



Public Health
Prevent. Promote. Protect.

Foster County Public Health

FOSTER COUNTY PUBLIC HEALTH TIDBITS

OCTOBER 2026



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

HOURS: Monday-Friday 8:00am-12:00pm and 1:00pm-4:30pm

WWW.FOSTERCOUNTYPUBLICHEALTH.COM

*SEE WEBSITE FOR VACCINE CONSENT FORMS, LATEST HEALTH ALERTS
INCLUDING DISEASE OUTBREAKS AND SAFETY RECALLS, AND MORE!!



COMMUNITY FLU CLINICS

WITH FOSTER COUNTY PUBLIC HEALTH
fostercountypublichealth.com

Oct.
1

Carrington Senior Center
10:00 am-12:00pm

*Free Health Services also available

Oct.
7

Grace City Schoolhouse Cafe
11:00 am-1:00pm

*Free Health Services also available

Oct.
14

McHenry Senior Center
11:00am-11:45am

*Free Health Services also available

Oct.
14

Glenfield Community Center
12:45pm-1:30pm

*Free Health Services also available

Oct.
14

Midkota High School
1:30pm-2:30pm

Oct.
14

**Late Night Clinic at
Foster County Public Health**
4:00pm-6:00pm

Oct.
20
& 21

COMMUNITY FLU SHOTS
4:00pm-6:00pm
at Carrington Public School - use Door 7

Oct.
24

**Saturday Flu Shot Clinic and
Medication Take Back Event**
8:00am-12:00pm
at Foster County Public Health

SAY
BOO
TO THE
FLU



FLU SHOT

Friday

*We will be open over the
NOON HOUR on Friday's during
October for your convenience!

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



GET THIS
NEWSLETTER
IN YOUR INBOX!

OPIOIDS

TAKE CARE, BE AWARE.



FREE NARCAN AND
MEDICATION DISPOSAL KITS
AVAILABLE AT OUR OFFICE.



NDQuits

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

hhs.nd.gov/ndquits



FREE support from local staff to help you quit nicotine and tobacco — including FREE quit products, resources, and personalized support.

Look. Listen. Love.

PARENTS LEAD. ORG



JOIN US THIS OCTOBER FOR BRAS 4 A CAUSE! STOP BY OUR OFFICE OR VISIT OUR WEBSITE TO DETERMINE HOW YOU CAN SUPPORT BREAST CANCER AWARENESS IN OUR COMMUNITY.



CHI St. Alexius Health™
Carrington

Call CHI at 701-652-7151 to schedule your mammogram today! Don't need one? Remind a loved one who might still need theirs!

****Annual mammograms are recommended at the age of 40!**



WOMEN'S WAY

A Breast & Cervical Cancer
Early Detection Program.

800-449-6636 or 701-328-4536

Email: womensway@nd.gov

MY LIFE MY QUIT™

TEXT "START MY QUIT"
TO 36072

**FREE HELP,
JUST FOR TEENS.**

ND.MYLIFEMYQUIT.COM

**ARE YOU READY
FOR WINTER??**

**FREE NEW OR GENTLY USED
WINTER CLOTHING WILL BE
AVAILABLE AT OUR OFFICE, 881
MAIN STREET IN CARRINGTON
FROM OCTOBER 5TH-19TH**

**COATS, SNOW PANTS, HATS,
BOOTS AND GLOVES IN A VARIETY
OF SIZES FROM INFANTS TO
SENIORS**

