



SPECIAL POINTS OF INTEREST:

- **National Preparedness Month**
- **Septic Smart Week**
- **WIC Online Shopping**
- **Respiratory Season**



National Preparedness Month

September is National Preparedness Month. The theme for this year is "Americans Stand Ready." The theme focuses on when Americans take steps to prepare for disasters and keep their families safe, every neighborhood and community is more resilient. This year's theme focuses on several distinct ideas that capture how Americans take pride in their ability to protect themselves and their families and work together to recover from disasters:

- **Americans stand ready to uphold our patriotic duty:** When individuals are prepared and self-reliant, we can bolster the work our brave first responders do to help people on their worst day.
- **Americans stand ready to protect our family and friends:** We know best how to keep our loved ones safe when things go wrong.
- **Americans stand ready to help our communities:** Taking a proactive approach to get your community ready contributes to the nation's resilience.

Whether you deal with the possible threats of flooding, wildfires, power outages or other disasters, the preparedness steps are the same. They include:

- Knowing your risk for where you live;
- Having an emergency plan in place;
- Practicing that plan;
- Putting together an emergency kit with water and non-perishable supplies to last for at least three days for you, your family, and your pets;

- Ensuring that your contact list is up-to-date for people you may need to reach out to during a disaster; and

- Establishing alternative methods of communication in case traditional means are not available.

You are encouraged to participate in National Preparedness Month by doing a simple, specific action or activity to improve your preparedness and your family's preparedness. Visit www.ready.gov or <https://www.michigan.gov/miready> for more information on how to be prepared.

To learn more on how to prepare locally or schedule a preparedness presentation for your business, school, church, or group call Jessica Perry at the Dickinson-Iron District Health Department at 906-265-4156





Septic Smart Week

September 14, 2026– September 18, 2026 is Septic Smart Week. The goal is to educate homeowners and communities on proper septic system care to protect public health and local water sources. **Here are 10 things you can do:**

1. Have your system inspected every three years by a qualified professional or according to your state/local health department's recommendations.
2. Have your septic tank pumped, when necessary, generally every three to five years.
3. Avoid pouring harsh products (e.g., oils, grease, chemicals, paint, medications) down the drain.
4. Discard non-degradable products in the trash (e.g., floss, disposable wipes, cat litter) instead of flushing them.
5. Keep cars and heavy vehicles parked away from the drainfield and tank.
6. Follow the system manufacturer's directions when using septic tank cleaners and additives.
7. Repair leaks and use water efficient fixtures to avoid overloading the system.
8. Maintain plants and vegetation near the system to ensure roots do not block drains.
9. Use soap and detergents that are low-suds, biodegradable, and low- or phosphate-free.
10. Prevent system freezing during cold weather by inspecting and insulating vulnerable system parts (e.g., the inspection pipe and soil treatment area).

For more information on SepticSmart tips, visit www.epa.gov/septicmart



Women, Infants and Children (WIC) - Online Shopping

Families participating in Women, Infants, and Children (WIC) are now able to shop with their WIC benefits online at Meijer stores. WIC offers specific foods based on nutritional value looking at sugar and fat make-up as well as what minerals and vitamins are provided. The list of eligible foods can be found in the WIC food guide. WIC allows for specific ounces and brands. This can make the shopping experience stressful for families trying to find the correct food that can be redeemed. On-line shopping will help alleviate some of the burden.

Online shopping will be available at all 122 Meijer stores in Michigan where WIC clients can choose between curbside pickup or home delivery. Clients can shop for WIC foods using their WIC card and non-WIC foods using a different payment method in the same transaction. Walmart is working on programming their system to be able to offer the same on-line shopping option. Both stores have taken on the expenses of equipment, technology needs, and training showing their dedication and care for the people in their community.



Get Ahead of Respiratory Season— Get Vaccinated Today!

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 fall 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 find out what vaccines are available. 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 906-265-9913 (Iron County) or 906-774-1868 (Dickinson County).



Are you up-to-date on
your vaccinations?

Contact us today to find out.





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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.



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