

SPECIAL POINTS OF INTEREST:

- **Radon Action Month**
- **Respiratory Season Vaccinations**
- **Winter Weather Preparedness**
- **Women, Infants, Children (WIC)**
- **Protect Your Family From Illness**

Radon Action Month

Radon is the second leading cause of lung cancer deaths in the U.S. claiming approximately 20,000 lives annually or slightly more than two every hour.

Radon is a radioactive odorless gas produced from the decomposition of uranium. It could linger in a private home or public building without the occupant being aware of its presence.

Fortunately, scientists have provided tools that can help protect us from radon, such as a simple test that can determine the approximate level of radon in buildings.

In observance of "Radon Action Month"

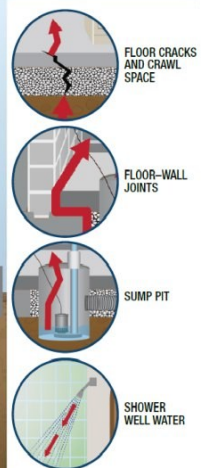
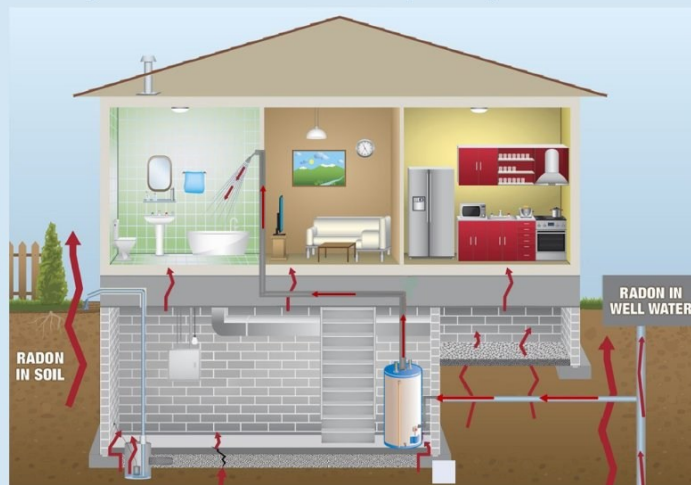
the Dickinson-Iron District Health Department (DIDHD) has reduced the cost to \$5 for the short-term test kits for the month of January.

The kits can be purchased at the Iron County Office, located at 1374 Commercial Ave, Crystal Falls, or in the Dickinson Office, located at 818 Pyle Drive, Kingsford. Our office hours are 8-4pm, Monday-Friday.

Anyone seeking further information regarding the department's Radon Program can call DIDHD at (906) 779-7239 or visit our website at didhd.org.

Radon can enter your home in many ways:

- Cracks in solid floors
- Construction joints
- Cracks in walls
- Gaps in suspended floors
- Gaps around service pipes
- Cavities inside walls
- The water supply



www.epa.gov/radon

Wondering which immunizations you need this season?

Annual flu vaccine	• Everyone 6 months+
RSV immunization	<ul style="list-style-type: none"> • All infants under 8 months • Children 8-19 months at high risk • Adults 75+ • Adults 50-74 with certain health risks • Pregnant people (32-36 weeks in Sept-Jan)
Annual COVID-19 vaccine	<ul style="list-style-type: none"> • Children 6-23 months • Children 2-18 with risk factors or by parent request • All adults, especially if pregnant, high risk, older, or unvaccinated

Vaccines are a core prevention strategy to lower risk from respiratory viruses and an important step that you can take to protect yourself and others. We know there are many questions surrounding respiratory vaccines with recent updates and changes.

DIDHD will be offering weekly clinics, with a variety of morning and evening appointments.

Contact the Dickinson-Iron District Health Department to make an appointment. Our staff will gladly go over any and all vaccines that you may be eligible for.

To schedule an appointment, please contact our offices at Iron County 906-265-9913 or Dickinson County 906-774-1868.

Winter Weather Preparedness

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms including blizzards can bring extreme cold, freezing rain, snow, ice and high winds. A winter storm can last a few hours or several days. It can cut off power, heat, and communication services. It can put older adults, children, sick individuals, and pets at greater risk. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. Be prepared for winter weather at home, at work and in your car. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas. For more information on how to prepare for winter visit: www.ready.gov/winter-weather

WHEN THE SNOW FALLS...



Wear loose-fitting, lightweight, warm layers, rather than one heavy layer of clothing.

Take breaks while shoveling snow – overexertion can bring on a heart attack.

Help firefighters by keeping fire hydrants clear of snow.



Women, Infants, Children (WIC)

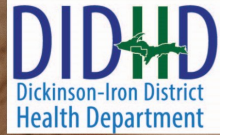
The WIC Program is a health and nutrition program that has shown to have a positive effect on pregnancy outcomes, child growth, and development. WIC provides supplemental nutritious foods, breastfeeding information and other resources for pregnant, breastfeeding or postpartum women, infants and children up to age 5 who qualify.

The WIC program focuses on positive nutrition and other preventative health issues. There are no fees to enroll in WIC.

Visit didhd.org/wic to see if you qualify.

Income Guidelines 2025-2026	
Size of Family	Annual Income
1	\$28,953
2	\$39,128
3	\$49,303
4	\$59,478

For additional members in household add \$10,175.
 Note: A pregnant women is counted as one, plus the number of infants expected (one or more) when determining total family size.



Breastfeeding Support Group sponsored
by WIC Peer Counseling Program

The Lactation Cafe With Amber Grassinger

WIC Breastfeeding Peer Counselor
(906) 282-8491

Dickinson County Library

401 Iron Mountain St
Iron Mountain, MI 49801

2nd Thursday of the Month from 1-2 pm
&
4th Tuesday of the Month from 10-11 am

*Pregnant, nursing, and past-nursing moms come and join us!
This group is open to the community. It is designed to offer
moms the opportunity to learn more about breastfeeding and
other topics of interest, to meet other moms in the
community, and to support one another!*

Protect Your Family From Illness



Follow the 5 steps to
wash hands the right
way: wet, lather,
scrub, rinse, and dry.

#KeepHandsClean

www.cdc.gov/clean-hands

Handwashing is an easy, inexpensive, and effective way to help your family stay healthy. Studies have shown that handwashing can prevent diarrhea-related sicknesses and respiratory infections, such as a cold or the flu. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Give kids frequent reminders of how and when to wash hands. #KeepHandsClean

For more information, visit cdc.gov.

DICKINSON-IRON DISTRICT HEALTH DEPARTMENT
PUBLIC HEALTH PRESS
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Dickinson-Iron District Health Department

Iron County
1374 Commercial Avenue
Crystal Falls, MI 49920
Phone: 906-265-9913 Fax: 906-874-2950

Dickinson County
818 Pyle Drive
Kingsford, MI 49802
Phone: 906-774-1868 Fax: 906-774-9910

didhd.org

HEALTH DEPARTMENT ADMINISTRATION

Daren Deyaert, RS, BS
Health Officer

Robert Van Howe, MD
Medical Director

Angela Applekamp, RN, BSN
Community Health Services
Director

Tina Edlund
Finance Director

Wade Dishaw, REHS, BS
Environmental Health Director

DICKINSON-IRON DISTRICT BOARD OF HEALTH

Joe Stevens, Chair
Mark Stauber, Vice Chair
Dan Harrington
Pete Judd
Ean Bruette
Victoria Jakel

Serving you since 1936

Follow us on:



Mission Statement:

The mission of the Dickinson-Iron District Health Department is to assure the highest possible level of health for the people of the communities it serves. To fulfill this mission, the Department works with individuals and organizations to prevent premature death, disability, illness and injury, to prolong life, and to promote the public health through disease prevention and control, health promotion and healthy environments, and through the provision of direct services for particularly vulnerable high risk population groups.



WE LIVE HERE. WE WORK HERE. WE CARE.

LPHCARES.COM



DICKINSON-IRON DISTRICT HEALTH DEPARTMENT
PUBLIC HEALTH PRESS
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER