



Public Health
Prevent. Promote. Protect.
Foster County Public Health

Foster County Public Health

TIDBITS JAN-MAR 2026

Hours:

Monday-Friday

8a-12p and 1p-4:30p

881 Main St | Carrington, ND | 701-652-3087



SCAN
ME



www.FOSTERCOUNTYPUBLICHEALTH.COM

*See website for latest health alerts (including disease outbreaks, safety recalls, & more)

Happy New Year

Do you know ALL the services we offer?

*Vaccines *BP checks *Foot Care *Reproductive Health visits *and MORE!

If you're struggling,
HELP IS AVAILABLE.



988
Suicide &
Crisis Lifeline
CALL, TEXT OR CHAT

Car Seat Checks
performed by a
Child Passenger Safety Technician
*call for more info (701 652-3087)
*discounted car seats available to those who qualify



LACTATION COUNSELING

Our Certified Lactation Counselor (CLC) provides free, comprehensive lactation support services including:

- Prenatal breastfeeding education
- Weighted feeds
- Latch and positioning guidance
- Pumping basics and education
- Referrals to additional support services

FREE products &
local support to
QUIT nicotine &
tobacco use.

You
got
this!

Hours: Monday-Friday
8A-12P & 1-4:30P
701-652-3087

[FOSTERCOUNTYPUBLICHEALTH.COM/](http://FOSTERCOUNTYPUBLICHEALTH.COM/Prevention)
PREVENTION



GET THIS NEWSLETTER
IN YOUR INBOX!

Send an email to: FosterPH@nd.gov
Subject line: "SUBSCRIBE"



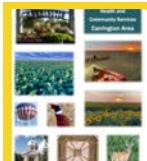
Office CLOSED

*January 1
*January 19

*February 16
*April 3

 Cribs for Kids®
Helping every baby sleep safer

Cribs for Kids provides a FREE Pack 'n Play for those in need of a safe sleep space for their baby. Call us to schedule an appointment with our safe sleep experts!
(701) 652-3087



View the latest **Community Services Guide** for Foster County. Request a printed copy, stop by our office, or view the pdf online.
fostercountypublichealth.com/community-health



Medication Disposal Made Simple At Home



Stop in or call:
(701) 652-3087

OPIOIDS
FILL with CARE



REPRODUCTIVE HEALTH SERVICES

Third Tuesday of every month from
8am - 12pm in Carrington
at Foster County Public Health

Call Central Valley Health to
schedule: (701) 252-8130



Upcoming Off-Site Clinic Dates

January

- 7 - Grace City Schoolhouse
- 14 - McHenry Senior Center
- 14 - Glenfield Community Center



February

- 4 - Grace City Schoolhouse
- 11 - McHenry Senior Center
- 11 - Glenfield Community Center



March

- 4 - Grace City Schoolhouse
- 11 - McHenry Senior Center
- 11 - Glenfield Community Center



Call 652-3087 to schedule health services in Grace City, Glenfield, & McHenry.

*Nurse may not be at the off-site locations if no patients are scheduled.

AFTER HOURS CLINICS

2nd Wednesday of every month from 4-7pm

2026

January 14th
February 11th
March 11th
April 8th
May 13th
June 10th

- All Vaccines for All Ages

NDQuits

1-800-QUIT-NOW (1-800-784-8669)
hhs.nd.gov/ndquits



Small Talk is Big

Your voice is one of the strongest tools for prevention.

Find tips, tools and resources at ParentsLead.org

PARENTS LEAD

IN HOME SERVICES



- Medication Management
- Chronic Disease Management
- Skilled Nursing Services



Services available here in Carrington

1st Thursday Each Month

**Call Lake Region WIC for more info
1-866-274-2316**

<https://www.lrdhu.com/wic>

AND THERE ARE RESOURCES

TO HELP YOU THRIVE!

CredibleMind
Personalized mental wellbeing online platform.
region6.crediblemind.com



*'tis the
Sneezin'...*

Respiratory illnesses are on the rise.

**It's not too late to get vaccinated against
Flu and other respiratory illnesses!**



OPIOIDS

TAKE CARE, BE AWARE.



FREE NALOXONE AVAILABLE

