



# Wicozani Bulletin

(Health)

Health Education Program

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Dear Mni Wakan Oyate,

Let's say good-bye to June and welcome July! Where has time gone? We're already 7 months into this year. Wow! ☺ Summer is finally here. Anyway, 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 different health topics. I hope you all learned a little something about Alzheimer's & Brain Awareness Month & Mental Health Month with preventative information about Diabetic neuropathy, West Nile, Lyme Disease, Hantavirus and suicide prevention; and new info on some DID YOU KNOW FACTS.

**July is Ultraviolet Safety Month. I plan on adding new information about Firework Safety and some more DID YOU KNOW FACTS, tips on keeping mother earth clean and kids safety with continued short information about West Nile, Lyme disease and hantavirus. Lastly, continued information about 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



Upcoming Events/Mark your Calendars

July 2019

**There are no events planned for the month of July for Tribal Health.**

**Just a little FYI:**

Remember to:

- **Use sunscreen while out in the sun**
- **check for ticks**
- **use mosquito spray**

**AND Don't forget to stay hydrated during the summer months!**



# Ultraviolet Safety Month

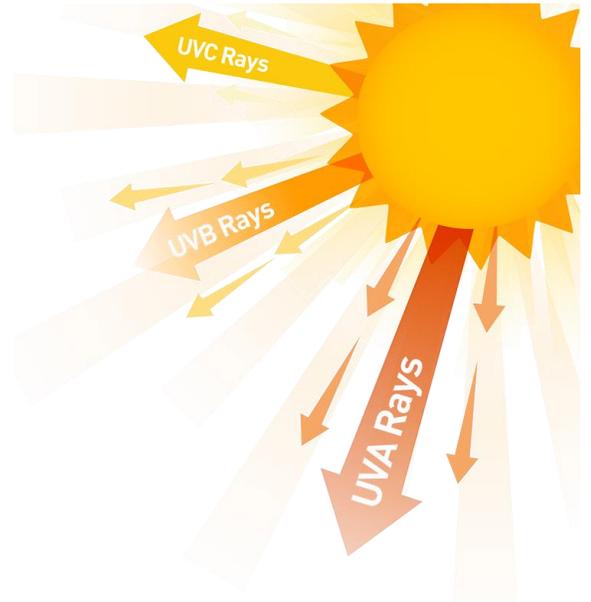
*About 90 percent of non-melanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun.*

## Ultraviolet Rays

The sun's ultraviolet (UV) rays can damage your skin in little as 15 minutes.

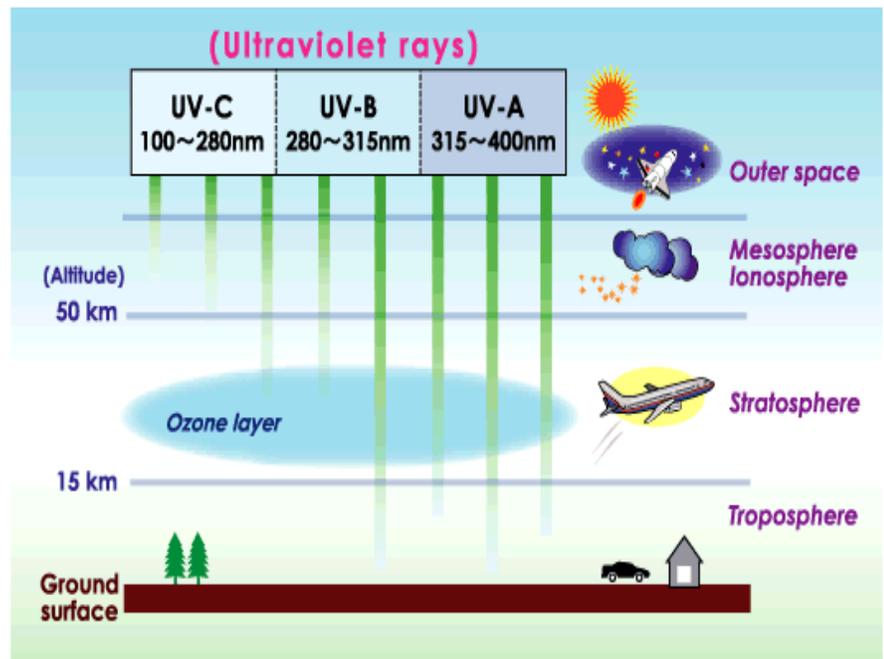
Sunlight is the main source of UV rays. Tanning lamps and beds are also sources of UV rays. People who get a lot of UV exposure from these sources are at greater risk for skin cancer.

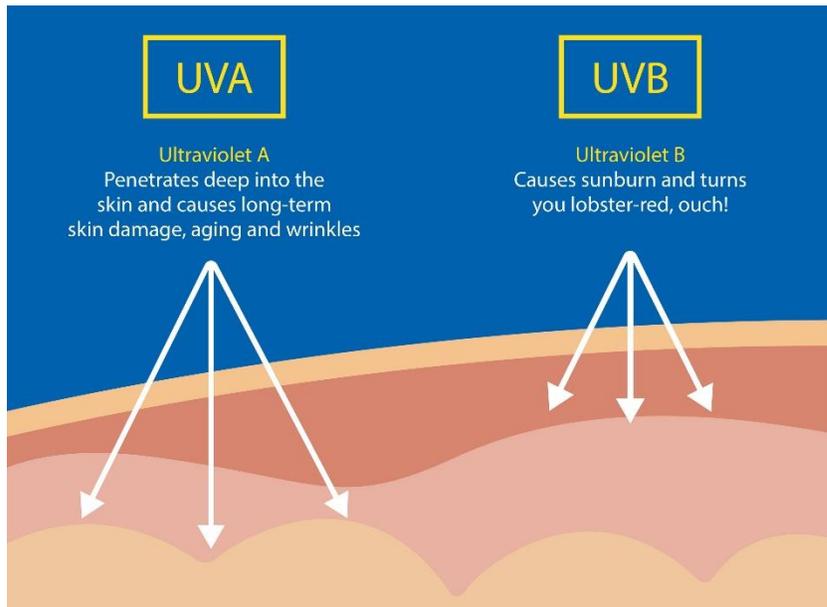
Even though the UV ray's make up a small portion of the sun's rays, they are the main cause of the sun's damaging effects on the skin.



## Three main types of UV rays:

- **Ultraviolet A (UVA) rays** age skin cells & can damage their DNA. These rays are linked to long-term skin damage, such as; wrinkles. Most tanning beds give off large amounts of UVA, which has been found to increase skin cancer risk.

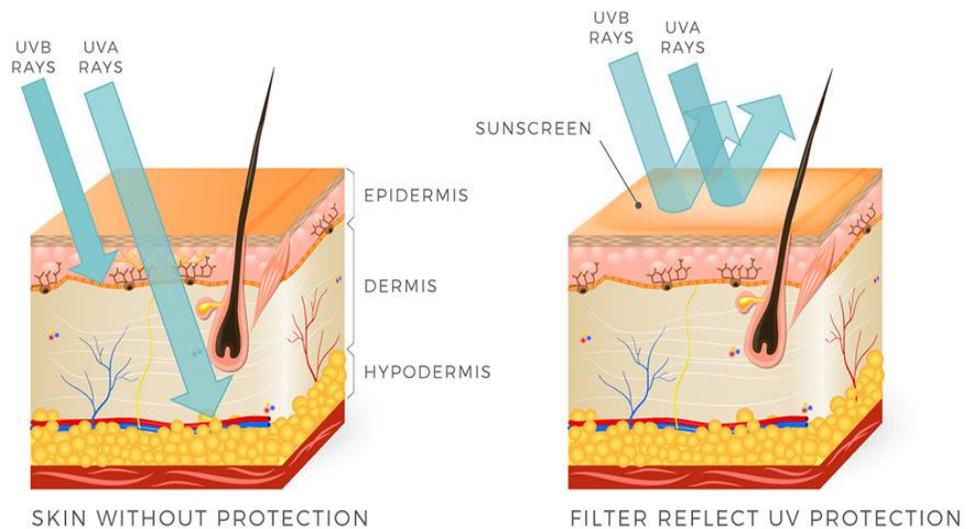




- **Ultraviolet B (UVB) rays** have more energy than UVA rays. They can damage skin cells DNA directly and are the main rays that cause sunburns. They are also, thought to cause most skin cancers.
- **Ultraviolet C (UVC)** have more energy than UVA & UVB. But they don't get through our atmosphere.

**The strength of the UV rays reaching the ground depends on a number of factors, such as:**

- **Time of day:** UV rays are the strongest between 10am and 4pm.
- **Season of the year:** UV rays are stronger during spring and summer months.
- **Distance from the equator:** UV exposure goes down as you get further from the equator.
- **Altitude:** More UV rays reach the ground at higher elevations.
- **Cloud cover:** the effect of cloud can vary. Sometimes cloud cover blocks some UV from the sun and lowers the exposure, while some types of clouds can reflect UV and can increase UV exposure.



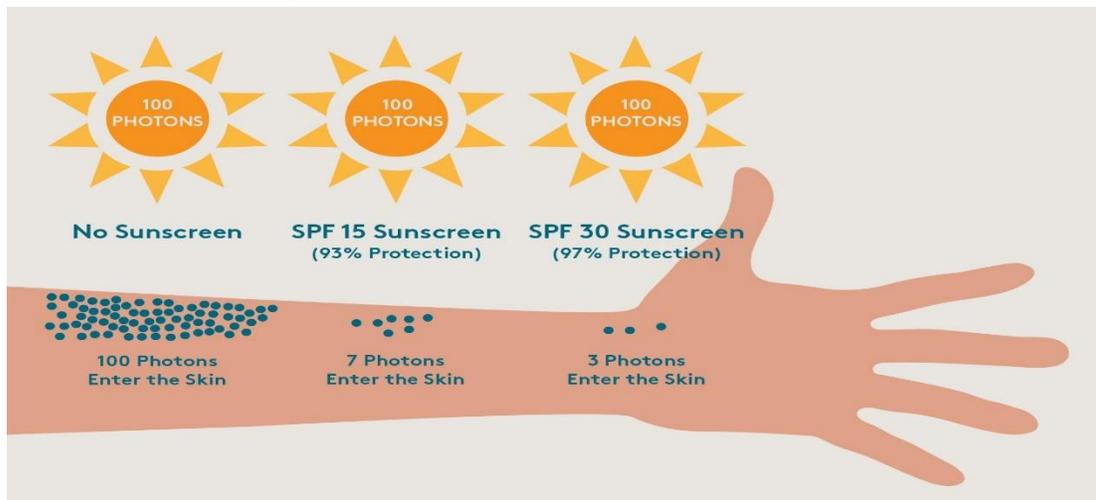
- **Reflection off surfaces:** UV rays can bounce off surfaces like; water, sand, snow, pavement, or grass, leading to an increase in UV exposure.

The amount of UV exposure a person gets depends on the strength of the rays, the length of time the skin is exposed and whether the skin is protected with clothing or sunscreen.

Skin cancers are one result of getting too much sun.

**Take the proper precautions and protect you and your family this summer from the harmful UV rays of the sun, by:**

- **Seek Shade.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent.
- **Cover Up.** When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays.
- **Get a hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection.
- **Wear glasses.** They protect you and your child's eyes from UV rays.
- **Apply sunscreen.** Use sunscreen with at least SPF 15 and UVA and UVB (broad spectrum) protection every time you or your child goes outside. For the best protection, apply sunscreen 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet!



(Information obtained through [www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm) & [www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/](http://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/))

## Ultraviolet Index Chart



### UV Index 0-2

A UV Index reading of 0 to 2 means low danger from the sun's UV rays for the average person.

- Wear sunglasses on bright days.
- If you burn easily, cover up and use broad spectrum SPF 30+ sunscreen.
- Watch out for bright surfaces, like sand, water and snow, which reflect UV and increase exposure.



### UV Index 3-5

A UV Index reading of 3 to 5 means moderate risk of harm from unprotected sun exposure.

- Stay in shade near midday when the sun is strongest.
- For days with a moderate UV Index and higher, wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses.



### UV Index 6-7

A UV Index reading of 6 to 7 means high risk of harm from unprotected sun exposure. Protection against skin and eye damage is needed.

- Reduce time in the sun between 10 a.m. and 4 p.m.
- If outdoors, seek shade.



### UV Index 8-10

A UV Index reading of 8 to 10 means very high risk of harm from unprotected sun exposure. Take extra precautions because unprotected skin and eyes will be damaged and can burn quickly.

- For days with a high UV Index and beyond, minimize sun exposure between 10 a.m. and 4 p.m.



### UV Index 11+

A UV Index reading of 11 or more means extreme risk of harm from unprotected sun exposure. Take all precautions because unprotected skin and eyes can burn in minutes.

# Firework Safety

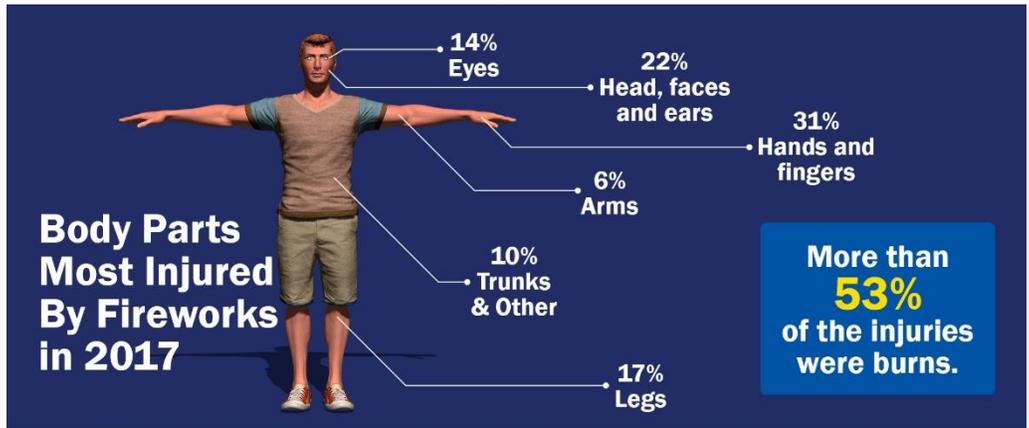


More than 16,000 reported fires are started by fireworks annually.

**Remember**, fireworks can be dangerous, causing serious burn and eye injuries.

## Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.
- Make sure fireworks are legal in your area before buying or using them.



**#CelebrateSafely**

(Information obtained through [www.cpsc.gov/Safety-Education/Safety-Education-Centers/Fireworks](http://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Fireworks))

# DID YOU KNOW...

## 6 Dehydration Facts

- 75 Percent of Americans Are Chronically Dehydrated.
- Dehydration Causes Fatigue.
- Thirst Means You're Dehydrated.
- Dehydration Causes Foggy Memory, Irritability, and anxiety.
- Hydration Can Boost Your Metabolism (the evidence is limited; but your metabolism could benefit from drinking cold water. In fact, one study found that drinking cold water helped boost healthy men and women's metabolic rate by 30 percent).
- Dehydration Is One of the Most Common Risk Factors for Kidney Stones.

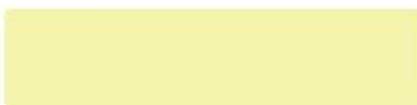
**Make sure to stay hydrated!**

# WATER CHART

Body weight	Daily requirement	
20 lbs	8 oz.	1 cup
40 lbs	16 oz.	
60 lbs	24 oz.	4 cups (1/4 gallon or 1 quart)
80 lbs	32 oz.	
100 lbs	40 oz.	
120 lbs	48 oz.	
140 lbs	54 oz.	8 cups (1/2 gallon)
160 lbs	64 oz.	
180 lbs	72 oz.	
200 lbs	80 oz.	
220 lbs	88 oz.	12 cups (3/4 gallon)
240 lbs	96 oz.	
260 lbs	104 oz.	
280 lbs	112 oz.	
300 lbs	120 oz.	16 cups (1 gallon or 4 quarts)
320 lbs	128 oz.	

## Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.



Doing ok. You're probably well hydrated. Drink water as normal.



You're just fine. You could stand to drink a little water now, maybe a small glass of water.



Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.



Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

## *A friendly reminder*

*Just a reminder from the **CHR Program** that all medication refills need to be called into the CHR office **by noon on the day you want them delivered. Any other medication refills after 12pm will be delivered on the next business day medication run.***

*If you have any questions, feel free to call the CHR office at (701)766-4236.*

# *Let's all help to keep Mother Earth clean*

## **How should we care ?**

- You can do lots of good things for the earth. Here are ideas to keep in mind.
- **Keep Your Neighborhood Clean**  
If you see trash on the ground, toss it in a trash can.
- **Recycle Cans, Bottles, and Paper**  
Save them at home and at school, and help your family recycle them.
- **Help Keep the Air Clean**  
Ride your bike or walk to school. Too many cars cause a lot of pollution.



# Summer Safety for Kids

**5** Ways to Keep Your Kids Safe This **SUMMER**

- 1 Water safety**  
Maintain constant eye contact on kids in or around water, without distraction.
- 2 Child safety helmet**  
Make sure your kids wear a properly fitted bike or multi-sport helmet every time they ride.
- 3 Hydration**  
Encourage children to stay well-hydrated by drinking plenty of water before, during and after play.
- 4 Playground safety**  
Visit parks with impact-absorbing material under equipment, and actively supervise them while they play.
- 5 Hot cars**  
Never leave your child alone in a car, not even for a minute.

## LOOK BEFORE YOU LOCK YOUR CAR



- Never leave kids or pets in unattended vehicles during hot summer days.
- Temperatures inside your car can rise 20 degrees within the first 10 minutes of turning the engine off.
- On a 70-degree day, the interior of a vehicle can exceed 100 degrees in a matter of minutes.
- An average of 38 children die each year after being left inside vehicles.

## SHORT INFORMATION ON:

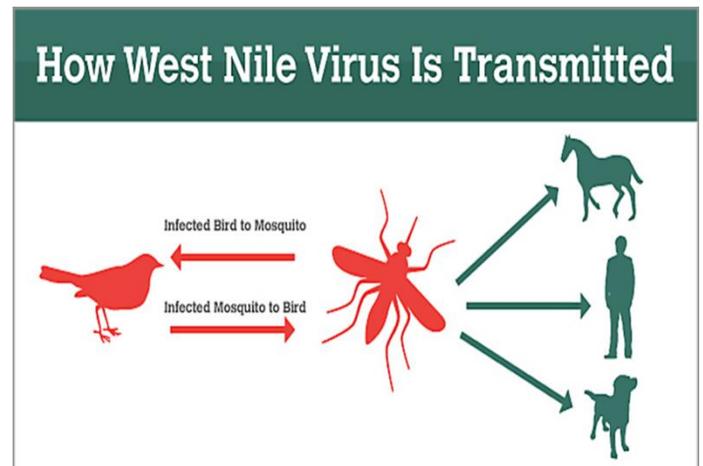
### West Nile Prevention

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

Mosquitoes are most active at dawn and the evening time.

Take the proper precautions and protect yourself and your family, during the summer months by:

- **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.**



### Lyme Disease Prevention

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

Wood ticks are out anytime of the day.

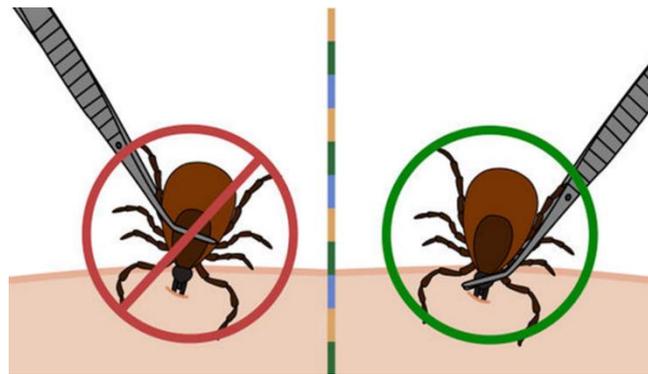
Ticks can attach to any part of the human body but are often found in hard-to-see areas such as; the groin, armpits, and scalp.



#### 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.



**Take the proper precautions and protect yourself and your family, during the summer months by checking frequently for ticks. Especially, if you have young children or grandchildren by:**

- **Using a chemical repellent with DEET or permethrin.**
- **Wearing light-colored protective clothing.**
- **Tucking your pant legs into socks.**
- **Avoiding tick-infested areas.**

## Hantavirus Prevention

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.**

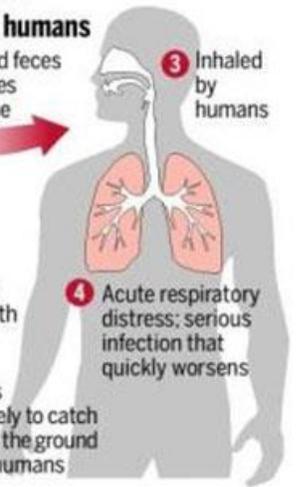
**NDDoH offers the following tips when cleaning a building with signs of rodent infestations:**

- 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

**Please take the proper precautions, while cleaning any part of your home or garage that may contain mice feces.**

## **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](http://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: Bonita Morin

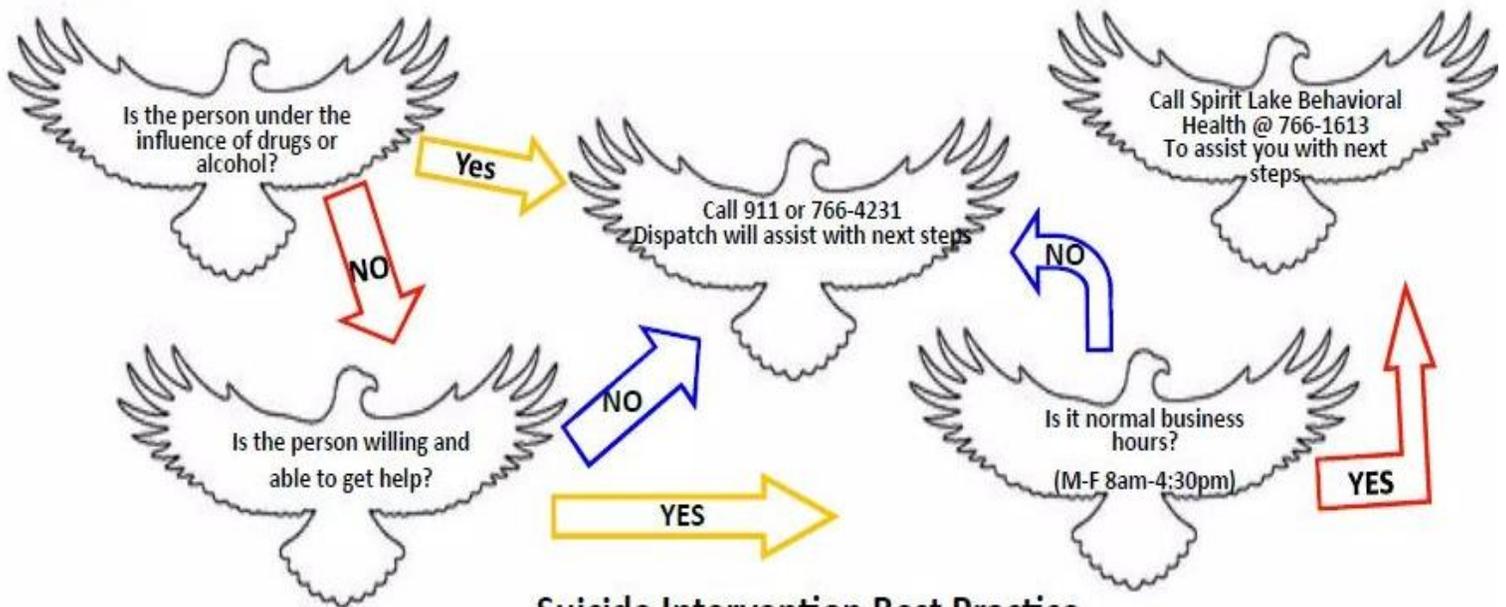
Coordinator: Breann Cook

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

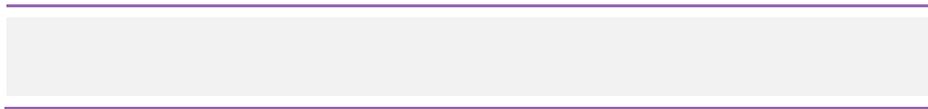
- \*Become familiar with risk factors for suicide. Such as: depression, a recent loss, emotional distress, isolation, hopelessness, intoxication, previous suicidal behavior, family history of suicide, a plan, and means for the plan.
- \*Ask directly about thoughts of suicide. Asking does not put ideas 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.



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



# Oven Roasted Chicken & Vegetables



## Ingredients

**4 Chicken Legs**

**Salt**

**Pepper**

**10-20 Cherry Tomatoes**

**5-6 Small Potatoes, Skinned**

**1 Medium Onion, Chopped**

**2 Red Chillies**

**Olive Oil**

## INSTRUCTIONS

Clean the chicken legs.

Season with salt and pepper.

Add to a large casserole dish.

Add in vegetables and season with a little salt and pepper.

Drizzle a little olive oil over everything.

Add in the red chillies.

Add in about 1/4 of water to the pan.

Bake on 400 degrees for 60 minutes.

Periodically check and add water if low.