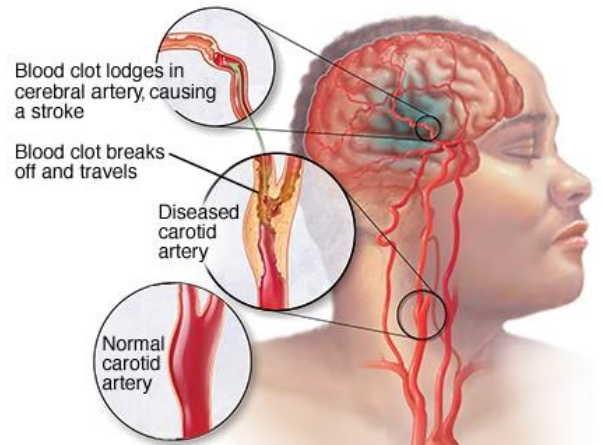
Also called: CVA/ cerebrovascular accident

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures).

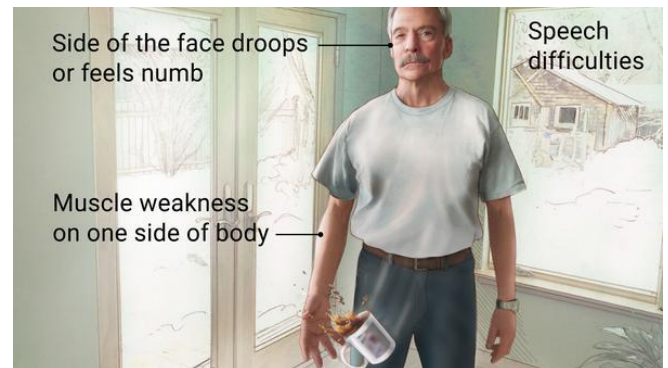
Signs & Symptoms

You should consider these symptoms warning signs and consult your health care provider:

- Sudden weakness or numbness in the face, arm, or leg on one side of the body.
- Abrupt loss of vision, strength, coordination, sensation, speech, or the ability to understand speech. These symptoms may become worse over time.
- Sudden dimness of vision, especially in one eye.
- Sudden loss of balance, possibly accompanied by vomiting, nausea, fever, hiccups, or trouble with swallowing.
- Sudden and severe headache with no other cause followed rapidly by loss of consciousness -- indications of a stroke due to bleeding.
- Brief loss of consciousness.



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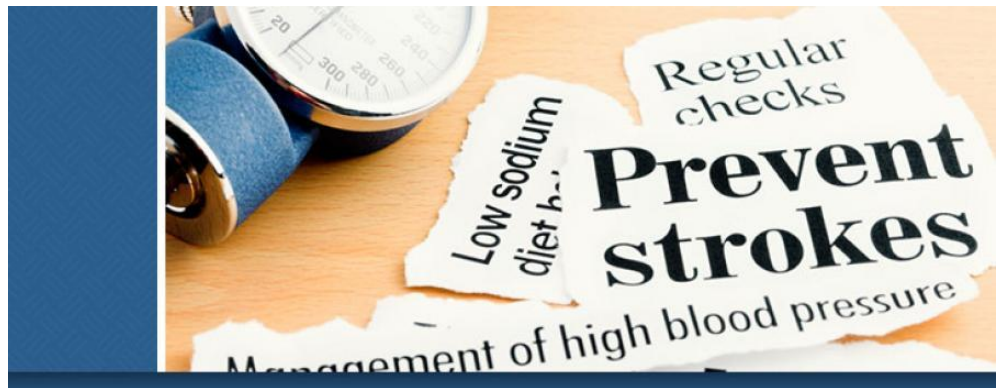


- Unexplained dizziness or sudden falls.

How a person is affected by their stroke depends on where the stroke occurs in the brain and how much the brain is damaged. For example, someone who had a small stroke may only have minor problems such as temporary weakness of an arm or leg. People who have larger strokes may be permanently paralyzed on one side of their body or lose their ability to speak. Some people recover completely from strokes, but more than 2/3 of survivors will have some type of disability.

Prevention

Stroke prevention can start today. Protect yourself and avoid stroke, regardless of your age or family history.



- Lower blood pressure. ...
- Lose weight. ...
- Exercise more. ...
- If you drink — do it in moderation. ...
- Treat atrial fibrillation. ...
- Treat diabetes. ...
- Quit smoking.

(Information obtained through www.stroke.org, www.mayoclinic.org/diseases-conditions/stroke/symptoms-causes/syc-20350113, www.webmd.com/stroke/guide/stroke-living-managing)



May is Mental Health Awareness Month

Nearly one in five U.S. adults live with a mental illness (46.6 million in 2017).

Mental disorder

Also called: mental illness

Is a wide range of conditions that affect; mood, thinking and behavior.

Signs & Symptoms

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors.

Examples of signs and symptoms include:

- **Feeling sad or down**
- **Confused thinking or reduced ability to concentrate**
- **Excessive fears or worries, or extreme feelings of guilt**
- **Extreme mood changes of highs and lows**
- **Withdrawal from friends and activities**
- **Significant tiredness, low energy or problems sleeping**
- **Detachment from reality (delusions), paranoia or hallucinations**
- **Inability to cope with daily problems or stress**
- **Trouble understanding and relating to situations and to people**
- **Alcohol or drug abuse**



- **Major changes in eating habits**
- **Sex drive changes**
- **Excessive anger, hostility or violence**
- **Suicidal thinking**

Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headache, or other unexplained aches and pains.

Prevention

There's no sure way to prevent mental illness. However, if you have a mental illness, taking steps to control stress, to increase your resilience and to boost low self-esteem may help keep your symptoms under control. Follow these steps:

- **Pay attention to warning signs.** Work with your doctor or therapist to learn what might trigger your symptoms. Make a plan so that you know what to do if symptoms return. Contact your doctor or therapist if you notice any changes in symptoms or how you feel. Consider involving family members or friends to watch for warning signs.
- **Get routine medical care.** Don't neglect checkups or skip visits to your health care provider, especially if you aren't feeling well. You may have a new health problem that needs to be treated, or you may be experiencing side effects of medication.
- **Get help when you need it.** Mental health conditions can be harder to treat if you wait until symptoms get bad. Long-term maintenance treatment also may help prevent a relapse of symptoms.
- **Take good care of yourself.** Sufficient sleep, healthy eating and regular physical activity are important. Try to maintain a regular schedule. Talk to your health care provider if you have trouble sleeping or if you have questions about diet and physical activity.

Measles Outbreak in the U.S.

*From January 1 to April 26, 2019, 704** individual cases of measles have been confirmed in 22 states. This is an increase of 78 cases from the previous week. This is the greatest number of cases reported in the U.S. since 1994 and since measles was declared eliminated in 2000.*

Measles

Also called: rubeola

A viral infection that's serious for small children but is easily preventable by a vaccine.

Signs & Symptoms

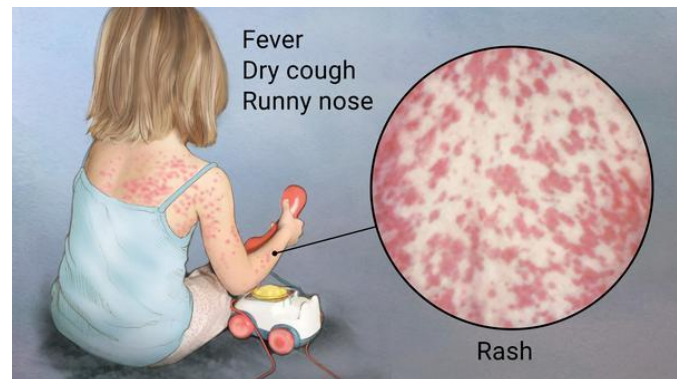
The symptoms of measles generally appear about seven to 14 days after a person is infected.

Measles typically begins with

- high fever,
- cough,
- runny nose
- red, watery eyes (conjunctivitis).

Two or three days after symptoms begin, tiny white spots (Koplik spots) may appear inside the mouth.

Three to five days after symptoms begin, a rash breaks out. It usually begins as flat red spots that appear on the face at the hairline and spread downward to the neck, trunk, arms, legs, and feet. Small raised bumps may also appear on top of the flat red spots. The spots may become joined together as they spread from the head to the rest of the body. When the rash appears, a person's fever may spike to more than 104° Fahrenheit.



Transmission of Measles

Measles is a highly contagious virus that lives in the nose and throat mucus of an infected person. It can spread to others through coughing and sneezing. Also, measles virus can live for up to two hours in an airspace where the infected person coughed or sneezed. If other people breathe the contaminated air or touch the infected surface, then touch their eyes, noses, or mouths, they can become infected.

Measles is so contagious that if one person has it, up to 90% of the people close to that person who are not immune will also become infected.

Infected people can spread measles to others from four days before through four days after the rash appears.

Measles is a disease of humans; measles virus is not spread by any other animal species.

Measles

IT ISN'T JUST A LITTLE RASH



Measles can be dangerous, especially for babies and young children.

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



Measles Can Be Serious



About 1 out of 4 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 or 2 out of 1,000 people with measles will die, even with the best care.

You have the power to protect your child.

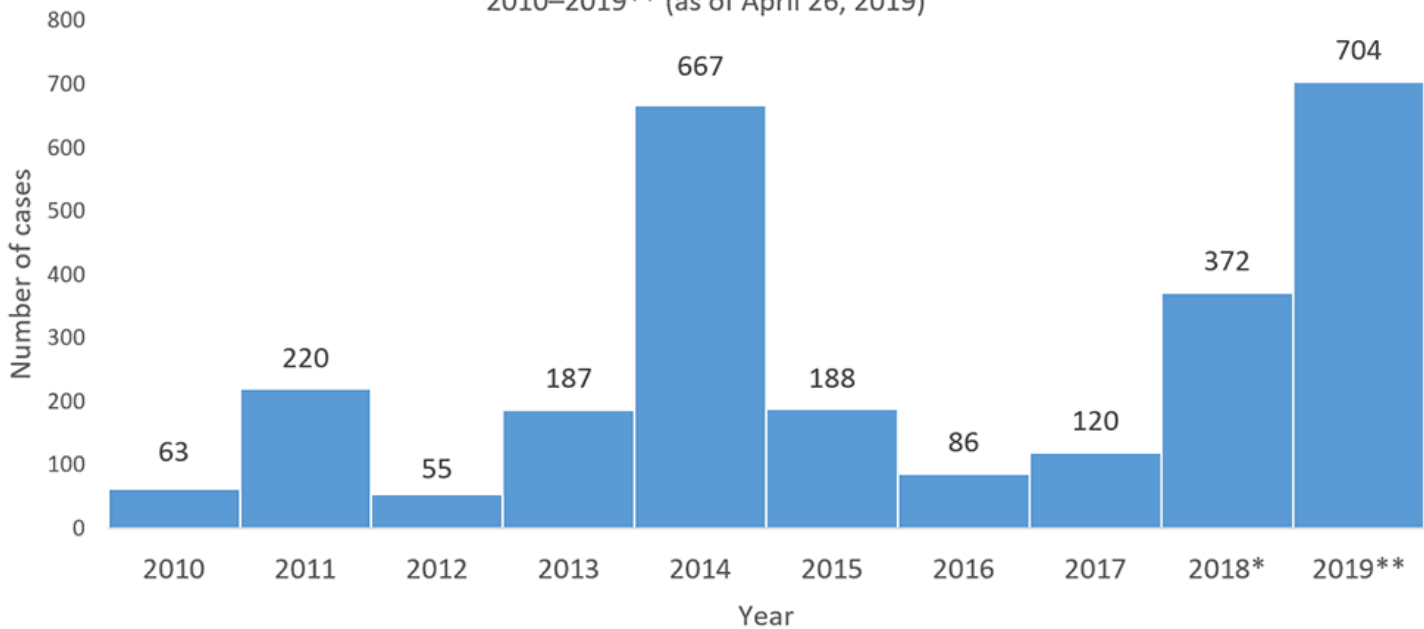


Provide your children with **safe** and **long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES

NUMBER OF MEASLES CASES REPORTED BY YEAR

2010–2019** (as of April 26, 2019)



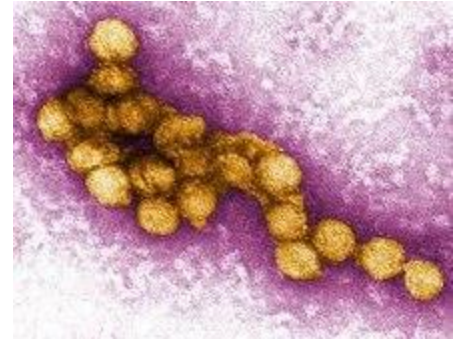
The states that have reported cases to CDC are Arizona, California, Colorado, Connecticut, Florida, Georgia, Illinois, Indiana, Iowa, Kentucky, Maryland, Massachusetts, Michigan, Missouri, Nevada, New Hampshire, New Jersey, New York, Oregon, Texas, Tennessee, and Washington.

Contact your provider for more information. Vaccinate your child if he or she hasn't yet had the vaccine. Remember, you have the power to protect your child against measles with a safe and effective vaccine.

(Information obtained through www.cdc.gov/measles/about/index.html)

West Nile Prevention

Usually most people infected with the West Nile virus have no signs or symptoms.



West Nile

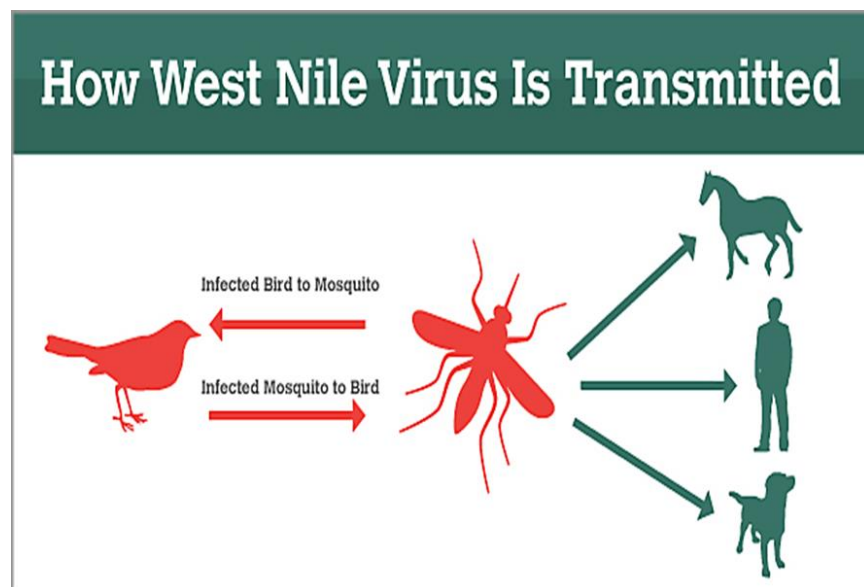
A single stranded RNA VIRUS THAT IS ALSO KNOWN AS A FLAVIVIRUS.

It is carried from infected birds to people by mosquitoes. And is capable of causing disease in humans.

Transmission

West Nile virus is most commonly spread to people by the bite of an infected mosquito.

Mosquitoes become infected when they feed on infected birds. Infected mosquitoes then spread West Nile virus to people and other animals by biting them.



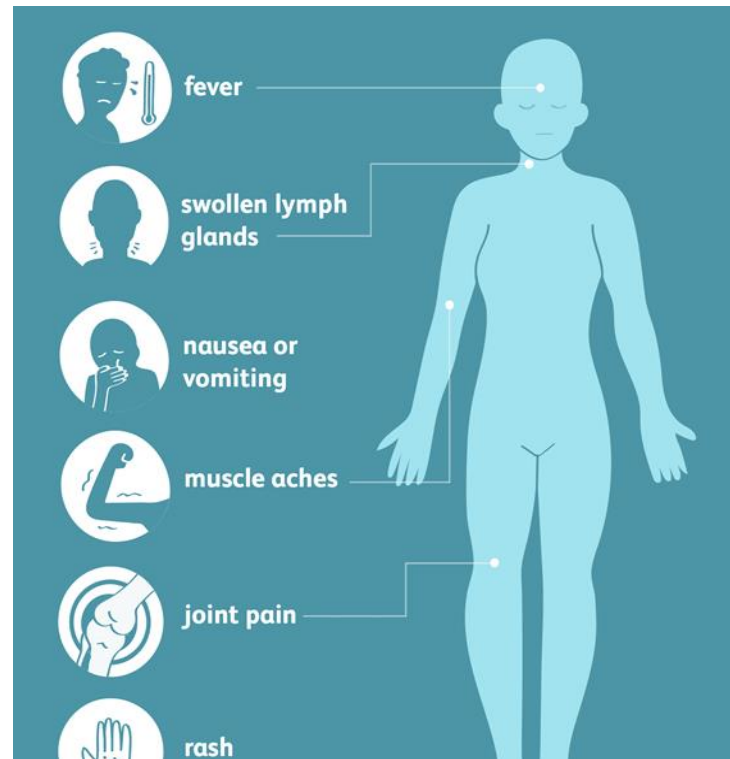
Cases of WNV occur during mosquito season, which starts in the summer and continues through fall.

Symptoms

About 20% of people develop a mild infection called West Nile fever.

Common signs & symptoms include:

- **Fever**
- **Headache**
- **Body aches**
- **Vomiting**
- **Diarrhea**
- **Fatigue**
- **Skin rash**



If you experience any of the following symptoms this summer, contact or seek your medical professional right away.

Prevention

- **Wear light-colored clothing, long pants and long-sleeved shirts.**
- **Limit outdoor activities in the evening when mosquitoes are most active.**
- **Use insect repellent containing DEET, picaridin, IR2525, oil of lemon eucalyptus or permethrin. Always follow the directions on the label.**
- **Install or repair screens on windows and doors.**

****Remember, mosquitoes are most active in the early morning and evening. Take proper precautions.**

(Information obtained through cdc.gov)

Lyme Disease Prevention

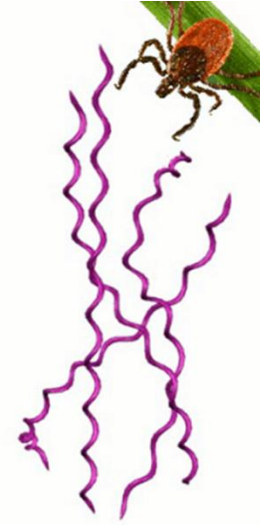
Each year, more than 30,000 cases of Lyme disease are reported nationwide.



Lyme disease

Also called: borreliosis

A tick-borne illness caused by the bacterium *Borrelia burgdorferi*.



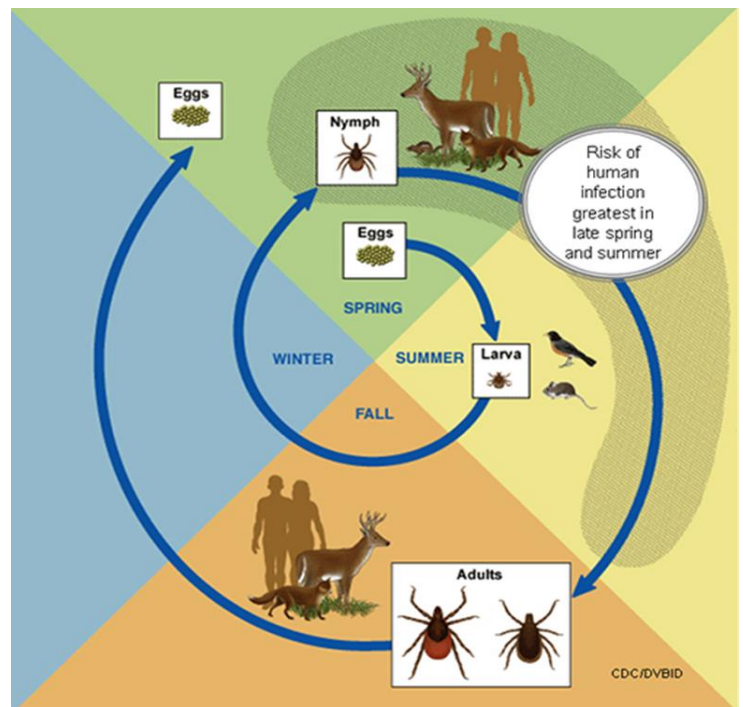
Borrelia burgdorferi
Lyme disease

Transmission

is spread through the bite of infected ticks. The most common among our area is the wood tick.

Ticks can attach to any part of the human body but are often found in hard-to-see areas such as; the groin, armpits, and scalp.

In most cases, the tick must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted.



Symptoms

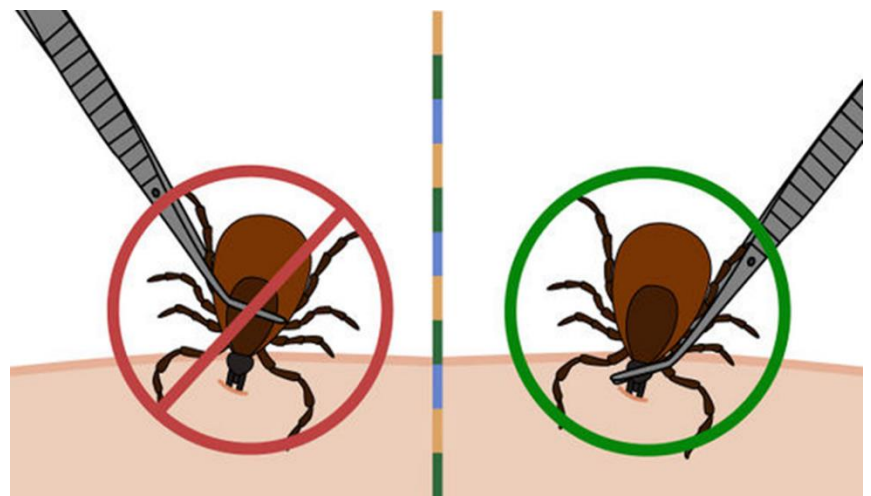
Early signs may feel like the flu; fever, sore muscles, headache and fatigue. Some people may also, develop a rash that looks like a bull's-eye.



If you think you have been bitten or experience any of the following symptoms, contact your medical provider.

Properly removing a tick

- Clean the area around the tick bite with rubbing alcohol.
- Get your tweezers right down on your skin so you can grab as close as possible to the tick's head.
- Pull up slow and firm. ...
- Clean the bite area again, and your hands, with rubbing alcohol or soap and water.



Prevention

If you are in areas where ticks may be present, the following precautions can reduce the risk of acquiring Lyme disease:

- Use a chemical repellent with DEET or permethrin.
- Wear light-colored protective clothing.
- Tuck pant legs into socks.
- Avoid tick-infested areas.
- Check yourself, your children, and your pets daily for ticks and carefully remove any ticks.



(Information obtained through www.cdc.gov/lyme/index.html)

Hantavirus Prevention

17 cases of HPS (hantavirus pulmonary syndrome) have been reported to the NDDoH (North Dakota Department of Health) since 1993 when the virus was first recognized in the United States.



Hantavirus

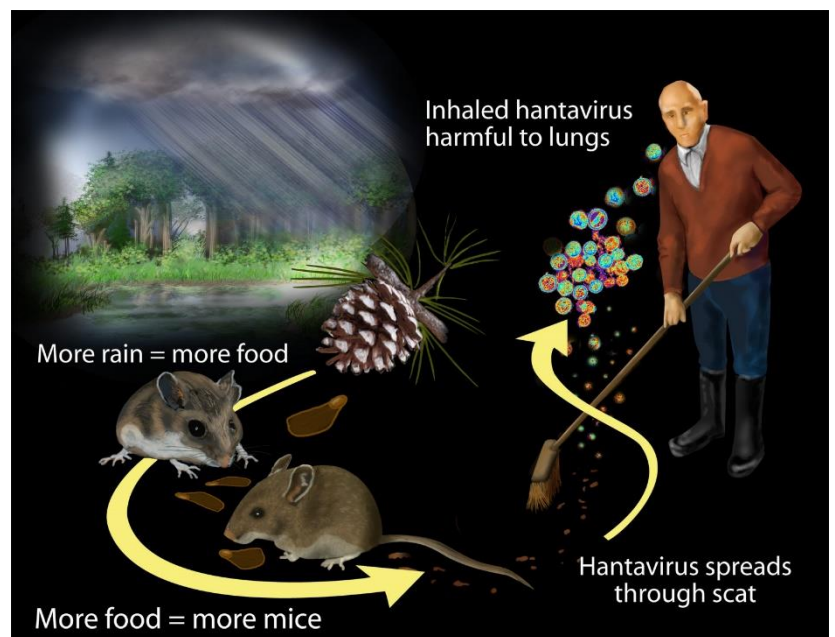
Also called: Hantavirus pulmonary syndrome

A viral infection that can cause severe lung disease.

Transmission

Infected rodents spread the virus in their urine, droppings and saliva.

Is transmitted when someone breathes in air contaminated by the virus, and on rare occasions, it can be transmitted through an infected rodent bite.



People are most often exposed to hantavirus when they inhale dust while cleaning or occupying vacant cabins, sheds or other dwellings and outbuildings that contain rodents, rodent droppings and rodent nests.

Symptoms

Usually begin two to three weeks after infection. Early symptoms commonly include; fever, muscle and body aches, fatigue, headache, dizziness, chills, nausea and vomiting. See your medical provider if you experience any of the following symptoms.

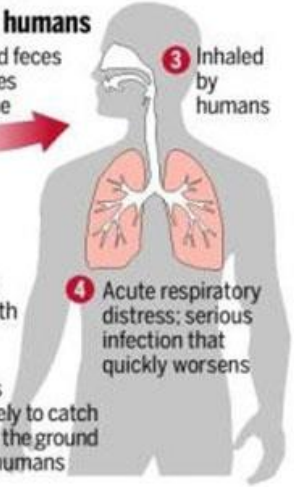
NDDoH offers the following tips when cleaning a building with signs of rodent infestations:

- Ventilate the space by opening the doors and windows for 30 minutes before you start cleaning.
- Wear gloves and use disinfectant when cleaning up dead rodents or their urine, droppings and nest.
- Saturate the material with disinfectant. Let it soak per manufacturer's instructions on the label before removal.
- Mop floors and clean countertops, cabinets and drawers with disinfectant.
- Use a commercial disinfectant registered with the Environmental Protection Agency (EPA) and follow the label instructions or use a bleach solution made with one-part bleach and nine parts water.
- Do not stir up dust by sweeping or vacuuming up droppings, urine or nesting materials.
- Do not let children play in crawl spaces or vacant buildings where rodents may be present.

Hantavirus in brief

How the virus spreads to humans

- 1 Virus found in rodent feces
- 2 Infected feces becomes airborne
- 3 Inhaled by humans



Symptoms

- | Early | Later, 1-2 days |
|----------------|-----------------------|
| • Chills | • Dry cough |
| • Fever | • Headache |
| • Muscle aches | • Nausea, vomiting |
| | • Shortness of breath |

Characteristics

- Most prevalent in rural areas
- Campers and hikers more likely to catch the virus, because tents rest on the ground
- Cannot be spread between humans

Head Lice Information

Head lice are tiny wingless insects that live close to the human scalp. When checking for head lice, you may see several forms.

– Nits (eggs)

- Teardrop shaped
- Attached to the hair shaft
- Yellowish or white
- Can be confused with dandruff but cannot be brushed off

– Nymph (baby louse)

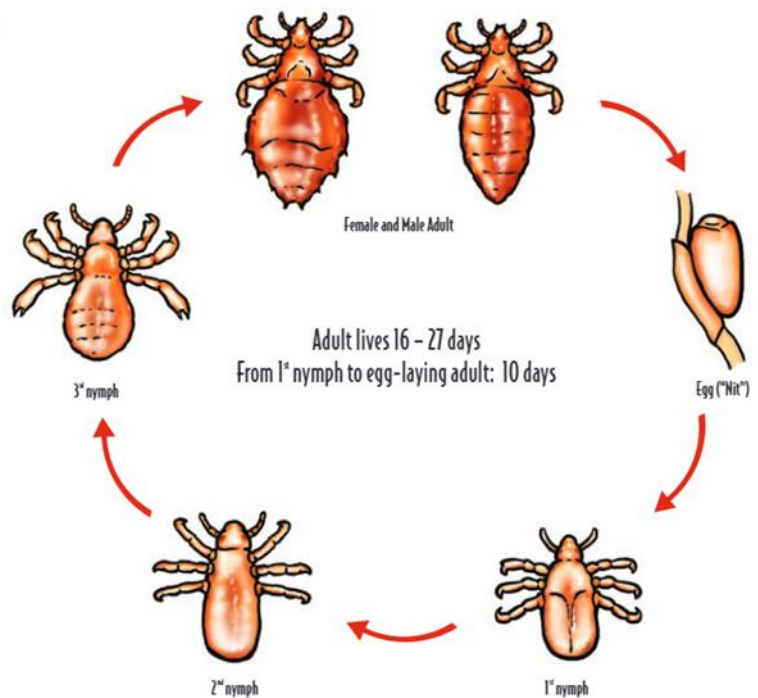
- Grows to adult size in one to two weeks
- Found on the scalp or in the hair

– Adult louse

- Size of a sesame seed
- Tan to grayish-white
- Commonly behind the ears and near the neckline

Who can get head lice?

- Almost anyone can get head lice
- Head lice are not a health hazard or sign of poor hygiene
- Children attending preschool or elementary school



How do head lice spread?

- Most often spread by direct head-to-head contact
- Head lice cannot jump or fly
- Dogs, cats and other pets do not play a role in spreading head lice.

REMEMBER TO CLEAN YOUR CHILD OR CHILDREN WITH A HEAD LICE SHAMPOO OR TEA-TREE OIL. THERE ARE OTHER HOME REMEDIES YOU CAN TRY AS WELL. DON'T FORGET TO WASH EVERYTHING AND RE-CHECK A WEEK LATER.

If you have any questions or would like more information; you can call me at 701-766-4236 or come, see me at Tribal Health; my door is always open.



Suicide Prevention Information

Nearly 45,000 lives lost to suicide in 2016. Suicide rates went up more than 30% in half of the states since 1999.



Suicide is a leading cause of death in the US. Suicide rates increased in nearly every state from 1999 to 2016. Mental health conditions are often seen as the cause of suicide, but suicide is rarely caused by any single factor.

Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention.

EVERYONE CAN

- Ask someone you are worried about if they're thinking about suicide.
- Keep them safe. Reduce access to lethal means for those at risk.
- Be there with them. Listen to what they need.
- Help them connect with ongoing support. You can start with the Lifeline (1-800-273-8255).
- Follow up to see how they're doing.
- Find out why this can save a life by visiting: www.BeThe1To.com

SUICIDE IS PREVENTABLE!

Programs that are here to help:

Meth & Suicide Prevention

Director: Kara Jetty

Specialist: Almira Iceman

Office number (701) 230-4464

Native Connections

Director: Alice Thompson

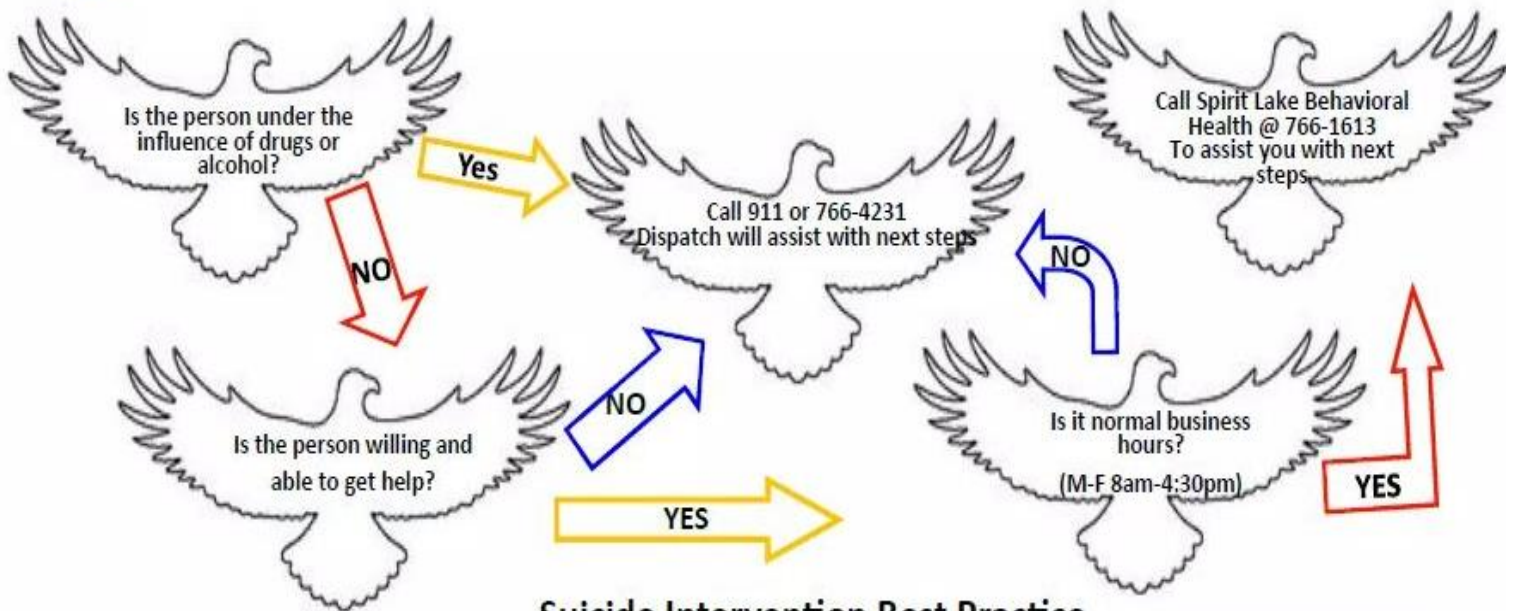
Coordinator: Breann Cook

Office number: (701) 381-0047



Spirit Lake Tribe Protocol

What to do if you or someone you know is considering hurting themselves.



Suicide Intervention Best Practice

- *Become familiar with risk factors for suicide. Such as: depression, a recent loss, emotional distress, isolation, hopelessness, intoxication, previous suicidal behavior, family history of suicide, a plan, and means for the plan.
- *Ask directly about thoughts of suicide. Asking does not put ideas into a person's head, instead you are letting the person know that it's okay to talk about their pain.
- *Talking openly about suicide can save a life
- *Be nonjudgmental and offer emotional support

Call the National Suicide Prevention Lifeline @ 1-800-273-TALK(8255) for emotional support 24hrs/day, 7days /week, you don't need to be suicidal to call.

To support families and friends notify Spirit Lake Behavioral Health @ (701)766-1613 and/or Native Connections @ 701-381-0047 or MSPI (Meth & Suicide Prevention) @ (701) 230-4464 (Mon-Friday, 8am-4:30pm) or after hours (701) 381-2871 or (701) 381-8451 about anyone you are concerned about.

UPCOMING EVENTS.... MARK YOUR CALENDARS

FFA-RAVS 2019 SPIRIT LAKE SPAY/NEUTER & WELLNESS CLINIC

**Everyone
Welcome**

*Free services
include vaccines,
deworming,
flea/tick
medicine,
spay/neuter
surgery



Clinic Location: Fort Totten Rec Center

May 6, 2019 – Surgery ONLY

May 7, 2019 – Surgery ONLY

May 8, 2019 – Surgery ONLY

May 9, 2019 – Surgery ONLY

***Surgery Intake = 8am until full**

May 10, 2019 – Wellness ONLY

***Wellness Intake = 8am until full**

For safety please keep cats in carrier or cardboard box with holes & dogs on a leash

*****Injured or Sick Animals Welcome ALL Days*****

Questions:

**Spirit Lake Office of
Environmental Health**

Robert Charboneau Jr

(701) 230-8004



AND NOW FOR THE BEST PART...
THE RECIPES...Mmmmmmm

Barbecue Pulled Chicken



INGREDIENTS

3 lbs (about 5-6 count) boneless, skinless chicken breasts, trimmed of fat

1 1/2 cups BBQ Sauce (I used Sweet Baby Rays Honey BBQ)

1/2 medium onion, grated (with juice)

1 Tbsp olive oil

1 Tbsp worchestershire sauce

2 Tbsp brown sugar

INSTRUCTIONS

- (1) Stir together all sauce ingredients in a 5-6 qtr. slow cooker.**
- (2) Add chicken and turn to coat. Cover and cook on high 3 to 4 hours or on low for 6-7 hours. Chicken is done when cooked through and easy to shred.**
- (3) Remove chicken to a cutting board and shred each breast using two forks. Place shredded chicken back in the crock pot and stir to coat with the yummy sauce.**

Fruit Salad



Ingredients

For the dressing

1/4 c. honey

1/4 c. freshly squeezed orange
juice

Zest of 1 lemon

For the salad

1 lb. strawberries, hulled and
quartered

6 oz. blueberries

6 oz. raspberries

3 kiwis, peeled and sliced

1 orange, peeled and wedges cut in half

2 apples, peeled and chopped

1 mango, peeled and chopped

2 c. grapes

Directions

In a small bowl whisk together honey, orange juice, and lemon zest. Add fruit to a large bowl and pour over dressing, tossing gently to combine. Chill until ready to serve