



Public Health
Prevent. Promote. Protect.

Foster County Public Health

Foster County Public Health TIDBITS

JAN-MAR 2026

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



HOURS:
Monday-Friday
8a-12p and 1p-4:30p

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!**

Office CLOSED

*January 1 *February 16
*January 19 *April 3

**If you're struggling,
HELP IS AVAILABLE.**



Suicide &
Crisis Lifeline

988

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



**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/
PREVENTION**



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



**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

**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**



**GET THIS NEWSLETTER
IN YOUR INBOX!**

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



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.*

IN HOME SERVICES



- Medication Management
- Chronic Disease Management
- Skilled Nursing Services



WOMEN, INFANTS
& CHILDREN

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>

AFTER HOURS CLINICS

2026

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

**2nd Wednesday of
every month from 4-7pm**

• All Vaccines for All Ages

NDQuits

1-800-QUIT-NOW (1-800-784-8669)

hhs.nd.gov/ndquits

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

Small
Talk is
Big

Your voice is one of
the strongest tools
for prevention.

Find tips, tools and resources
at ParentsLead.org

PARENTS LEAD