



Pennington & Red Lake Counties Wellness Newsletter

April 2024



Spring Safety

Spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and weather-related death increases, so planning makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes, and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this usually happens in spring and summer.

Here are some ways you can prepare:

- Keep an emergency kit with battery operated flashlights, weather radio, and extra batteries.
- Create an emergency evacuation or shelter plan.
- Keep a list of important personal information including phone numbers, insurance information, and medical information.
- Have a first aid kit on hand.

<https://www.cdc.gov/nceh/features/springweather/index.html>



Earth Day

Earth Day is Monday, April 22nd! These days, not only is Earth Day meant to increase awareness of environmental problems, but it is also becoming a popular time for many communities to gather together to clean up litter, plant trees, or simply reflect on the beauty of nature.

Here are some activities you can participate in:

- Support pollinators by planting flowers and plants that will attract butterflies, hummingbirds, and bees.
- Clean up your community. Take a walk through your neighborhood or local park with a trash bag and collect any trash or plastics.
- Reduce, Reuse, and Recycle! Limit your single-use plastics, use sustainable items, and repurpose old items.
- Decrease pesticide and chemical products used in gardens and yards. By doing so, you can see plants thrive and save money!
- Get the whole family involved! Teach kids how to plant flowers, vegetables, berries, or grow their own garden.

<https://www.almanac.com/content/earth-day-date-activities-history>





Autism Awareness Month

April is Autism Acceptance Month. The recognition raises awareness about autism acceptance and promotes inclusion and connectedness for people with autism. Social and community support can help people with autism achieve optimal health and reach their full potential.

SCREENING & DIAGNOSIS

Diagnosing autism spectrum disorder (ASD) can be difficult because there is no medical test. ASD can sometimes be detected at 18 months of age or younger. By age 2, a diagnosis by an experienced professional can be considered reliable. Diagnosing children with ASD as early as possible is important to make sure children receive the services and supports they need to reach their full potential.

<https://www.cdc.gov/ncbddd/autism/features/autism-acceptancemonth.html#:~:text=April%20is%20Autism%20Acceptance%20Month,connectedness%20for%20people%20with%20autism.>

ACT EARLY!

If you think your child might have an autism spectrum disorder (ASD) or you think there could be a problem with the way your child plays, learns, speaks, or acts, contact your child's doctor as soon as possible, and share your concerns.

TREATMENTS

Current treatments for autism spectrum disorder (ASD) seek to reduce symptoms that interfere with daily functioning and quality of life. Treatments can be given in education, health, community, or home settings, or a combination of settings. There are many types of treatments available such as, behavioral, developmental, educational, social-relational, pharmacological, psychological, complementary and alternative



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