

# PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER July 2020



## West Nile Virus

West Nile virus (WNV) is the leading cause of mosquito-borne disease in the continental United States. It is most commonly spread to people by the bite of an infected mosquito. Cases of WNV occur during mosquito season, which starts in the summer and continues through fall. There are no vaccines to prevent or medications to treat WNV in people. Fortunately, most people infected with WNV do not feel sick. About 1 in 5 people who are infected develop a fever and other symptoms. About 1 out of 150 infected people develop a serious, sometimes fatal, illness.



## Protect yourself and your family from mosquito bites



### Use Insect Repellent

Use Environmental Protection Agency (EPA)-registered insect repellents with one of the active ingredients below. When used as

directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

- DEET
- Picaridin
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecanone

We do not know the effectiveness of non-EPA registered insect repellents, including some natural repellents. Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness.

## Tips for babies and children



- Dress your child in clothing that covers arms and legs.
- Cover strollers and baby carriers with mosquito netting.

## When using insect repellent on your child:

- Always follow label instructions.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
- Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin.
- Adults: Spray insect repellent onto your hands and then apply to a child's face.

## Tips for Everyone

- Always follow the product label instructions.
- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.

## Wear long-sleeved shirts and long pants



### Treat clothing and gear

- Use permethrin to treat clothing and gear (such as boots, pants, socks, and tents) or buy permethrin-treated clothing and gear.

Permethrin is an insecticide that kills or repels mosquitoes. Permethrin-treated clothing provides protection after multiple washings.

Read product information to find out how long the protection will last.

- Do not use permethrin products directly on skin.

## Take steps to control mosquitoes indoors and outdoors



- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outdoors.
- Use air conditioning, if available.
- Stop mosquitoes from laying eggs in or near water. Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check indoors and outdoors.

<https://www.cdc.gov/westnile/prevention/index.html>



## Make a Plan Minnesota!

### Plan. Prepare. Share.

Developing an emergency plan can help you and your family be prepared for whatever comes your way. It is never too early to develop a plan for your family. It is also a good idea to revisit and update existing plans. This is especially true during the COVID-19 pandemic, which is requiring us to plan in different ways than other emergencies.

1. One important plan to have in place is what to do if a parent or guardian becomes sick or hospitalized due to the virus. We encourage you to develop a plan for how you, your family, and caregivers will respond to a potential illness or hospitalization. Having a plan can help reduce stress in the event of an emergency and help everyone transition. Start by having a conversation with everyone involved. You can use the information from the Minnesota Dept of Health listed here as a guide. [https://mn.gov/covid19/assets/make-a-plan-mn\\_tcm1148-437162.pdf](https://mn.gov/covid19/assets/make-a-plan-mn_tcm1148-437162.pdf)

## Parenting Tips

### Why It Can Be So Hard to Communicate with Teens

Look, defiance and annoying behavior is par for the course when you're parenting teens. I'm not talking about abusive behavior; I mean those little everyday acts of defiance. This is when your child tunes you out, rolls their eyes, and refuses to speak clearly in whole sentences. Do you know why teens do this? They do it because they CAN! The trick here for parents is not to engage in the battle of inattention. As with any power struggle, the more you try to *make* your teen behave the way you want, the more your child will resist.

1. Keep Your Eyes on the Prize
2. Don't Take It Personally
3. Don't Debate Your Rules

If holding your child accountable routinely devolves into your teen saying "But I didn't hear you!" you could have a brief discussion about paying attention and how she might listen differently next time. Remember, if you keep your cool and stay focused, everything is teachable.

My kids call it  
"yelling"  
when I raise  
my voice.

I call it motivational  
speaking for people  
who don't  
want to listen.

@TicsFromaMc

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