

Highlight on Health

A Kidder County District Health Unit Publication

Important Dates

July 1 - International Joke Day

July 3 - National Stay Out of the Sun Day

July 4 - Independence Day (Office Closed)

July 7 - World Chocolate Day

July 11 - World Population Day

July 15 - National Pet Fire Safety Day

July 18 - World Listening Day

July 20 - World Jump Day

July 24 - Parents' Day

July 27 - National Disability Independence Day

July 28 - World Hepatitis Day

July 30 - World Day Against Trafficking in Persons



KCDHU Launches Website, Content for County App

Kidder County District Health Unit has launched a new website and mobile app to help share health information, as well as to serve as a point of contact for people needing local information.

www.KidderCountyHealth.com

now serves as that hub for Kidder County residents to receive health information. The site is expected to be in development over the next few weeks as more information is uploaded to it.

"Prior to the COVID-19 pandemic response we wanted to have a website," said KCDHU administrator Janel Brouseau. "But as we went through the pandemic response, it became clear that we needed

a place for people to come for information. Social media allowed us to provide some of that informational lift, but having our own site gives us the ability to keep information available to find easily, when people need it."

Along with the new web space, KCDHU is providing content for a new Kidder County app powered by Living Local. By downloading the Kidder County app, you will have access to a county-wide

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www.KidderCountyHealth.com
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Public Health
Prevent. Promote. Protect.

Firework Season Brings Risk, Injury

Remember 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 may not realize that young children can suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees. This 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 gar-



den 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.

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calendar, including school events, community events, vaccine clinics and more. KCDHU will also help provide general health and wellness information, emergency warnings and other notifications. The app is available through the Apple Store and Google Play.

“Part of serving our county is making sure everyone has access to our information and services,” said KCDHU Nurse Tricia Steinke. “By putting these tools in the hands of the people of our county, we are ensuring they have easy ways to access information they can trust.”

Protect Your Pets

- ✓ Extinguish open flames.
- ✓ Remove knobs from stove.
- ✓ Replace glass water bowls on wooden decks with metal or plastic.
- ✓ Consider flameless candles for ambiance and backup lighting in the event of a power outage.
- ✓ Secure pets when away from home.
- ✓ Place fire alert window clings identifying the room your pets are loaded in.
- ✓ Have a plan when you are home for who is responsible for each pet.



National Pet Fire Safety Day ~ July 15

KCDHU Has COVID-19 Vaccine Clinics Every Other Thursday

Call 475-2582 to register or for more information