

# PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER September 2021

## What is the possibility of breakthrough infection after vaccination with the Delta variant?

- Breakthrough infections are expected. COVID-19 vaccines are effective at preventing most infections. But, like most vaccines, they are not 100% effective.
- Fully vaccinated people with a breakthrough infection are less likely to develop serious illness than unvaccinated people who get COVID-19.
- When fully vaccinated people develop symptoms, they tend to be less severe symptoms. This means they are much less likely to be hospitalized or die than people who are not vaccinated.
- People who get vaccine breakthrough infections can be contagious.
- CDC is collecting data on vaccine breakthrough infections and closely monitors the safety and effectiveness of all Food and Drug Administration (FDA)-authorized COVID-19 vaccines. As the number of people who are fully vaccinated goes up, the number of breakthrough infections will also increase.
- New CDC data from multiple studies, make very clear that vaccine-induced protection against SARS-CoV-2 infection does begin to decrease over time, and in association with the dominance of the Delta variant, we are starting to see evidence of reduced protection against mild and moderate disease in certain populations.
- While we are seeing evidence of reduced protection against mild and moderate disease, protection against hospitalization and severe outcomes seems to be holding well.
- Looking at all the data available, we are concerned that this protection against severe disease, hospitalization, and death could diminish in the months ahead, especially among those who were vaccinated during the earlier phases of the vaccination rollout.

COVID-19 DELTA VARIANT RESOURCE GUIDE | COVID-19  
| Information current as of August 20, 2021

## INTER-COUNTY NURSING SERVICE



SEPTEMBER IS  
SELF ♥ CARE  
AWARENESS  
MONTH

Self-Care Awareness Month in September is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. We all tend to put others needs before our own and it is crucial to remember, that we cannot fill another's cup from our own empty vessel. True self-care is not self-centered nor selfish; it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself and saying yes or no...guilt free.

<https://nationaldaycalendar.com/self-care-awareness-month-september/>

## Suicide Prevention Awareness Month

Mobile crisis services are teams of mental health professionals and practitioners who provide psychiatric services to individuals within their own homes and at other sites outside the traditional clinical setting. Mobile crisis services provide for a rapid response and will work to assess the individual, resolve crisis situations, and link people to needed services.

Mental health crisis services are available 24/7 for everyone in Minnesota. If you believe a friend, child, parent, or anyone is thinking about suicide, there is support available to you.

For immediate danger call 911.

National Suicide Prevention Lifeline  
(suicidepreventionlifeline.org) 1-800-273-TALK

Crisis Text Line: text MN to 741741

Adult mental health crisis response phone number for Pennington and Red Lake Counties:

1-800-282-5005

<https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>



## Child Passenger Safety Week September 19-25, 2021

National Highway Traffic Safety Administration (NHTSA) encourages parents and caregivers to take some time to take a second (or third!) look at your car seats and booster seats. Make sure these car seats fit your children appropriately, and that they are correctly installed in your vehicle.

**Car Seat Checks** are available by appointment at **Inter-County Nursing Service** Call: 218-681-0876

### Car seats work best when used correctly

- In passenger cars, car seats reduce the risk of fatal injury by 71% for infants and by 54% for toddlers. In light trucks, the corresponding reductions were 58% and 59%, respectively.
- Most parents are confident that they have correctly installed their child’s car seat, but in most cases (46%), the seat has not been installed correctly.

### Booster seats matter, too

- Booster seats are an essential step between car seats and seat belts. These transitional seats position the seat belt so that it fits properly over the stronger parts of your child’s body.
- Don’t feel pressured to put your child in a seat belt too soon. If a booster seat is still appropriate for their age and size, then that is the safest place for your child to be.

**Correct seat belt fit:** The seat belt should lie across the upper thighs and be snug across the shoulder and chest. Remember that seat belts should never rest on the stomach area or across the face.

<https://www.trafficsafetymarketing.gov/get-materials/child-safety/child-passenger-safety-week>



The 2019 data for the U.S. Bureau of Labor Statistics indicates that the agricultural sector is still the most dangerous in America with 573 fatalities, or an equivalent of 23.1 deaths per 100,000 workers. Fall harvest

time can be one of the busiest and most dangerous seasons of the year for the agriculture industry. <https://www.necasag.org/nationalfarmsafetyandhealthweek/>

### Parenting Tips

Slips, falls and tumbles are a normal part of being a kid, but there are several things that you can do protect them from more serious injuries like concussions and Traumatic Brain Injuries (TBIs). This is a good thing to remember with fall sports in the schools starting back up. Each year 2.4 million Americans sustain brain injuries including 564,000 children. About 75% of TBIs that occur each year are concussions or other forms of mild traumatic brain injury (MTBI).

#### SAFETY TIPS

- Always make sure your child always wears a helmet and that it fits properly when biking, skating or skateboarding.
- If your child plays sports, learn the signs and symptoms of a concussion. This is even more important if you are a coach.
- Install window guards in your home and use approved safety gates on stairs.
- Secure televisions and furniture so that kids cannot tip them over.
- Always use a car seat when traveling in a car. Every ride, every time.

#### MORE INFORMATION

For more information see our safety tips, visit the CDC’s Traumatic Brain Injury website or the Brain Injury Association of America website.

<https://www.safekids.org/safetytips>



Public Health & Home Health Care  
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