



Bringing Communities Together: Healthy Treasures Newsletter December 2019

Big Horn, Carter, Custer, Powder River, Rosebud and Treasure County Newsletter



- WHAT REACT IS
- BIG TOBACCO TARGETS KIDS
- CELEBRATION ON THE HILL
- TOBACCO FREE RODEO
- SCHOLARSHIPS
- MINI GRANTS
- RESOURCES
- GET INVOLVED!

Here is a TWIST! reACT's name has changed but not the mission. The name has been twisted around from reACTmt to mtreACT. When searching for reACT's website, either way that you type the name in your search engine you will be directed to <https://mtreact.com/> webpage.

reACT is Montana's teen-led movement against Big Tobacco. reACT joins statewide youth empowerment movements across the country in recognizing the power of young people to effectively take on the leading cause of preventable death: commercial tobacco use.



My Life, My Quit is where youth ages 12-17 can go to get information and help to quit vaping. At **My Life, My Quit** you can learn about the truth about nicotine, vaping and other tobacco products. If youth decide they want to quit, MLMQ can help to do it successfully. Text "Start My Quit" to 855.891.9989 or call to talk with a coach who is ready to listen and cheer you on. It's YOUR LIFE and we're here to help you live it YOUR WAY.

My Life, My Quit is always free and confidential. [Start My Quit.](#)

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Bringing Communities Together

#TobaccoFree



Montana Asthma Program Winter Newsletter

Fall/Winter, 2019

It's the beginning of the cold season and there is a lot going on in the last few months of the year!

Holiday decorations make your home fun and festive. But they can also bring in asthma triggers and allergens.

Choosing a holiday tree or wreath can be challenging with some households. Real trees and wreaths can have pollen and mold spores all over them, and fake trees can be covered in dust and irritants.

How do you deck the halls while keeping a healthy home? Here are some tips to keep your artificial tree allergen-free:

Misplaced Dust

You don't have to haul your tree outside each time you want to give it a quick cleaning.

Run a soft, electrostatic duster over the tree's leaves and through its branches. Static-cling-type dusters "grab" the dust rather than "sweep" it into the air where much of it will settle back on the leaves.

You can vacuum the tree using the vacuum cleaner's soft-bristled dusting or upholstery tool, but if your vacuum cleaner has strong suction or the tree's leaves aren't securely attached, this cleaning method could cause damage.

Dry-clean Trees

You can clean small artificial plants by shaking them in a bag with a handful of salt. The salt acts as an exfoliate, scrubbing dust or grime away.

If the tree comes apart in small enough sections, put one part in a garbage bag and shake. Repeat with the other sections. Not recommended for pre-lit trees.

Seasonal Sponging

Every season, give a year-round artificial tree that isn't pre-lit a sponge bath, wiping down its leaves or needled branches with a damp cloth. This makes the greenery look green again rather than dull and gray. Focus on the outer exposed areas, which accumulate the most dust.

Biannual Bath

Every other year, spray down your tree (that is not pre lit) in the shower or take it outside and use a garden hose. Using a gentle stream will protect the leaves and branches. Allow to drip dry outdoors.

Pre-lit trees

Wired-in lights make beautiful trees, but you can't spray or soak lighted trees with water for obvious safety and damage reasons. Instead, carefully wipe down the branches of the unplugged tree with a barely damp or well-wrung-out cloth you've wet with warm water. A fake Christmas tree should only be openly exposed to the home for up to a few weeks each year. The rest of the time keep it wrapped in plastic and stored in a cool, clean, dry area to keep it protected.

More winter tips



Wash your hands! Proper and frequent washing of hands with soap and water is one of the simplest and best ways to avoid spread of germs. Emphasize to children the importance of hand washing, keeping hands away from the face to reduce the spread of illness.



Get a flu shot. The CDC recommends a flu shot for anyone 6 months and older to help protect you from the virus. Getting the flu is much more serious if you have asthma.



Don't sit by the fireplace. Smoke of any type is an irritant to the lungs. No matter how pretty the fire may be, avoid the smoke from a fireplace or wood burning stove.



Keep your mouth closed. In cold weather, it's better to warm and moisten the air before that cold air reaches your lungs. Wearing a scarf or facemask that covers your mouth and nose can be helpful.



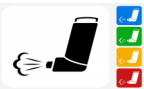
Replace filters. Check and replace your filters in your air purifier and furnace frequently during the cold weather and keep humidity and temperatures constant.



Exercise indoors. If you need to get out, go when it's warmer in the afternoon. Be sure to warm up before exercise as lungs function better when you are warmed up and ready to do your favorite outdoor activities.



Take steps to reduce flares. Use a rescue inhaler before heading outside whether it's walking the dog, shoveling snow, running errands, or outdoor activities.



Have an asthma action plan. This tells you what to do when you start noticing a change in your asthma and when to seek medical help.



Take your medications. If symptoms are worse in the winter, schedule an appointment. Your provider may consider changing medications to help manage symptoms.



Do you know someone who could use extra help? I would love to talk to them! Please feel free to share the great things the program has to offer! 874-8718



If you have any questions, you can always reach LeAnn

Something to feel good about by calling the Montana Asthma Program nurse at 406-874-8718.

MILES CITY POWDER PUFF FOOTBALL

2019



Since October was Breast Cancer Awareness month, as well as, Domestic Abuse Awareness; the annual Miles City Powderpuff football game took place to raise support and awareness for these causes. This year the Miles City ladies took on the women from Baker for a fierce game of Powderpuff football on October 12 at Connor's Stadium. The Miles City team continues to retain the championship traveling trophy since they were able to defeat Baker with a score of 12 to 7. CNADA (Custer Network Against Domestic Abuse) and OneHealth hosted the 5th annual Powderpuff event with the support of many sponsors from Miles City, Baker and surrounding areas. Miles Community College rodeo team provided the half time entertainment. Their MCC Rodeo T-Rex's put on a show of barrel racing, goat tying and cowboy jousting. Male cheerleaders were also on hand to pump up the crowd and provide some interesting entertainment.

The Montana Cancer Control Program promoted their FREE mammogram opportunities to eligible Montana women. Anyone interested please call Melanie @ oneHealth at 406-874-8705 for more information. If involved in a domestic abuse relationship, individuals are encouraged to call CNADA @ 406-234-0542.

Health IN THE 406

Hunting: game meat storage and preparation

Keep [game meat](#) refrigerated or frozen when in storage to a maximum of 41 degrees Fahrenheit.

[Cook meat](#) to a minimum of 165 degrees Fahrenheit to kill harmful bacteria.

[Separate cooked meat](#) from raw meat when in storage to prevent cross-contamination from harmful bacteria.

Practicing Food Safety this Holiday Season

[1 in 6 Montanans](#) become ill with a foodborne illness every year; to protect yourself and those around you, practice the [four steps of food safety: Clean, Separate, Cook, and Chill](#).

[Rinse your vegetables and fruits](#) before eating, and make sure to wash your hands before, during, and after cooking, and be sure to [cook your meats safely](#).

If you are sick with vomiting or diarrhea, [avoid cooking food for others and stay home until two days after symptoms have stopped](#).

National Diabetes Awareness Month

Across **Montana** about [77,000](#) adults have been diagnosed with [diabetes](#) and many others are living with the disease, but don't know it.

[Diabetes Self-Management Education and Support \(DSMES\)](#) services can help people learn to **manage** their diabetes and **reduce** the risk of diabetes-related health problems!

Learn more about how to [live with](#) and **manage** your diabetes and find Diabetes Self-Management Education and Support resources near you by using our [guide and interactive map](#).

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Healthy People. Healthy Communities.

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