



COVID-19

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Are masks mandated in all Montana counties?

The provisions of this Directive apply only to counties in which there are four or more confirmed and active COVID-19 cases, and only during the time in which there are four or more active cases. However, Montanans in counties with three or fewer active cases are strongly encouraged to wear face coverings.

You can see how many active cases your community has on the Montana COVID-19 map. Alternatively, the State will also post the counties with the mask mandate on the Montana Department of Emergency Services Facebook page and other social media accounts.

Who is not required to wear a mask?

- Children under the age of five.
- All children between the ages of two and four, however, are strongly encouraged to wear a face covering in accordance with the provisions of this Directive.
- Children under the age of two should not wear a face covering;
- persons consuming food or drinks in an establishment that offers food or drinks for sale;
- persons engaged in an activity that makes wearing a face covering impractical or unsafe, such as strenuous physical exercise or swimming; or persons seeking to communicate with someone who is hearing impaired
- persons giving a speech or engaging in an artistic, cultural, musical, or theatrical performance for an audience, provided the audience is separated by at least six feet of distance;
- persons temporarily removing their face covering for identification purposes;
- persons required to remove face coverings for the purpose of receiving medical evaluation, diagnosis, or treatment; or
- persons who have a medical condition precluding the safe wearing of a face covering.

311 South Virginia St.
Suite 1
Conrad, MT 59425
(406) 271-3247
(406) 271-3248 (fax)
Website: healthypondera.org

Find us on

Public Health:
Nicki Sullivan, LPN
nurse@ponderacounty.org

Chronic Disease Specialist:
Tammy Totdahl
tammyt@ponderacounty.org

WIC/Oral Health:
Shauna Wood, RN
shaunnaw@ponderacounty.org

Admin Asst.:
Michaela Orcutt
michaelao@ponderacounty.org

Check out
our new
website!!

What does "active case" mean?

Active cases are those that have not been released from isolation by public health authorities until they are determined to be free of disease or unlikely to be able to transmit following current CDC guidelines.

MASKS REQUIRED

Mask or face covering
use required for ages
five and older.

Required by the Governor's July 15 directive.
Visit covid19.mt.gov for more information.



VOLUNTEERS NEEDED!



We are in need of more cloth masks. If you are willing to sew more for our community, we have material & elastic available for you to use! Contact our office.





Back-To-School & Adult Immunization Drive-Thru Clinic

Pondera County Health Department and the Care Van have teamed up to offer a FREE back-to-school and adult immunization drive-thru clinic.

August 12, 2020

7:00am-4:00pm

Pondera County Health Department Parking Lot
311 S Virginia Street, Ste 1, Conrad, MT

All Kindergarten and 7th grade required immunizations offered, in addition to other adolescent and adult immunizations.

Insurance not required, but if you have insurance please bring your card with you. All out-of-pocket costs covered by the Caring Foundation of Montana.



There are certain immunization requirements for entry into Kindergarten and 7th grade. If you are unsure if your child has the required immunizations, please contact our office and we can review their records.



MT TEEN VAX

The 2020 MT TeenVax Challenge is part of a multi-year campaign that focuses on increasing awareness about the importance of teen vaccines.

Why Do I Need Vaccines?

Vaccines protect you from serious and life-threatening diseases. As you get older, some of the vaccinations you got as a child begin to wear off, so you need a booster vaccine to keep you protected. Vaccines not only protect you, but also your friends and family! Talk to your parents and doctor to make sure your immunization record is up-to-date.

What Vaccines Do I Need?

Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough).

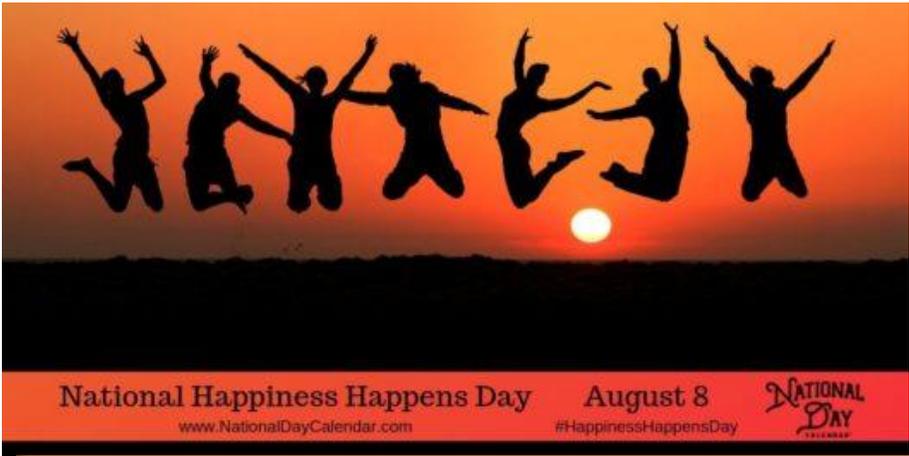
Meningococcal conjugate (MCV4) vaccine to protect against meningococcal disease. Meningococcal disease is often severe and include infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia)

Human papillomavirus (HPV) vaccine to protect against HPV infection and cancers caused by HPV. HPV infection can cause cervical, vaginal, and vulvar cancer in girls and penile cancer in boys. HPV can also cause anal cancer, throat cancer and genital warts in both boys and girls.

Influenza "flu" vaccine each year to protect against seasonal influenza.

Hey Teens





Unlimited Happiness

The holiday is based on the premise that happiness is unlimited and contagious and that sharing one's happiness and can bring a lot of joy in other people's lives.

While being happy can mean different things to different people, Happiness Happens Day encourages people to take stock of their lives and try to do and think about things that make them happy and to share this joy with others. Here are some ways to celebrate this happy day:

- Do something nice for yourself - after all, happiness starts at home.
- Make someone else happy by doing something nice for them. It can be something as simple as giving up your seat on the bus to someone else or a more elaborate gesture like volunteering your time and money to a charity of your choice. Studies have found that volunteering doesn't only help people bring joy in their lives but can also help them live longer.
- Participate in a HappyThon - a social media campaign run by the Secret Society of Happy People that encourages people to send happy, joyful and uplifting messages to people around the world.



International Overdose Awareness Day is a global event held on 31 August each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose. International Overdose Awareness Day spreads the message that overdose death is preventable. Thousands of people die each year from drug overdose. They come from all walks of life.



12: Drive-Thru Immunization Clinic
4,5,19,25: WIC (in person)

8: Happiness Happens Day
21: National Senior Citizens Day
31: National Overdose Awareness Day

CASH FOR COMPLETED COACHING CALLS

\$20 For every completed coaching call while pregnant
UP TO 6 CALLS

\$30 For every completed coaching call post-partum
UP TO 6 CALLS

PLUS

FREE dedicated female coach
FREE Nicotine Replacement Therapy (when approved by provider)

- 6 weeks pregnant
- 6 weeks post-partum

MONTANA TOBACCO QUIT LINE



QUIT NOW MONTANA PREGNANCY PROGRAM
QUIT LINE
1-800-QUIT-NOW

MONTANA Public Health **406** TOBACCO USE PREVENTION PROGRAM



BIG TOBACCO TRIES TO USE US AS

Lab Rats

BUT WE'RE NOT AN EXPERIMENT!
- GEN Z

My Life, My Quit

5 FREE coaching sessions either by text, chat, or phone to help youth under 18 quit all forms of tobacco including vaping

Dedicated toll-free number (1-855-891-9989)

Online enrollment through mylifemyquit.com RESPECTS privacy through confidential enrollment and coaching. No one will know someone enrolls unless they want them to know



Early marketing tactics. Juul has portrayed itself as a company that markets its products solely to active adult smokers to convince them to switch from combustibles to Juul. The evidence shows otherwise. Examination of Juul's early advertisements, launch events, use of social media and influencers, and findings from the recent congressional investigation into Juul's marketing practices provide many damning examples of how Juul aggressively and blatantly marketed its devices and flavored pods to underage people during its early years of operation (2015–2018). Juul's initial advertisement campaign, vaporized — a large-scale bid to lure young consumers — featured ads that riffed on the look of conventional cigarette advertisement themes and colors from past decades, modernized to reach today's youth, with placements in iconic locations, such as New York City's Times Square jumbotrons. These photo-style ads depicted, in eye-popping colors, young, hip adults in suggestive "come hither" poses, vaping. Early on, Juul also invested heavily in the development of strategies to spur a strong online presence on youth- and young adult-favored social media platforms including Twitter, Facebook, and Instagram. The company also sponsored launch parties in major U.S. cities, geared toward young people, where free product samples were distributed amid opportunities to mingle with celebrities.

Juul's outsized marketplace performance from its 2015 start through 2019 has spawned the emergence and popularity of a flood of similar flavored, sophisticated e-cigarette products that have further enticed underage persons.

The rapid expansion of the e-cigarette marketplace to include a wide array of discreet-sized vaping devices, candy-, mint-, fruit-, and menthol-flavored e-liquids, and accessories was spurred largely by Juul's enormous popularity and pervasive online and social media presence.

Youth and young adult e-cigarette use had begun trending up prior to the introduction of Juul in mid-2015. Then, in 2018, youth and young adult use of e-cigarettes exploded, with Juul becoming, by far, the most commonly used e-cigarette brand in the country. From 2017 to 2018, current e-cigarette use (meaning use at least once per day in the past 30 days) among U.S. high school students increased 78 percent — from 11.7 to 20.8 percent — meaning that a total of 3.05 million high schoolers were current e-cigarette users in 2018. Youth use of e-cigarettes alone was higher in 2018 than their use of all tobacco products in 2016 and 2017. A similar surge in use, a 48 percent increase from 2017 to 2018, took place among middle schoolers: a total of 570,000 children in grades 6 to 8 were current smokers in 2018, wiping out previous declines in use.

The deeply troubling trend of increased e-cigarette use by youth signifies an alarming reversal of decades-long progress by the public health community in reducing youth and young adult use of commercial tobacco products, which nearly always contain nicotine. Research shows that youth and young adults are particularly at risk for exposure to nicotine because their brains are still developing into their early 20s. Exposure to nicotine during these critical, final years of brain development can seriously alter brain functioning, wiring it for susceptibility to a lifetime of addiction and causing long-term effects, including mood disorders and damaged impulse control.



In just two years since early 2018, when awareness of the epidemic use of Juul by youth was first surfacing, significant policy advances have been made to strengthen regulation of Juul and other e-cigarettes by tribes, local governments, states, and the federal government. Progress has been uneven, though, and not comprehensive, with much work remaining to be done to protect youth and young adult from initiation.

WHO IS ELIGIBLE FOR WIC?

- Pregnant and postpartum women
- Infants
- Children up to age 5
- Income-qualified and/or receive Medicaid, SNAP, or TANF
- Demonstrated nutritional risk

CALL YOUR LOCAL WIC OFFICE TO SEE IF YOU QUALIFY!



SERVICES PROVIDED BY THE HEALTH DEPARTMENT

Immunizations: Adults and children, Monday-Thursday 8am-5pm and Fridays 8 am-12pm. Walk-ins are welcome. To schedule an appointment call 271-3247

Insurance Billing: Yes, the Pondera County Health Department does bill insurance for all immunizations.

WIC (Women, Infants and Children): WIC offers healthy food, breastfeeding support, nutrition tips, and connection to community resources. We offer WIC services 4 days/month.

- August 4,5,19,25 – We will be going back to in-person appointments!

Tobacco Prevention: Preventing tobacco use among youth and promote quitting among adult users. Free signs for CIAA compliance.

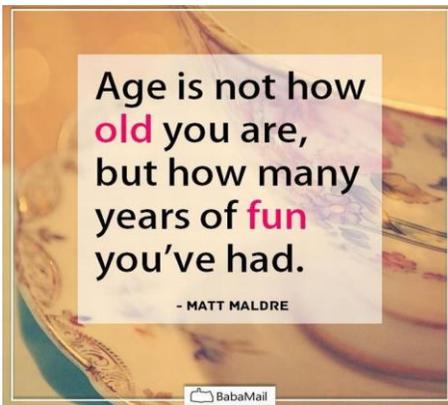
Comprehensive Cancer Program: We offer vouchers for women to get their breast and cervical screenings FREE of charge. Contact us today to see if you qualify.

Public Health Emergency Preparedness: Planning and coordination of community resources to prepare for public health emergencies.

Oral Health: Fluoride varnish application and assistance navigating the oral health system.

Car Seat Program: We have a trained certified passenger technician, who can assist you in installing your child car seat correctly. We also have car seats available at affordable prices.

The World Senior Citizens' Day is an important moment to remind the government of its commitment to work for the welfare of older persons., to help them end hunger and poverty for the elderly and people of all ages. It's a day to remember and celebrate the older persons and thank them for their contributions.



Almost 1 out of every 3 people in the United States will develop shingles in their lifetime. Your risk of shingles increases as you grow older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older.

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:

- Shingles vaccine, which protects against shingles and the complications from the disease (recommended for healthy adults 50 years and older)
- Pneumococcal polysaccharide vaccine (PPSV23), which protects against serious pneumococcal disease, including meningitis and bloodstream infections (recommended for all adults 65 years or older, and for adults younger than 65 years who have certain health conditions)
- Pneumococcal conjugate vaccine (PCV13), which protects against serious pneumococcal disease and pneumonia (recommended for all adults with a condition that weakens the immune system, cerebrospinal fluid leak, or cochlear implant)

Adults 65 years or older who have never received a dose of PCV13 and do not have one of the conditions described above may also discuss vaccination with their vaccine provider to decide if PCV13 is appropriate for them.

Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment.

What Vaccines do You need?

DON'T WAIT. VACCINATE!



Pondera County Mental Health Resources

Crisis Contact Information:

Nationwide 24 hour Crisis Line: 1.800.273.TALK (8255) (Veterans, press #1)
www.veteranscrisisline.net (chat option) Text support: 8382555
Voices of Hope: 406.453.HELP (406.453.4357) or call 911
Teen Help (text): "teen2teen" to 839863 (5pm-11pm) or call 1.877.968.8491 (24hrs/7days)
Montana Crisis Text Line: text 'mt' to 741-741 (free service available 24/7)
www.postpartum.net 1.800.944.4773 (help and support, not a crisis line)
Montana Child Abuse Hotline (toll-free, 24 hours) 1.866.820.5437

Community Support:

Adult Protective Services 406.278.9117
AA Tues/Thurs 8pm and Wed 6:30 am (St Michael's Catholic Church) 406.278.7517
AA/Serenity Sisters (**women only**) Mon 5:30pm (Conrad Baptist Church) 406.271.3145
Altacare at Utterback School 406.278.3227
Benefis Peace Hospice 406.455.3040 (free grief counseling for anyone & a children's bereavement camp)
Big Sky Special Needs Co-Op 408.271.7558
Child & Family Services 406.278.5142
Celebrate Recovery (Tuesdays, 6:30pm, Conrad Mission Church) 406.671.9792
Dept of Public Health & Human Services 406.271.4020
Front Range Court Appointed Special Advocates (CASA) 406.576.7041
Grief Share Group (Pondera Valley Lutheran Church, 406.271.3934)
Hi-Line's Help for Abused Spouses 406.278.3342 - **Crisis Line: 1.800.219.7336**
Indian Health Services (Heart Butte) 406.338.2151
Pondera Medical Center 406.271.3231 (24-hour Emergency Room)
Pondera County Health Department 406.271.3247
Pondera County Sheriff 406.271.4060
Valier Clinic 406.279.3771
Valier Public School Counselor 406.279.3613
Youth Connect 406: find them on Facebook or 406.788.2914

Counselors and Mental Health Support Services:

Center for Mental Health www.center4mh.org 406.278.3205
Steve Baliko, LCPC - *Pioneer Counseling & Community Support* - Conrad, MT 406.450.1685
Lisa Ellis, LCSW - Pondera Counseling Conrad, MT 406.289.1999
Pam Mc Farland, LCPC - *Counseling Connections* – Valier 406.279.3538 Conrad 406.271.2834
Larry and Roberta Powell, LCPC - *A Better Way Counseling* - Conrad, MT 406.761.3218

Prepared and provided by: Pondera County Mental Health Advisory Board (1/2019)

goodbye July, hello
AUGUST

Your mental health is more important than the test, the interview, the lunch date, the meeting, the family dinner, and the grocery-run. Take care of yourself.

HealthyPlace.com

It's okay to feel unstable. It's okay to disassociate. It's okay to hide from the world. It's okay to need help. It's okay not to be okay. Your mental illness is not a personal failure.

HealthyPlace.com

If you would like to be on the mailing list for this monthly publication or submit an article for the next month, please e-mail Nicki at nurse@ponderacounty.org