Fight the Flu!
By: Timber Dempewolf

Many people might shrug off influenza – “the flu” – as a minor illness that is really nothing to worry about. While for some influenza may be mild, for others, it can be very serious, sometimes leading to hospitalization, medical complications, and even death. Though many use the term “flu” when referring to stomach illnesses that cause vomiting and diarrhea, influenza is a respiratory illness that causes cough, fever, fatigue, and body aches. During the 2019-2020 flu season, in Montana there were 488 hospitalizations and 17 deaths related to influenza.

Getting a flu shot is the best way for everyone, ages six months and older, to prevent the flu. Flu season typically lasts from about October through March or April, and each year, the composition of the flu vaccine is reviewed and updated to better match circulating viruses. The best time to get vaccinated is before the end of October, but you can receive your flu vaccine at any time after that as well – it will protect you through the entire flu season. It’s important to note that the flu vaccine takes about two weeks to provide protection against the flu, but it can reduce flu illness, doctor visits, and missed work or school and can prevent flu-related hospitalizations and deaths.

Dawson County Health Department is offering quadrivalent vaccine, as well as the high-dose vaccine, this year. Local residents will be given several convenient options to get their flu shot. On **Wednesday, September 15**, DCHD will be giving flu shots at the Glendive Senior Center from 8:30-11:00 am. Additionally, DCHD will have the BlueCross BlueShield Free Drive Thru Clinic at the EPEC on September 30 from 2 PM—6:30 PM for all ages. Health Department staff will travel to Richey in October.

In addition to the special clinics listed above, DCHD is offering flu shots during regular immunization hours – Thursdays from 8:00am to 12:00pm and 1:00-5:00pm. Flu shots cost $38, and insurance is accepted. The Health Department has vaccine for all ages and offers options for children who are uninsured or underinsured (VFC vaccines).

For more information call Dawson County Health Department at 377-5213.
September is recognized as Prostate Health Month and also Prostate Cancer Awareness Month.

In the USA, over 220,000 men are diagnosed with prostate cancer each year, and about 30,000 die from it. Early detection is the key to successful treatment. This awareness period, and the organizations and associations that support it, are responsible for saving an untold number of men's lives by encouraging them to have a discussion with their healthcare provider about prostate cancer and early detection.

In honor of Prostate Cancer Awareness Month, the Dawson County Health Department is offering PSA screenings for $35. You may come in any Wednesday from 9 am until noon. Call 377-5213 for more information.

Source: prostatehealthguide.com
Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you’ll contact one another and reconnect if separated. Establish a family meeting place that’s familiar and easy to find. A few things to consider are:

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

An emergency supply kit is a collection of basic items you and your family may need in the event of a disaster or emergency. Responders cannot reach everyone immediately, so prepare your household to be self-sufficient for up to three days after an emergency.

Assemble your kit well in advance— an emergency can happen with little or no warning. Be sure to check the contents of your kit periodically. You may consider switching out water and food supplies to keep them fresh. Keep the kit in an easily accessible area, and ensure all family members of your household know how to access it.

Call Naome Wright at Dawson County Health Department at 377-5213 with questions or for more information.
Debunking the Myths of Older Adult Falls

By: Andeen Raymond

The coronavirus pandemic has changed a lot of things in our lives. But do you know one thing that’s still the same? Falling is NOT a normal part of aging. That’s a true fact. Most falls can be prevented—and you have the power to reduce your risk. Every year on the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue. To promote greater awareness and understanding, here are 10 common myths—and the reality—about older adult falls:

**Myth 1: Falling happens to other people, not to me.**

**Reality:** Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults fall every year in the U.S.

**Myth 2: Falling is something normal that happens as you get older.**

**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3: If I limit my activity, I won’t fall.**

**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

**Myth 4: As long as I stay at home, I can avoid falling.**

**Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

**Myth 5: Muscle strength and flexibility can’t be regained.**

**Reality:** While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an exercise program. Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.

**Myth 6: Taking medication doesn’t increase my risk of falling.**

**Reality:** Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

**Myth 7: I don’t need to get my vision checked every year.**

**Reality:** Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

**Myth 8: Using a walker or cane will make me more dependent.**

**Reality:** Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

**Myth 9: I don’t need to talk to family members or my health care provider if I’m concerned about my risk of falling. I don’t want to alarm them, and I want to keep my independence.**

**Reality:** Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

**Myth 10: I don’t need to talk to my parent, spouse, or other older adult if I’m concerned about their risk of falling. It will hurt their feelings, and it’s none of my business.**

**Reality:** Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

Dawson County Health Department is offering a 6-week Walk With Ease/Falls Prevention Class. Call 377-5213 to register by September 11, 2020. Source: ncoa.org
Suicide Prevention Week
By: Lindsay Sadorf

Are you worried about yourself, a friend or a loved one? Suicide is an individual, family and community public health crisis with more than 40,000 people dying in America each year. But suicide can be stopped. 70% of people tell someone or give warning signs before taking their own life. Learn the warning signs and how ACT can help save a life.

ACT: Acknowledge, Care, Treatment
A-Acknowledge; Take it seriously and listen
If you are noticing warning signs or you hear something that is troubling, recognizing that something is wrong is the first step.
C-Care; Take initiative and show and/or voice your concern
When someone is suffering it can be difficult for them to remember there are people who care. Showing your support will make a big difference to someone who is truly struggling.
T- Treatment; Get professional help immediately
It is intolerable that so many youth die by suicide. In fact, each year in the US over 4,300 youth and young adults die by suicide. Suicide prevention can save lives.

Know the warning signs!

**Warning Signs of Suicide**
- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

The more of the above behaviors a person shows, the greater their risk for suicide

What do you do if you see someone exhibit these warning signs?
- Do not leave the person alone
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional

There are a few options for people to utilize if they are feeling strong emotions such as the Crisis Text Line. A person simply texts HOME to the number 741741 which goes to the crisis text line. The first two responses are automated. They tell you that you’re being connected with a Crisis Counselor, and invite you to share a bit more. Then a live crisis counselor will introduce themselves and reflect and review on the previous messages. They will then encourage you to share at your own pace. All communication is done through text messages.

Another option is the National Suicide Prevention Lifeline. The National Suicide Prevention Lifeline is a free 24/7 service that can provide suicidal persons or those around them support, information and local resources to seek the help they need. To reach the National Suicide Prevention Lifeline call 800-273-TALK (8255).

An option is the #Let’s Talk App. The purpose this app is to provide youth with useful and relatable information about mental health and suicide prevention... all at their fingertips. Whether the user be the person at risk, or a friend or family member, through a custom app we can make sure the information they receive is accurate, relevant and trustworthy. It also provides additional resources such as safe spaces for those who might be in a vulnerable state. Dawson County has safe spaces listed on the app. Download it for a great resource.

Almost everyone who dies of suicide has given some clue or warning. Even the most depressed person has mixed feelings about death, waver until the very last moment between wanting to live and wanting to die. Most suicidal people do not want death; they actually want to stop the pain. The impulse to end it all, however overpowering, does not last forever. Do not ignore the threats of suicide. Bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

Sources: stopasucide.org, and crisistextline.org
E-Waste Collection Event

SATURDAY, SEPTEMBER 12
10:00 A.M. – 2:00 P.M.
EPEC CENTER PARKING LOT

ITEMS ACCEPTED:
- PC’s, Laptops, Tablets, Chromebooks
- Monitors & TV’s (flatscreen type only)
- Cell Phones & Desk Phones
- A/V Equipment - stereos, CD players, Blu-Ray players, VCR’s, receivers, amps
- Computer Accessories - mice, keyboards, cords & cables

PLEASE NO CRT TV’S OR MONITORS, SMOKE DETECTORS, OR ALKALINE BATTERIES

FOR QUESTIONS, CALL YELLOWSTONE E-WASTE AT:
406-861-4920 OR VISIT: WWW.YELLOWSTONEEWASTE.COM

FORKLIFT DONATED BY: GUELFF LUMBER
## Lice

**Myths**

<table>
<thead>
<tr>
<th>Myth</th>
<th>Fact</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is easy to get lice.</td>
<td>Lice are spread by head-to-head contact and are much harder to get than a cold, the flu, ear infections, pink eye, strep throat or impetigo.</td>
</tr>
<tr>
<td>Avoiding lice is important, as they are dirty and spread disease.</td>
<td>Lice do not spread any known disease, nor are they impacted by dirty or clean hygiene. They are just annoying.</td>
</tr>
<tr>
<td>Head lice are very sturdy creatures and can survive many days off of people in furniture, linens or clothing.</td>
<td>Head lice need a blood meal every few hours and the warmth of the human scalp to survive. When off the human body, they cannot survive for more than 24 to 36 hours.</td>
</tr>
<tr>
<td>Nits (lice eggs) can fall off a person’s head, hatch and cause another person to get lice.</td>
<td>Nits are glued to the hair shaft by a cement-like substance and are very hard to remove. When a nymph (baby louse) is hatched, it must quickly have the warmth and food source of a head to survive</td>
</tr>
<tr>
<td>Cutting a person’s hair will prevent head lice infestations.</td>
<td>The length of a person’s hair does not impact his or her risk of getting head lice.</td>
</tr>
<tr>
<td>You can get head lice from sitting in a desk next to someone who is infested with head lice.</td>
<td>Head lice are spread through direct head-to-head contact. The lice do not hop, jump or fly, so sitting near someone with head lice does not increase the risk of getting the lice.</td>
</tr>
<tr>
<td>Lice are commonly spread throughout schools.</td>
<td>Transmissions in schools are rare. It is more common to get head lice from family members, overnight guests and playmates who spend a lot of time together.</td>
</tr>
<tr>
<td>Lice are commonly spread through hats or helmets.</td>
<td>Although spread through hats or helmets is possible, it is rare. It is more common for transmission to occur from pillows, hairbrushes or sheets. The most common type of transmission is from head-to-head contact</td>
</tr>
<tr>
<td>Schools and child-care facilities should screen all children for head lice, so everyone can be treated and the spread of head lice will be prevented.</td>
<td>Having regularly scheduled mass screenings does not reduce the incidence of head lice.</td>
</tr>
<tr>
<td>“No-nit” policies reduce the risk of head lice in schools and child-care facilities.</td>
<td>Research shows “no-nit” policies do not decrease the number of cases of head lice. They do increase the risk of incorrect diagnosis of head lice, the number of days children are out of school, and negative social stigma associated with head lice. They also may hinder academic performance.</td>
</tr>
<tr>
<td>The only way to ensure you will not get head lice after a treatment is to remove all the nits.</td>
<td>Studies have shown the removal of nits immediately after treatment with a pediculicide is usually not necessary.</td>
</tr>
<tr>
<td>You can get lice from your dog or other pets.</td>
<td>Head lice are specific to humans. You can get human lice only from other humans. You cannot give your pets lice.</td>
</tr>
</tbody>
</table>
Sign up for the Senior Citizen Walk With Ease and Fall Prevention Class!
Take control of your health! This 6-week class is for anyone who would like help beginning a walking program and learning about fall prevention.

If you want to improve your overall health, this is the program for YOU!

The Program Offers:
- Weekly instructional video via email
- Weekly call from Andeen to assist with questions and help with weekly log
- Stretching and strengthening exercises
- Tips for walking safely and comfortably
- Health education information
- Personalized walking routines

Proven to Help People:
- Build confidence to be physically active
- Improve flexibility, strength and stamina
- Reduce pain
- Feel better and have more energy

Call Dawson County Health Department (377-5213) by September 11, 2020 to register for class.
Becoming a grandparent was one of the most joyous occasions in my life. It’s hard to explain to people who have not experienced this joy. In some ways, it’s almost better than becoming a parent. The only real explanation I can give is that you get to love them, play with them, spoil them and then walk away with limited responsibility. But what if that free and easy relationship shifts and you are tasked to be not only grandparent but parent as well? It’s a responsibility that many grandparents have undertaken and it can be difficult and challenging to shift from role of “grandparent” to “parent.”

Furthermore, the challenges that arise for grandparents assuming the parental role can be overwhelming. These challenges include financial issues, health problems, mental stress, social and family issues as well as legal problems. Grandparents may not be able to afford the additional costs associated with raising a child like health care, insurance, child-care, and providing for the expenses of the child. Some of them may have to quit their jobs, make financial sacrifices or cut back on hours. Grandparents are generally older and may find it tough to keep up with young kids. I know after keeping my granddaughter for just a weekend, I am tired; and although I wouldn’t trade it for the world, it was nice to get back to my own routine of doing what I want when I want. Due to the task of raising their grandkids, some grandparents experience health problems like hypertension, depression, insomnia, back, and stomach problems. Grandparents who are raising grandkids often deal with feelings of guilt and resentment towards their own grown children for being the cause of the pitiable state of their grandchildren. Most grandparents are not well prepared to handle the anger, grief, and sadness their grandchildren may experience, nor are they prepared to handle their emotional reactions about what has happened. They feel bad for their grandchildren if they have experienced trauma and pain. Sometimes the grandchildren act out because they don’t understand the reason for not being able to live with their parents. These issues often lead to behavioral problems causing mental stress and anguish for the grandparents. Grandparents who are raising their grandchildren often do not find time for themselves or other family members and friends. Family issues can also arise as grandparents try to manage their grandchildren’s parents who may make unexpected visits and impractical promises. Grandparents may also struggle with trying to protect their grandchildren while still allowing them to visit or meet their parents. They may also experience disappointment in their children for not succeeding as parents. Taking custody of grandchildren, whether it be kinship care or legal custody, may require going to court which can be a long, frustrating and expensive process.

September 13th, we celebrate Grandparents Day. I celebrate the blessing of being fortunate enough to be called “Grandma,” but on this day, I tip my hat to the true heroes: grandparents raising grandchildren.
World Rabies Day
By: CDC

Rabies Prevention—Please get your pets vaccinated!!!!

The Importance of Vaccinating Your Pet

While wildlife are much more likely to be rabid than are domestic animals in the United States, people have much more contact with domestic animals than with wildlife. Your pets and other domestic animals can be infected when they are bitten by rabid wild animals, and this type of “spillover” increases the risk to people.

Keeping your pets up to date on their rabies vaccination will prevent them from acquiring the disease from wildlife, and thereby prevent possible transmission to your family or other people.
Services Provided by the Health Department

**Immunizations:** Adults and children, Thursdays: 8:00 am-noon and 1:00-5:00. Walk-ins are welcome. To schedule an appointment call 377-5213.

**Insurance Billing:** Yes, the Dawson County Health Department does bill insurance for children’s immunizations.

**WIC (Women, Infants and Children):** Thursdays 8:00-12:00 and 1:00-5:00. Appointments may be made by calling 377-5213.

**Family Planning:** Walk in hours are Monday—Tuesday: 1-5 pm, Wednesday: 8 am-noon and 1-5 pm, Thursday: No Clinic, Friday: 10 am-noon and 1-3 pm. Services are based on a sliding fee scale. To schedule an appointment call 377-2935.

**Blood Pressure Clinics:** Wednesday-Thursday: 8-noon—no charge.

**Labs:** Wednesday 8:00-noon. Some labs require 12 hour fast.

**Home Health Services:** In home services including skilled nursing. Certified Nurse Assistant, Homemaker and Meals on Wheels. Call 377-5213 for more information or to make a referral.

**Public Health Home Visiting:** Home visiting program for pregnant women, infants and children. Services help to build parental resilience, social connections, knowledge of parenting and child development, concrete supports in times of need and social and emotional competence of children.

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

**Public Health Emergency Preparedness:** Planning and coordination of community resources to prepare for public health emergencies.
<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td>Nurturing Tree - Online Activity</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>BP/Lab Clinic</td>
<td>WIC 8 - 12</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td></td>
<td>Family Planning</td>
<td>8 - 12; 1-5</td>
<td>Family Planning</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>6</td>
<td>Immunization &amp; BP Clinics</td>
<td>8:30-12 &amp;1-5</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>9</td>
<td>Nurturing Tree - Online Activity</td>
<td>BP/Lab Clinic</td>
<td>WIC 8 - 12</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Family Planning</td>
<td>8 - 12; 1-5</td>
<td>8 - 12</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10</td>
<td>Immunization &amp; BP Clinics</td>
<td>8:30-12 &amp;1-5</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td>Family Planning</td>
<td>10:00 - 12:00</td>
<td>10:00 - 12:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>12</td>
<td>E-Waste Collection Event</td>
<td>10:00 - 12:00</td>
<td>10:00 - 12:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10am-2pm</td>
<td>10:00 - 12:00</td>
<td>10:00 - 12:00</td>
<td>EPEC Parking Lot</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>15</td>
<td>Family Planning</td>
<td>FLU CLINIC</td>
<td>Family Planning</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00 - 5:00</td>
<td>Nurturing Tree - Online Activity</td>
<td>8 - 12; 1-5</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Family Planning</td>
<td>Immunization &amp; BP Clinics</td>
<td>8:30-12 &amp;1-5</td>
</tr>
<tr>
<td></td>
<td>16</td>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>18</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>20</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>22</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>24</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>26</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>28</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td>Family Planning</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td>1:00 - 5:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>30</td>
<td>Drive Thru Flu Shot Clinic</td>
<td>FLU CLINIC</td>
<td>BP/Lab Clinic</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Wed. September 30</td>
<td>Nurturing Tree - Online Activity</td>
<td>8 - 12</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>EPEC Parking Lot</td>
<td>Family Planning</td>
<td>8 - 12; 1-5</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Time: 2PM-6:30PM</td>
<td>Family Planning</td>
<td>Immunization &amp; BP Clinics</td>
<td>8:30-12 &amp;1-5</td>
</tr>
</tbody>
</table>

DAWSON COUNTY HEALTH DEPARTMENT
207 W BELL ST
GLEN DIVE, MT 59330
406-377-5213