



Pennington & Red Lake Counties Wellness Newsletter

October 2024

BREAST CANCER AWARENESS MONTH

In 2024, more than 360,000 women and men will be diagnosed with breast cancer. But there is hope. Advancements in early detection methods and support continue to increase the chances of survival. When caught in its earliest, localized stages, the 5-year relative survival rate of breast cancer is 99%.

Early detection includes doing monthly breast self-exams, scheduling regular clinical breast exams, and yearly mammograms. It is recommended to learn more about breast self-examination to increase chances for early detection. Self-examination instructions and more information can be found at <https://www.nationalbreastcancer.org/>.

If you have questions or concerns about your breast health contact your primary healthcare provider or Pennington and Red Lake County Public Health at (218) 681-0876.



Flu Shot Clinics

October 11th
12-3pm

October 25th
10am – 12pm

at
Pennington/Red Lake Public
Health Office
101 Main Ave N
Thief River Falls



Everyone 6 months and older in the United States, with rare exception, should get an influenza (flu) vaccine every season.

Vaccination to prevent influenza and its potentially serious complications is particularly important for people who are at higher risk of developing serious influenza complications.

Why get a flu shot?

- *Flu vaccination can keep you from getting sick with flu.
- *Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- *Flu vaccination can reduce the risk of flu-associated hospitalization.
- *Flu vaccination is an important preventive tool for people with certain chronic health conditions.
- *Flu vaccination during pregnancy helps protect pregnant people from flu during and after pregnancy and helps protect their infants from flu in their first few months of life.
- *Flu vaccine can be lifesaving in children.
- *Getting vaccinated yourself may also protect people around you

For more information visit <https://www.cdc.gov/flu/prevent/flushot.htm>



National Child Health Day October 7, 2024

Each child deserves to be the healthiest he or she can be. From the food they eat to the words they hear, children require support and opportunities to grow.

Parents often worry about chronic disease, accidents or childhood illnesses. At the same time, they focus on a child's mental health and general health. Whether it's their environment, the food they eat or how much TV they watch, the day is an excellent opportunity to support the children in your life.

HOW TO OBSERVE CHILD HEALTH DAY

Go for a walk, play in a park, do some yard work or participate in activities to promote child health. Other ways to participate in the day include:

- Schedule your child's next routine checkup.
- Ensure vaccinations are up to date.
- Schedule a routine dental checkup.
- Add new healthy activities to your children's routine.
- Set an example by letting your children catch you in healthy habits.
- Inspect your child's toys. Are they broken or age-appropriate?
- Share your best tips for helping your children live a healthy lifestyle.

218-681-0876 TRF or 218-253-4378 RLF
www.pennredlakecopublichealth.com



Parenting Tips

Pedestrian Safety

As kids get older, they're anxious for a little more freedom when walking to school or playing outside. But this is also a time when parents need to stress the importance of the little things big kids should do to stay safe.

Top Safety Tips

1. Children under 10 years old should cross the street with an adult. Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10.
2. Talk to your kids about how to be safe and aware while walking.
3. Tell kids to look left, right and left again when crossing the street. Teach them to never run or dart out into the street or cross between parked cars.
4. Remind kids to make eye contact with drivers before crossing in front of them and to watch out for cars that are turning or backing up.
5. It's always best to walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
6. Cross streets at corners, using traffic signals and crosswalks. Most injuries happen mid-block or someplace other than intersections.