



## Wicozani Bulletin

(Health)

Health Education Program

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### Dear Mni Wakan Oyate,

Can you believe, we are already in the second month of 2021 and March is just around the corner. I am sorry for not keeping up with the health bulletin. It has been one chaotic year for us all. The bulletin will have continued education information on different health topics.

**February is Heart Health Month. There will be information on COVID-19 or anything related to it. And plenty of other informative health topics.**

The whole purpose of this Bulletin is for 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



Upcoming Events/Mark your Calendars

### February 2021 Events

None of the month

### Just a little FYI:

Please continue to check your child or grandchild every other week for head lice.

Prevention is the key!

For more information on head lice prevention call, Shantel @ 766-4878.

Don't forget to wear your mask, keep your distance of 6 feet and wash your hands often!!!

#maskupMniWakanOyate



*Cardiovascular disease (CVD), listed as the underlying cause of death, accounted for 868,662 deaths in the US in 2017*

### **Heart Disease: It Can Happen at Any Age**

Heart disease doesn't happen just to older adults. It is happening to younger adults more often. This is partly because the conditions that lead to heart disease are happening at younger ages.

February is American Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. Heart disease and the conditions that lead to it can happen at any age.

High rates of obesity and high blood pressure among younger people (ages 35–64) are putting them at risk for heart disease earlier in life.

Nearly half of all Americans have at least one of the top three risk factors for heart disease: high blood pressure, high cholesterol, and smoking.

### **You Could Be at Risk**

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

- **High blood pressure.** Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of

people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.

- **High cholesterol.** High cholesterol can increase the risk for heart disease. Having diabetes and/or obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.
- **Smoking.** More than 35 million U.S. adults are current smokers, and thousands of young people start smoking each day.<sup>3,4</sup> Smoking damages the blood vessels and can cause heart disease.
- **Obesity.** Carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 children and adolescents ages 2 to 19—have obesity.<sup>5</sup>
- **Diabetes** causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. More than 1 in 10 people in the United States have diabetes.<sup>6</sup>
- **Physical inactivity.** Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 4 adults meet the physical activity guidelines of getting 150 minutes of moderate-intensity activity per week.<sup>7</sup>
- **Unhealthy eating patterns.** Most Americans, including; children, eat too much sodium (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure.



## **4 Ways to Take Control of Your Heart Health**

Here are heart healthy ways to help your heart:

- **Don't smoke.** Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start.
- **Manage conditions.** Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.
- **Make heart-healthy eating changes.** Eat food low in trans fat, saturated fat, added sugar, and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.
- **Stay active.** Get moving for at least 150 minutes per week. You can even break up the exercise into 10-minute blocks for a total of 30 minutes in a day.

**Just remember YOU'RE in charge when it comes to your heart.**



(FOR MORE INFORMATION YOU CAN GO TO [CDC.GOV](https://www.cdc.gov))



WORKING TOGETHER TO PREVENT  
**ONE MILLION**  
HEART ATTACKS AND STROKES

**1** of every **3**  
deaths is caused by  
heart disease and stroke



Health care costs  
for heart attack  
and stroke:  
**\$312.6**  
**BILLION**



Leading cause of  
**PREVENTABLE**  
**DEATH**  
in people 40–65  
years of age



**2 MILLION+**  
heart attacks and  
strokes each year

To prevent 1 million heart attacks and strokes, health care professionals  
and public health workers should do what we know works:

### FOCUS ON THE ABCS

**A**spirin when appropriate  
**B**lood pressure control  
**C**holesterol management  
**S**moking cessation

### USE HEALTH IT

Use **electronic** health  
records and other health  
IT to identify patients who  
need support to improve  
their ABCS and then track  
their progress over time.

### USE TEAM-BASED CARE

Use clinical innovations, including:

- ♥ Use everyone who interacts with patients to the top of their skills and license
- ♥ Self-measured blood pressure monitoring with clinical support
- ♥ Reward and recognize excellence in the ABCS

By doing what we know works, health care professionals, health care systems, and public health organizations can help prevent 1,000,000 heart attacks and strokes and **meet these goals by 2017:**

**47% to 70%**  
increase in aspirin  
use for secondary  
prevention

**46% to 70%**  
increase in blood  
pressure control

**33% to 70%**  
increase in  
cholesterol  
management

**23% to 70%**  
increase in help  
for those who want  
to quit smoking

**20%**  
reduction  
in sodium  
consumption

**50%**  
reduction  
in trans fat  
consumption

\* For more information on effectiveness of team-based care, visit:  
[www.thecommunityguide.org/cvd/teambasedcare.html](http://www.thecommunityguide.org/cvd/teambasedcare.html)

[www.cdc.gov/media/dpk/2013/dpk\\_13\\_in\\_2013.html](http://www.cdc.gov/media/dpk/2013/dpk_13_in_2013.html)

[www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov)

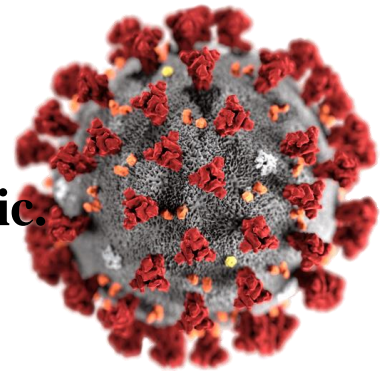
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U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

# (COVID-19)

## Things to Know about the COVID-19 Pandemic.



### Three Important Ways to Slow the Spread

- **Wear a mask** to protect yourself and others and stop the spread of COVID-19.
- **Stay at least 6 feet** (about 2 arm lengths) from others who don't live with you.
- **Avoid crowds.** The more people you are in contact with, the more likely you are to be exposed to COVID-19.

### How to Protect Yourself When Going Out

- Wear a mask that covers your nose and mouth to help protect yourself and others.
- Stay 6 feet apart from others who don't live with you.
- Avoid crowds.
- Avoid poorly ventilated indoor spaces.
- Wash your hands often with soap and water. Use hand sanitizer if soap and water aren't available.

### If You are at Risk of Getting Very Sick

- People of any age can get COVID-19, even healthy young adults and children.

- People who are older or have certain underlying medical conditions are at higher risk of getting very sick from COVID-19.
- Other groups may be at higher risk for getting COVID-19 or having more severe illness.

### **What to Do If You're Sick**

- Stay home except to get medical care.
- Isolate yourself from other members of your family to prevent spread to them and the people that they may have contact with, like grandparents.
- Even if you don't feel sick, you can spread COVID-19 to others.
- Get care immediately if you are having emergency warning signs, like trouble breathing, pain or pressure in chest.

### **How to Get a Test for Current Infection?**

- You can visit your state or local health department's website to look for the latest local information on testing.
- If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first.
- If you have symptoms of COVID-19 and choose to not get tested, it is important to stay home. Find out what to do if you are sick.

## *How to Cope with Stress*

- Care for yourself one small way each day.
- Unwind by doing yoga, listening to music, or gardening.
- Find new ways to connect with family and friends, get support, and share feelings.
- Eat healthy foods and get enough rest
- Relax by reading, listening to music, or starting a new hobby.

## *What Symptoms to Watch For*

The most common symptoms of COVID-19 are:

- Fever
- Cough
- Headaches
- Fatigue
- Muscle or body aches
- Loss of taste or smell
- Sore throat
- Nausea
- Diarrhea

Other symptoms are signs of serious illness. If someone has trouble breathing, chest pain or pressure, or difficulty staying awake, get medical care immediately.



# Face Mask Coverings Do's & Don'ts



## Do's

- Have two or more layers of washable, breathable fabric.
- Completely cover your nose and mouth.
- Fit snugly against the sides of your face and don't have gaps.
- Wear a mask in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet



## Don'ts

- Wear the mask below your nose.
- Leave your chin exposed.
- Wear your mask so it covers just the tip of your nose.
- Push your mask under your chin to rest on your neck.
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect.

**#MaskUpMniWakanOyate**

# Head Lice Prevention

*an estimated 6 million to 12 million infestations occur each year in the United States among children 3 to 11 years of age.*



## What are head lice?

The head louse is a parasitic insect that can be found on the head, eyebrows, and eyelashes of people. Head lice feed on human blood several times a day and live close to the human scalp. Head lice are not known to spread disease.

## Who is at risk for getting head lice?

Infestation with head lice is most common among pre-school children attending child care, elementary school children and the household members of the infested children.



**Head lice are spread most commonly by direct head-to-head (hair-to-hair) contact.**

## What are the signs and symptoms of head lice infestation?

- Tickling feeling of something moving in the hair.
- Itching, caused by an allergic reaction to the bites of the head louse.
- Irritability and difficulty sleeping; head lice are most active in the dark.
- Sores on the head caused by scratching. These sores can sometimes become infected with bacteria found on the person's skin.



**Head lice can survive on a human host for approximately 30 days. They generally cannot survive longer than 24 hours off the host.**

## How long does it take to get rid of lice completely?

After each treatment, checking the hair and combing with a nit comb to remove nits and lice every 2–3 days may decrease the chance of self-reinfestation. Continue to check for 2–3 weeks to be sure all lice and nits are gone. Nit removal is not needed when treating with spinosad topical suspension (it's a shampoo used to get rid of lice).

## Treatment

Most lice treatments need to be used twice, seven to 10 days apart, along with combing wet hair with a fine-toothed comb to remove nits. Some lice are resistant to pyrethrins(RID) and permethrin(NIX).

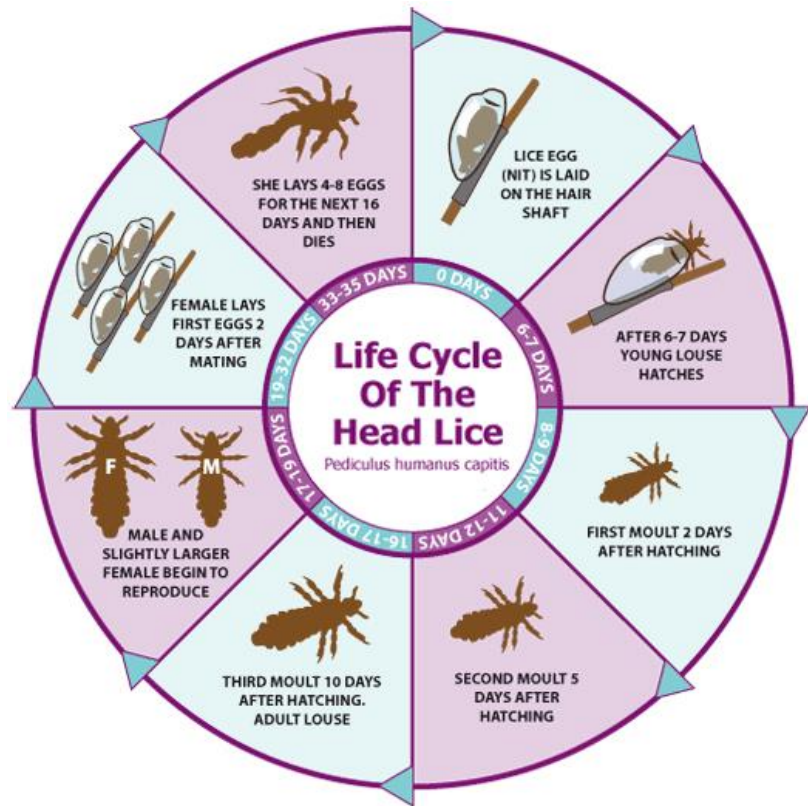
You can also, try home remedies if you're not comfortable with treating your child with the medicated shampoo. Here are a few:

- **Tea tree oil-** mix three to five drops of tea tree oil to every ounce of shampoo, or combine three tablespoons of carrier oil; like olive or coconut with a teaspoon of tea tree oil and apply to infested hair for 30-40 minutes.
- **Baby Oil-**Simply saturate the hair with the oil at night, wrap the head with a towel or shower cap to avoid staining sheets and pillowcases, then in the morning comb the hair with a good nit comb and shampoo the hair to remove the oil.

## Prevention

**You can take simple measures to minimize your child's risk of getting lice:**

- Ask your child to avoid head-to-head contact with classmates during play and other activities.



- Instruct your child not to share personal belongings such as hats, scarves, coats, combs, brushes, hair accessories and headphones.
- Instruct your child to avoid shared spaces where hats and clothing from more than one student are hung on a common hook or kept in a locker.

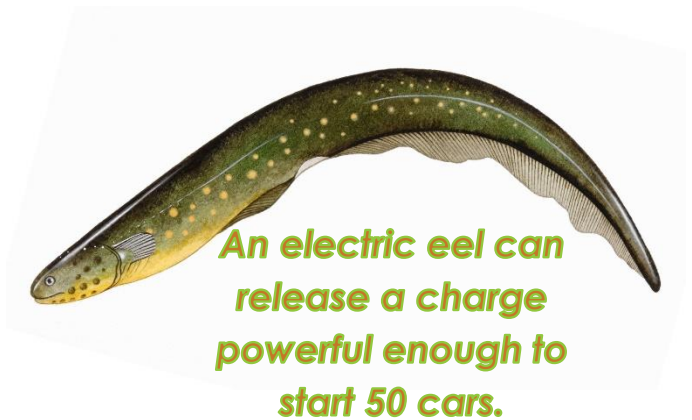
(information obtained through CDC.gov and mayo clinic)

**AND REMEMBER to wash everything your child or children has come into contact with while having head lice. This is something that is MISSED big time.**

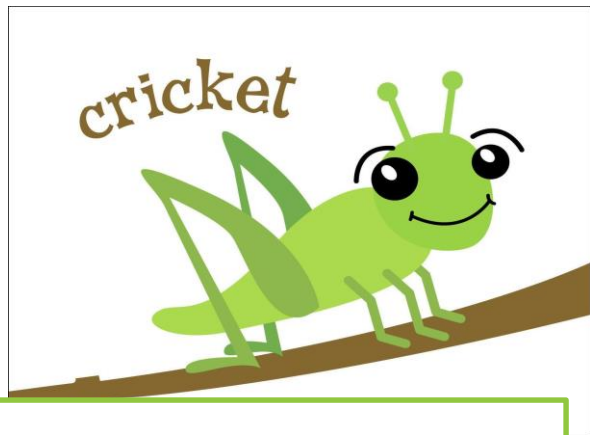
Any questions, contact me, Shantel DuBois @ 766-4236 or by email @ [shanteld@gondtc.com](mailto:shanteld@gondtc.com)



DID YOU KNOW?



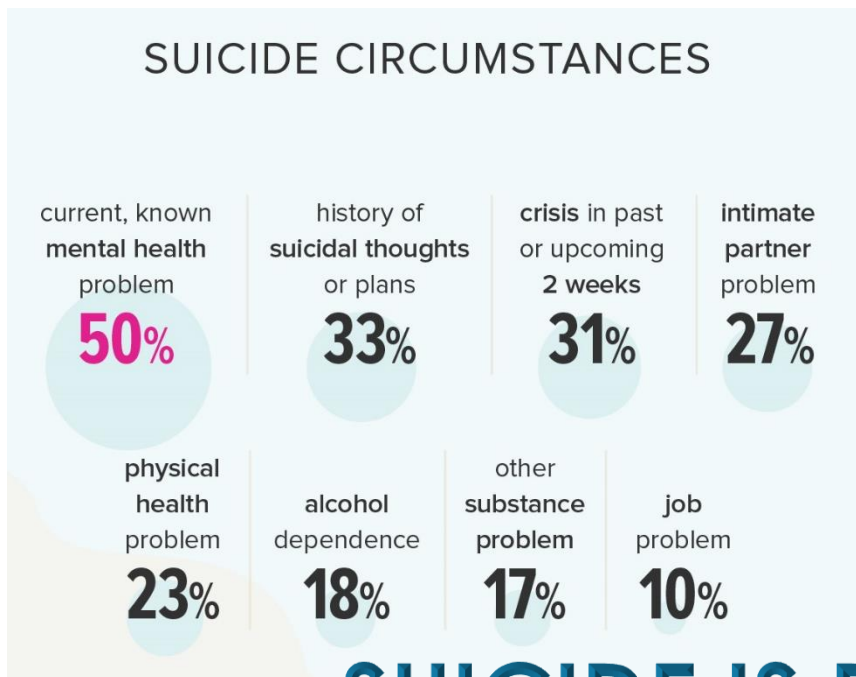
*Cows give more milk when they listen to music.*



*The number of times a cricket chirps in 15 seconds, plus 37, will give you the current air temperature.*

# Suicide Awareness

*Suicide is the 4<sup>th</sup> leading cause of death for the age span of 18-65.*



## SUICIDE IS PREVENTABLE!

### EVERYONE CAN

- Ask someone you are worried about if they're thinking about suicide.
- Keep the 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](http://www.BeThe1To.com)

**Information provided to you by the Prevention Programs of Tribal Health!**

**For more information, contact Lindsey Ramirez or Shantel DuBois @ 766-4236.**

Mark your calendars for the upcoming events!

## Watch for Trivia

Trivia has been postponed  
until further notice.

Once it starts up again, we'll  
post it to the SLY Rising Page  
on Facebook.





AND NOW FOR THE BEST PART...

A healthy recipe...Mmmmmm



# Oven-Roasted Butter Squash



## Ingredients

- 1 medium to large butternut squash
- 3-4 tablespoons extra-virgin olive oil
  - Generous sprinkle of salt and pepper
  - About 1/4 cup water

## Instructions

Preheat the oven to 375°F

Cut the butternut squash in half and scoop out the guts and seeds with a spoon; discard.

Place both squash halves in a dark roasting pan\* and drizzle them with a generous amount of extra-virgin olive oil, then sprinkle liberally with salt and pepper.

Turn the squash flesh side down and pour about 1/4 cup of water in the bottom of the pan.

Bake in the oven, uncovered, for about 40-45 minutes, until the squash becomes really soft and can easily be pierced with the tip of a sharp knife.

Check from time to time to make sure the squash isn't burning.

When the squash is fully cooked, remove it from the oven and allow it to cool for a few minutes until you can safely handle it, then scoop out the flesh with a spoon.

Calories: 177kcal, Carbohydrates: 22g, Protein: 2g, Fat: 11g, Saturated Fat: 1g, Sodium: 8mg, Potassium: 660mg, Fiber: 4g, Sugar: 4g, Vitamin A: 19931IU, Vitamin C: 39mg, Calcium: 90mg, Iron: 1m

## COVID-19 Vaccine Plan and Progress

### Vaccines given at SLHC as of 2/23/2021:

| Total | 1 <sup>st</sup> Dose | 2 <sup>nd</sup> Dose |
|-------|----------------------|----------------------|
| 1171  | 828                  | 343                  |

| Age Group   | Total Doses |
|-------------|-------------|
| 18-29 years | 97          |
| 30-39 years | 137         |
| 40-49 years | 152         |
| 50-59 years | 254         |
| 60-69 years | 333         |
| 70-79 years | 149         |
| 80+ years   | 49          |

### Upcoming Clinic Dates:

| Wednesday<br>3/3/2021<br>8am – 11:30am  | Wednesday<br>3/17/2021<br>1pm – 5pm                                   | Tuesday<br>3/23/2021<br>1pm – 5pm   | Wednesday<br>3/31/2021<br>1pm – 5pm   |
|---|---|---|---|
| 1 <sup>st</sup> doses<br><br>2 <sup>nd</sup> doses for those who received their 1 <sup>st</sup> dose on 2/3 or anyone overdue | 1 <sup>st</sup> doses<br><br>2 <sup>nd</sup> doses for anyone overdue | 2 <sup>nd</sup> doses for those who received their 1 <sup>st</sup> dose on 2/19 or 2/23 or anyone overdue | 1 <sup>st</sup> doses<br><br>2 <sup>nd</sup> doses for those who received their 1 <sup>st</sup> dose on 3/3 or anyone overdue |

Location: Old Ambulance Building in Fort Totten, ND

Eligible individuals: Anyone 18 years and older

New to the month of March: Vaccines will be given on a FIRST COME, FIRST SERVE basis. There will be NO pre-registering. Vaccines will be given during the designated times OR until we run out of vaccine, whichever comes first.

Important: The SLHC offers the MODERNA Vaccine. Second doses are due 28 days after the first dose and you need to get the same manufacturer as your first dose. You are responsible to ensure you get your second dose when it is due.

Questions: Leave a message on the COVID-19 Vaccine Line at 701-766-1659 and someone will reach out to you. Please speak clearly and leave your name, date of birth, and phone number.

