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**Public Health**  
Idaho North Central District



***Preventive Health Newsletter***  
***July 2024***



**For Kids: Sun  
Safety  
Presentations!**

- **Tuesday, July 3:** 11a-12p: Lewiston Library Summer Reading Program
- **Friday, July 5:** 1p-2p- Nezperce Library Summer Reading Program, Nezperce Community Library

## Sun Safety: What to Know Before You Go

July marks UV Safety Month. Before you set out for family outdoor adventures, it's vital to be aware of the dangers posed by UV rays, which can harm your skin and eyes. [To learn more about sun safety and skin cancer, consider these facts.](#)

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> <li>• Get to a cooler, air conditioned place</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul>		<p><b>CALL 9-1-1</b></p> <ul style="list-style-type: none"> <li>• Move person to cooler place</li> <li>• Cool using cool cloths or bath</li> <li>• Do not give anything to drink</li> </ul>

Source: National Weather Service

### Fast facts about Melanoma in Idaho

**Free Cavity Prevention for Kids July 9!**

**SUPER TEETH**

**Fluoride Varnish Clinic**

**FREE Cavity Prevention for Kids!**

Public Health - Idaho North Central District  
215 10th Street | Lewiston, ID

July 9<sup>th</sup> 2024 from 9am-3pm

Call 208-799-3100  
to schedule an appointment!

Public Health - Idaho North Central District  
www.IdahoPublicHealth.com

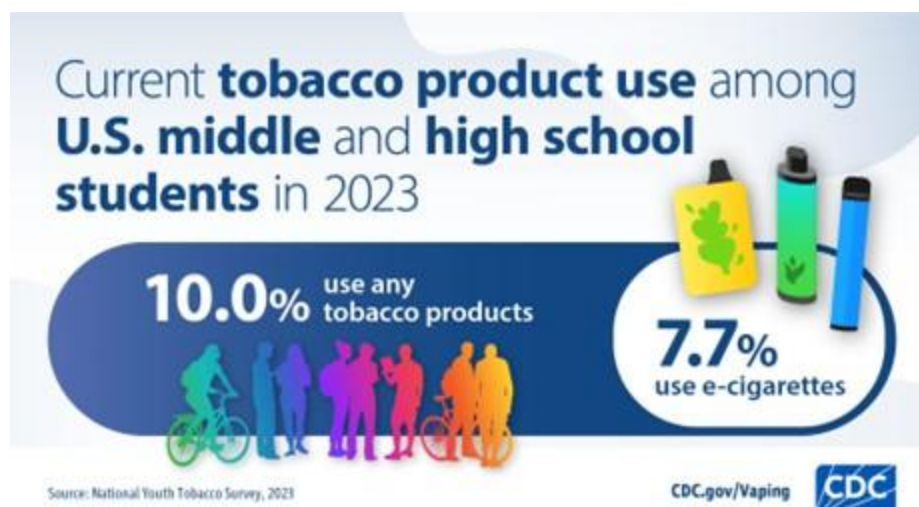
WIC WOMEN, INFANTS, & CHILDREN

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## More from Public Health - Idaho North Central District

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### Youth Vaping Prevention: District 2 Health Educators reaching more students



Health-Idaho North Central District delivered the evidence-based [CATCH My Breath](#) curriculum to approximately 700 students (grades 5-12) in District 2, an increase from the 565 students taught in the previous year.

District 2's Health Educators, certified CATCH My Breath Community Trainers, taught the program at Kamiah Middle School, the elementary, middle, and high schools in Kooskia, Moscow Middle School, Timberline Middle School, Grangeville Elementary and Middle Schools, as well as Orofino Elementary.

[Read the Idaho County Free Press article on Public Health at MVSD](#)

In Idaho, 1 in 4 youth use e-cigarettes. According to the [2023 National Youth Tobacco Survey](#), e-cigarettes were the most commonly used tobacco product among middle and high school students in the United States. The study also found a decline in tobacco use among high schoolers, driven by a drop in e-cigarette use. However, there was an increase in overall tobacco use among middle schoolers with no significant change observed for any individual tobacco product type, including e-cigarettes.

Several factors influence why a youth may start vaping, including curiosity, peer pressure, and the marketing strategies of e-cigarette companies. ([CDC: Why Youth Vape](#))

CATCH My Breath is a free youth vaping prevention program aimed at assisting schools to counteract the increasing prevalence of youth vaping and substance misuse. The program includes age-suitable curricular materials, engaging lessons, and knowledgeable discussions, enabling educators to foster impactful conversations on this subject.

If you are interested in this free service available to schools, parents, and members of the community, contact our [Health Educators with Public Health](#) at (208) 799-3100.

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## **WIC Recipe of the Month: Frozen Tropical Cereal Yogurt Cups**

Enjoy these quick and easy frozen treats to keep you cool this summer!



**Fit and Fall Proof™**  
Join a **FREE** or **LOW COST** fall prevention exercise class in your community today!  
For more information please call (208) 799-3100

 **Public Health**  
Idaho North Central District

## Fit and Fall Proof™ Class Leaders Wanted in Lewiston and Orofino

(Lewiston, ID) Public Health – Idaho North Central District (PH-INCD) is looking for volunteer leaders to lead exercise classes in Lewiston and Orofino. An exercise background is not necessary.

The Fit and Fall Proof™ program aims to help older adults maintain or regain functional independence while also introducing new social connections. Class participants learn simple exercises to increase strength, balance, and mobility, which can help prevent accidental falls.

Contact Public Health-Idaho North Central District for more information: (208) 799-0379.

[Find a Fit and Fall Proof™ class near you](#)



# Public Health

## Idaho North Central District



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*All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.*

Our mailing address is:

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