

Benton-Franklin
Health District

GREETINGS FROM



2025 - 26

18 MONTH CALENDAR
& RESOURCE GUIDE



2025

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Jr. Day Inauguration Day	21	22	23	24	25
26	27	28	29	30	31	1



MATERNAL HEALTH

Pregnancy is an exciting time, and it can also be stressful. Eat this. Don't eat that. Do this. Don't do that. What do you do to be healthy and safe? The good news is that you are not alone in this new journey of parenting. There are many resources available through Benton-Franklin Health District (BFHD), and in our communities for the arrivals of new little ones and pregnancy along the way.

The first step is taking care of mom's health before, during and after pregnancy.

- **Prenatal vitamins.** The nutrients in prenatal vitamins have essential ingredients that help a growing baby develop during pregnancy, and help keep mom healthy during it. Need help with accessing prenatal vitamins? Ask BFHD to see if you are eligible for a bottle of Prenatal Vitamins through BFHD's Vitamin Angels partnership.
- **Take care of your dental health.** Dental health is impactful on our whole body health. Taking care of our oral health means one less thing to risk during pregnancy for both mom and baby. See the dentist, schedule a cleaning.
- **Check your health insurance policy** to see what prenatal and childbirth care is covered.
- **If you are pregnant for the first time** and interested in support from a nurse, check out BFHD's Nurse-Family Partnership (NFP).
- **If in need of nutrition supplementation** during pregnancy, visit our Women, Infants & Children program (WIC). WIC assistance can also potentially be provided after the child's birth. Call our WIC staff to see if you qualify!
- **Check vaccination recommendations.** Many diseases can be mild for the general population, but dangerous for a pregnant mother. These diseases can lead to birth defects, loss of pregnancy or loss of the mother. Vaccines help prevent many of these diseases and are essential to help the mother protect the baby before they are even born! The immunity from a mother's vaccine during pregnancy can protect a baby when they are still too young to get vaccinated, check in with your doctor to learn more.

Warm Line - Support for parents

You don't have to go through this alone.

The Warm Line is a free, confidential support service created by parents who know what it's like to feel uncertain and need someone to talk to. This is a place where you can connect with parents who've been there, make a plan, get resources and just be heard. **Call or text today: 1-888-404-7763** to talk or request a call back.



Scan the QR code to visit the BFHD Healthy Pregnancy Page



FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
					Valentine's Day	
16	17	18	19	20	21	22
	Presidents' Day					
23	24	25	26	27	28	1

STOMACH SICKNESS

What is a stomach bug?

Norovirus is a highly contagious virus often called "food poisoning," the "stomach bug," or the "stomach flu." It causes gastroenteritis, leading to diarrhea, vomiting, stomach pain and sometimes fever. It can spread year-round but peaks in colder months, especially between February and March.


How does it spread?

Norovirus spreads easily, with one infected person potentially infecting two to seven others. The virus can live on surfaces for days and is transmitted through tiny pieces of feces or vomit from an infected person entering another person's mouth. Common transmission methods include:


- Eating or drinking contaminated food or liquids.
- Touching contaminated surfaces and then touching your mouth.
- Direct contact with an infected person, such as caring for them or sharing utensils.

What are the Symptoms of Norovirus?


Symptoms may appear 12 to 48 hours after exposure to the virus and can last for 1 to 3 days. Symptoms of Norovirus include:




Nausea, vomiting,
diarrhea




Stomach pain
or cramps



Headache



Body aches



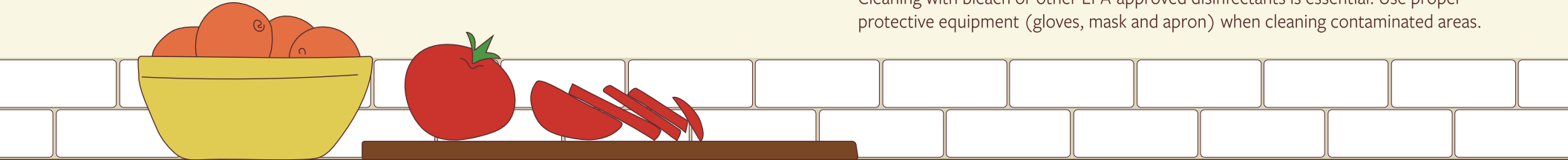
Low-grade
fever

Handwashing is the best prevention!

Handwashing is the best protection as hand sanitizers are less effective against norovirus. Wash your hands thoroughly for at least 20 seconds with soap and warm water:

- After using the toilet or changing diapers.
- Before eating, preparing, or handling food.
- Before giving medication.
- After handling the bedding of someone who is ill.

Cleaning with bleach or other EPA-approved disinfectants is essential. Use proper protective equipment (gloves, mask and apron) when cleaning contaminated areas.





2025

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	1
2	3	4	5	6	7	8
9 Daylight Saving Starts	10	11	12	13	14	15
16 National Vaccination Day	17 St. Patrick's Day	18	19	20	21	22
23	24 World Tuberculosis Day	25	26	27	28	29
30	31	1	2	3	4	5

COMMUNICABLE DISEASE

Communicable Diseases can spread through direct contact with a sick person, respiratory droplets, contaminated food, bodily fluids, sick animals or bug bites. **These illnesses are caused by:**



Viruses infect cells and replicate, causing illness. Antibiotics don't work on viruses; vaccination is the best prevention.

Common viral illnesses: COVID-19, Influenza, HIV, common cold, chickenpox, RSV



Bacteria are the most common organisms and can be beneficial or harmful. Antibiotics are effective for treatment of bacterial infections.

Common bacterial illnesses: skin infections, some food poisonings, tetanus, tuberculosis, syphilis



Fungus thrive in warm, wet environments and can cause illness. Antifungal medications are effective treatments.

Common fungal illnesses: ringworm, athlete's foot, valley fever, thrush, yeast infection



Protozoan illnesses, often parasitic, are spread by insects or water. They can be treated with antiparasitic or antibiotic medications.

Common protozoan illnesses: Malaria, giardiasis, toxoplasmosis

If you test positive for any of these illnesses, the Communicable Disease Epi team at BFHD may contact you to learn how you got sick. This helps prevent others in the community from getting sick.

How to Stay Healthy

- **Hand Hygiene:** Wash your hands regularly with soap and water for at least 20 seconds.
- **Respiratory Hygiene:** Cover your mouth and nose with a tissue or your elbow when you cough or sneeze.
- **Avoid Touching Your Face:** Try not to touch your eyes, nose and mouth with unwashed hands.
- **Clean and Disinfect:** Regularly clean and disinfect frequently touched objects and surfaces (doorknobs, kitchen counter, etc.).
- **Stay Home When Sick:** If you are feeling unwell, stay home to avoid spreading illness to others.
- **Vaccination:** Stay up-to-date with recommended vaccines.
- **Safe Food Practices:** Cook meat thoroughly, avoid raw milk, and wash fruits and vegetables.
- **Insect Protection:** Use insect repellent and wear protective clothing in tick-prone areas.



2025

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7 World Health Day	8	9	10	11	12
13	14	15 Tax Day	16	17	18	19
20 Easter Sunday	21	22 Earth Day	23	24	25	26
27	28	29	30	31	1	2



VACCINATIONS

The Vaccines You Need

Vaccines protect children, adults, and elders from a variety of different diseases and illnesses. In the US there are vaccines that protect against many diseases and conditions. To ensure your best health:



1. Know your status

Have a copy of your vaccinations so a health care provider can provide the best recommendation.

MyIRmobile.com offers no-cost record checks. You will need to create an account and verify your identity.



2. Talk with your doctor

Establish a conversation about vaccination options and availability.



3. Stay updated!

Check local resources, know what's available and get vaccines appropriate for your age and situation on time.

Infants & Children (0-6 years) need vaccines to build a strong foundation and protect them while their immune system develops.

Older Children & Teens (7-18 years) will need boosters of many vaccines started in early childhood. This helps provide a strong long-lasting defense against diseases.

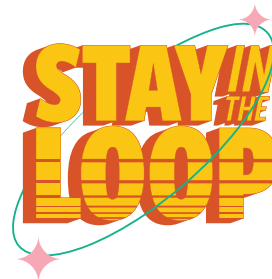
Adults (19+ years) can also get vaccines in relation to life events such as Tdap for pregnancy, and seasonal vaccines like Flu and Covid. Having a good understanding of your health history helps providers find the best recommendations for you.

StayInTheLoop.org



Visit our website to find out what vaccines are recommended and what resources are available for you and your family. Or call Call Benton-Franklin Health District at:

509-460-4200





2025

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4	5 Cinco De Mayo	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31

MENTAL HEALTH

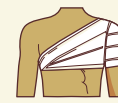
What can contribute to stress and anxiety for people working in agriculture?



Pay



Weather



Injuries



Chemicals & Pesticides



Childcare



Long Hours

If you're feeling:

Grumpy
Anxious
Discouraged
Irritated
Angry
Sad, Lonely

Try doing this:

Go for a walk
Listen to music and/or dance
Talk with someone
Take a warm bath
Talk with your medical provider
Spend time with friends or family

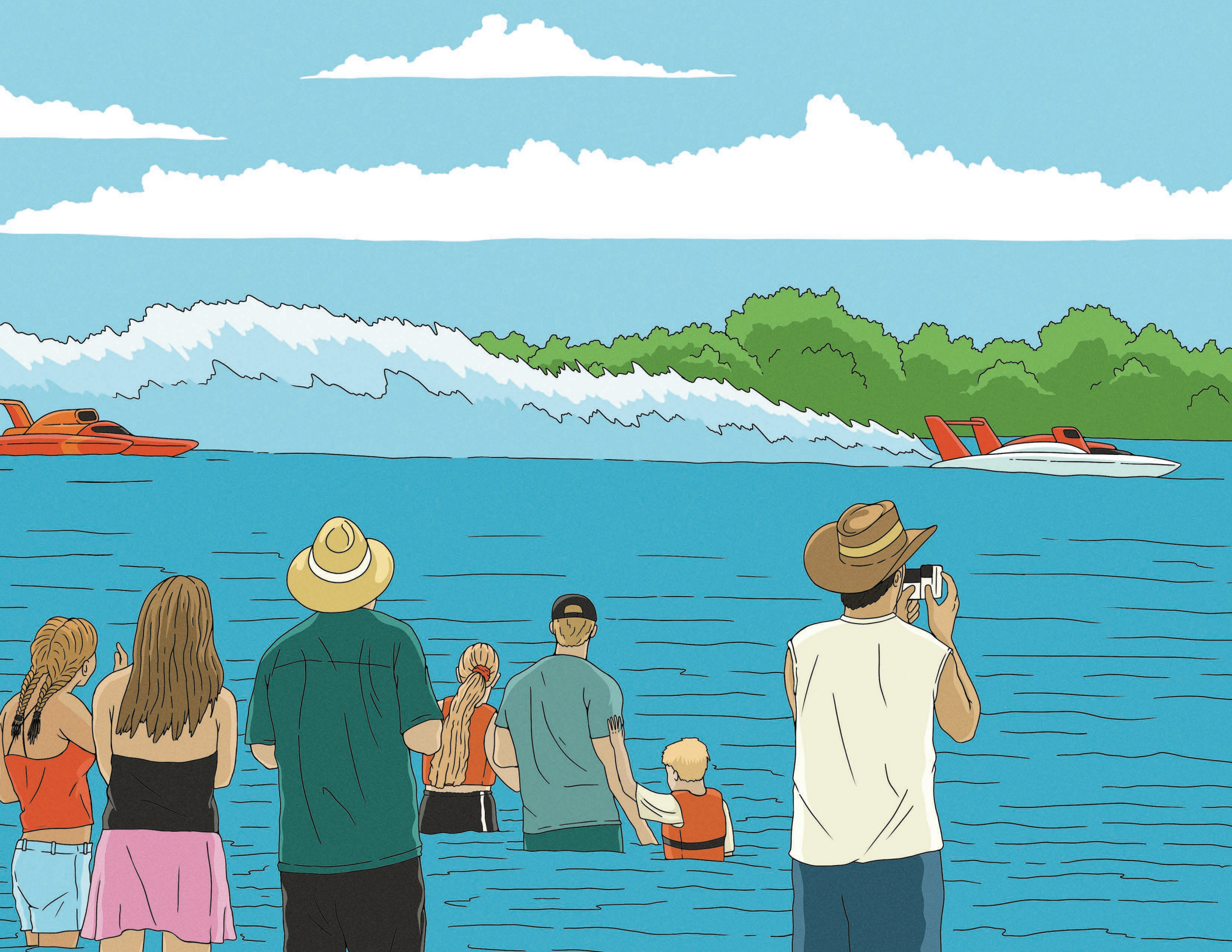
Confidential help is available:

24 hours a day, seven days a week, 365 days a year.

Mental health wellness translates to physical wellness and everyone needs help sometimes. If you find yourself or a loved one in a crisis or having thoughts of suicide, call the **Suicide Prevention Lifeline** at (800) 273-8255 or chat online.

AgriStress Helpline: a free and confidential crisis response and resource line available to agricultural communities in CO, CT, MO, MT, OR, PA, TX, VA, WA, and WY. Interpretation services available in **160 languages**. Call or text now: (833) 897-2474.

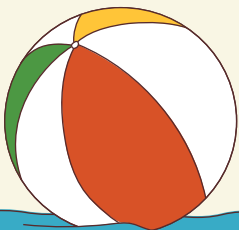
The 988 Lifeline provides you judgment-free care. Talking with someone can help save your life. 988lifeline.org



2025

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14 <small>Flag Day</small>
15 <small>Father's Day</small>	16	17	18	19 <small>Juneteenth</small>	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5



WATER SAFETY

Whether you're bathing your baby in the sink or splashing around with your toddler in the bathtub, water is great fun for kids. But it's also a place where safety must come first.



Don't Leave Kids Alone In or Around Water:

- Never leave your child unattended around water. Babies can drown in any amount of water, and it can happen quickly and quietly.
- Put your cell phone away! Always have an adult dedicated to watching children playing in the water or when small children are bathing.
- Empty inflatable or portable pools immediately after use. Store them upside down and out of children's reach to prevent drowning risks.
- Wear a life jacket, even experienced swimmers, in open bodies of water.
- Drain the tub immediately after bath time.



Learn CPR:

- Parents should take time to learn CPR. It offers great peace of mind and is crucial for keeping children safe around water. CPR could save a life.
- Drowning is the leading cause of injury-related death among children between 1 and 4 years old. It is the third leading cause of injury-related death for children overall.



Toxic Algae Awareness:

- Going in the river is generally safe, but toxic algae is a risk. This includes people and pets who may get water in their mouths.
- Avoid water with green, brown, or reddish scum on rocks or brownish tan clumps on the water surface.
- Wipe off pets and clean children's hands after playing in a river or lake.
- Seek medical attention if you, your kids, or pets experience stomach pain, headaches, vomiting, muscle weakness, or dizziness after contact with water that may contain toxic algae.



Scan the QR Code to track reports on our website.

The Benton-Franklin Health District (BFHD) tests 12 different sites bi-weekly. If there are concerns about toxic algae levels, signs are posted, and the media is notified. BFHD promotes healthy lifestyles, prevents disease and injury, and protects the environment while ensuring the safety of over 190 regulated water recreation facilities, including those at hotels, athletic clubs, apartment complexes and cities throughout Benton and Franklin counties.



2025

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4 <small>Independence Day</small>	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 <small>World Hepatitis Day</small>	29	30	31	1	2



PestiSeguro/PestiSafe App

Install the mobile app that gives you access to health, safety, and environmental information for pesticide labels in Spanish and English. Anytime, anywhere, no connectivity needed.

PESTICIDE SAFETY

A pesticide is a substance used to kill, repel, or control plants or animals that are considered pests. Pesticides include:

- **Herbicides:** for killing weeds and unwanted plants
- **Insecticides:** for controlling insects
- **Fungicides:** for preventing mold and mildew
- **Disinfectants:** for stopping the spread of bacteria
- **Rodenticides:** for controlling mice and rats

While pesticides can be helpful in managing pests, they can also be dangerous and harm your health if not stored or used correctly.

Symptoms can appear within hours or days after exposure.

Mild Symptoms

- Headache
- Irritated skin and eyes
- Sore throat or cough
- Nausea and vomiting
- Diarrhea

Moderate to Severe Symptoms

- Blurred vision
- Salivation and sweating
- Coughing and breathing difficulties
- Frequent bowel movements and urination
- Extreme weakness
- Heart rate changes and blood pressure fluctuations
- Seizures

Who is the most vulnerable?

- **Pesticide handlers** (mixers, loaders and applicators)
- **Children** are especially vulnerable because they are still growing and more sensitive to environmental factors that could affect their development.
- **People with chronic diseases**, especially respiratory ones like asthma or COPD.

How can I protect myself?

- Always read the product label and MSDS (Material Safety Data Sheet).
- Wear the right protective equipment.
- Designate a pesticide decontamination zone.
- Wash hands to minimize contaminating other body parts or surfaces and shower daily.
- Stay out of treated areas. When you see a pesticide application taking place, stay back.
- Get medical help as soon as possible if you think pesticides caused an injury or illness.

Information and resources provided by the UW PNASH program.





2025

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 National Overdose Awareness Day	1	2	3	4	5	6

HEAT PROTECTION

Even when temperatures aren't very hot, some people are at higher risk for serious health problems on warmer days:

- Adults age 65 and older
- Young children (especially at high risk in parked cars)
- People with chronic health conditions or mental illness
- People living unsheltered or homeless
- Outdoor workers
- Athletes who exercise outdoors

During extreme heat, be extra careful to stay cool, drink water, and take breaks if you feel overheated. With the sudden rise in temperatures, please also remember to check on family and neighbors.

Some medications can make it harder to stay hydrated and control body temperature in the heat, including those for allergies and colds, thyroid, depression, heart/blood pressure and weight loss. Ask your doctor if you may be more sensitive to heat.

Know the signs of heat-related illness and the ways to respond to it:



Heat Cramps:

Signs: Muscle pains or spasms in the stomach, arms or legs

Actions: Go to a cooler location. Remove extra clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.



Heat Exhaustion:

Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting or fainting

Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.



Heat Stroke:

Signs: Extremely high body temperature (above 103 degrees) taken orally; red, hot and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; or unconsciousness

Actions: Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.



2025

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 Labor Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 World Heart Day	30	1	2	3	4

WILDFIRE SMOKE

Wildfire smoke can harm your health even if you cannot see or smell the smoke or do not feel any symptoms. Even healthy people can be harmed by wildfire smoke.

It is important to notify your employer when you are experiencing symptoms of wildfire smoke exposure so your employer can respond appropriately.

Wildfire smoke contains a mix of gases and tiny particles that come from the burning trees, plant material and other things that are fueling the fire. According to the CDC, wildfire smoke in the air can pose a risk for anyone.

Those most at risk include the **elderly, pregnant women, children and people with chronic respiratory and heart conditions.**

Smoke can cause mild symptoms:



Chronic Headache



Nausea



Coughs



Stinging Eyes



Scratchy Throat

And serious health effects:



Asthma Attacks



Chest Pain & Heart Failure



Difficulty Breathing



Shortness of Breath

Even if a symptom isn't listed here, you have the right under the wildfire smoke rule to seek medical attention or follow medical advice for any symptoms you believe may be related to wildfire smoke exposure, regardless of their severity.

Your employer is required to support you if you report symptoms, seek medical attention or follow medical advice. These protections are in place whenever the wildfire smoke rule is active.



Easy DIY air filter

Scan the QR code to learn how to make your own air filter with a box fan.



2025

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
5	6	7 National Child Health Day	8	9	10 World Mental Health Day	11
12	13 Indigenous Peoples' Day	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Halloween	2

VACCINATION BENEFITS



Vaccines are a powerful tool. They build immunity against many harmful diseases, ranging from seasonal flu to measles, hepatitis and cancer-causing viruses.



Vaccines are safe and effective. All vaccines approved for use in the United States have been scientifically tested for safety and effectiveness. Vaccines are continuously monitored even after they are approved.



Vaccines save lives. They protect you from diseases that can cause serious illness. The CDC estimates that childhood vaccines prevent around four million deaths worldwide each year. By getting immunized, you can protect yourself and the people around you who might be at a higher risk of becoming severely ill from a disease.



Vaccines save us time. Vaccines help prevent sick days, giving us more healthy time to live, learn, work and play.



Vaccines save money. Routine immunizations are free for children and fully covered by most insurance plans, including Medicaid (Washington Apple Health). By getting immunized, you can avoid illnesses that could cause you to miss work or lead to costly medical bills.

Talk to Your Doctor About Vaccination Benefits!

Benton-Franklin Health District (BFHD) encourages you to contact your physician to ensure all your healthcare needs are met. BFHD also offers limited clinic appointments tailored to specific immunization needs.



Visit [StayInTheLoop.org](https://www.stayinthe-loop.org)

for more information on vaccine schedules, finding a doctor and accessing clinic resources.



2025

NOVEMBER


Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
Daylight Saving Ends		Election Day				
9	10	11	12	13	14	15
		Veterans Day				
16	17	18	19	20	21	22
23	24	25	26	27	28	29
				Thanksgiving Day		
30	31	1	2	3	4	5

WHAT AM I SICK WITH?

Fall is when respiratory illnesses seem to hit hardest. Knowing what you’re suffering from isn’t easy. Use the chart below to help identify symptoms.

Symptoms	COVID	FLU	RSV	COLD
When they can appear (days)	2-14	1-4	4-6	1-3
Cough & Sore Throat	Common	Common	Common	Common
Chest Pain when Breathing/Cough	Common	Common	Common	Unusual
Fever	Common	Common	Common	Rare
Body Aches & Chills	Common	Common	Rare	Common
Runny/Stuffy Nose	Common	Sometimes	Common	Common
Fatigue	Common	Common	Sometimes	Sometimes
Headache	Common	Common	Rare	Sometimes
Shortness of Breath	Common	Sometimes	Common	Rare
Nausea	Common	Common	Rare	Rare
Sneezing	Sometimes	Rare	Common	Common
Wheezing or Tight Chest	Sometimes	Common	Common	Unusual
Ear Infection	Unusual	Sometimes	Common	Sometimes
Sinus Infection	Common	Sometimes	Sometimes	Sometimes
Decreased Appetite	Common	Sometimes	Sometimes	Rare
Water Retention & Swelling	Sometimes	Common	Unusual	Rare
Vomiting & Diarrhea	Common	Sometimes	Rare	Rare
Change In/Loss of Taste & Smell	Common	Rare	Rare	Rare

Symptom Key: Common Sometimes Unusual Rare



Scan the QR Code to get the latest news from our website.

DISCLAIMER: This graph does not replace medical advice



2025

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 World AIDS Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Christmas Eve	25 Christmas Day	26	27
28	29	30	31 New Year's Eve	1	2	3

HIV & STIs

Syphilis rates are going up in Washington State, especially among pregnant women. Syphilis is a sexually transmitted infection (STI) that can cause health problems if it's not treated, especially during pregnancy.

Untreated syphilis in pregnant individuals can lead to serious birth complications, including:

- Stillbirth
- Low birth weight
- Premature birth

Newborns affected by untreated syphilis may develop:

- Deformed bones
- Severe anemia
- Enlarged liver and spleen, leading to jaundice (yellowing of the skin or eyes)
- Brain and nerve problems, such as blindness, deafness and seizures, which can be fatal
- Skin rashes

Importance of Testing and Treatment

Syphilis and other sexually transmitted infections (STIs) like Chlamydia, Gonorrhea and HIV often don't show symptoms. This is why it's important to get tested regularly—at least every 3 months or after having a new partner. Testing for STIs is also important during pregnancy because infections can be passed to the baby. The good news is that many STIs can be treated during pregnancy. If they aren't treated, STIs can cause problems like infertility, risky pregnancies or other serious health issues.

Benton-Franklin Health District (BFHD) offers free STI testing for those without insurance or who are underinsured. Treatment and additional resources to prevent STI infections are also available at no cost.

HIV Services at BFHD

BFHD's HIV department offers important services to help people living with HIV or those at high risk get the medical care and support they need. The program also works to prevent new HIV infections and fights against the stigma and unfair treatment that people with HIV may face.

Contact Information

If you or someone you know needs to connect with the HIV or STI department at BFHD, reach out by calling for support and services at **509-460-4200**.



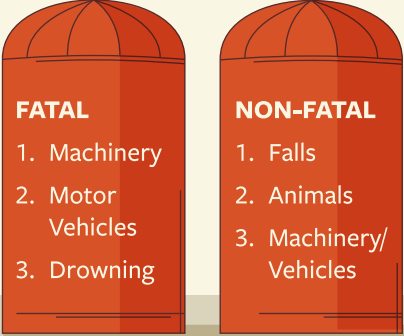
JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1 <small>New Year's Day</small>	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 <small>Martin Luther King Jr. Day</small>	20	21	22	23	24
25	26	27	28	29	30	31

FARM SAFETY FOR KIDS

Did you know that agriculture worksites are some of the most dangerous places, especially for kids? Every three days, a child dies in an agriculture-related accident and each day around 33 kids are seriously injured. Most of these injuries—60%—happen to children who aren't even working. Many accidents happen when kids take on jobs that aren't safe for their age or ability. It's important for families working in agriculture to know these risks and keep their children safe.

TOP 3 Causes of Injuries & Fatalities

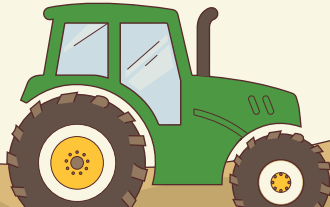


TOP 5 Safety Strategies

- 1 Keep children away from tractors and heavy equipment.
- 2 Keep children out of the worksite and at a safe distance.
- 3 Make sure the activity matches the child's age and abilities.
- 4 Make the area as safe as possible by following safety guidelines.
- 5 Provide workers with training for their tasks to make sure they are skilled at what they do.



To reference more statistics and guidelines, or to access helpful resources, scan the QR code below, or go to cultivatesafety.org





FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14 <small>Valentine's Day</small>
15	16 <small>Presidents' Day</small>	17	18	19	20	21
22	23	24	25	26	27	28
1	2	3	4	5	6	7

ORAL HEALTH

Taking Care of Your Mouth is Important!

Your oral health plays a big role in keeping your whole body healthy! **Here are some easy and positive steps to keep your mouth feeling great every day:**

- **Brush your teeth** at least twice a day for two minutes to keep your smile bright. Use a toothbrush with soft bristles and fluoride toothpaste for strong, healthy teeth. Don't forget to brush your tongue.
- **Floss daily** or use a water flosser to keep your teeth and gums happy.
- **Enjoy healthy foods** and limit sugary snacks and drinks.
- **Replace your toothbrush** every 3-4 months, or sooner if the bristles look worn-out.
- **Visit a dentist** at least once a year for regular checkups and cleanings.
- **Stay tobacco-free** for a healthier smile and gums.

Contact your dentist if you notice any changes in your mouth.

Healthy Teeth for Kids!

Starting good habits early leads to healthy, happy smiles that last a lifetime. **Here's how to give your child the best start:**

- **No bottles at bedtime.** Formula and breastmilk have sugars that can cause cavities.
- **Handle pacifiers, spoons and cups with care** to keep germs that cause tooth decay away from your child's teeth.
- **Clean your baby's gums after meals**, even before teeth come in.
- **Stick to healthy drinks.** Water is the best choice for your little one's health.
- **Watch out for sticky snacks** that may stick to teeth and lead to cavities, so choose tooth-friendly snacks when possible.





2026

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 Daylight Saving Starts	9	10	11	12	13	14
15	16 National Vaccination Day	17 St. Patrick's Day	18	19	20	21
22	23	24 World Tuberculosis Day	25	26	27	28
29	30	31	1	2	3	4

EMERGENCY PLAN

Make A Plan, Build a Kit, Stay Informed

Preparing for emergencies can be overwhelming, but a little planning can ensure the safety of your loved ones. Here's a guide to help you create a plan, build an essential kit and stay informed during emergencies. **Here's a guide to help keep you safe!**



Make A Plan:

- Create an emergency communications plan for your family.
- Set up emergency childcare plans, meeting places and escape routes.
- Think ahead to avoid scrambling during an emergency.
- Review your plan and emergency contact information with children so they know what to do in case of separation in an emergency



Build A Kit:

- Include weather supplies, water and nonperishable food for 3 days to 2 weeks (don't forget your pets!).
- Add medical supplies, medications (pain relief, cold/flu), toys and sensory items for disabilities.
- Start simple and gradually build.



Stay Informed:

- Sign up for alerts from Benton/Franklin EM, Hanford emergency alerts, NOAA weather or the FEMA emergency alerts app. These systems will keep you informed during emergencies (radiological, wildfire, smoke, winter weather, etc.).

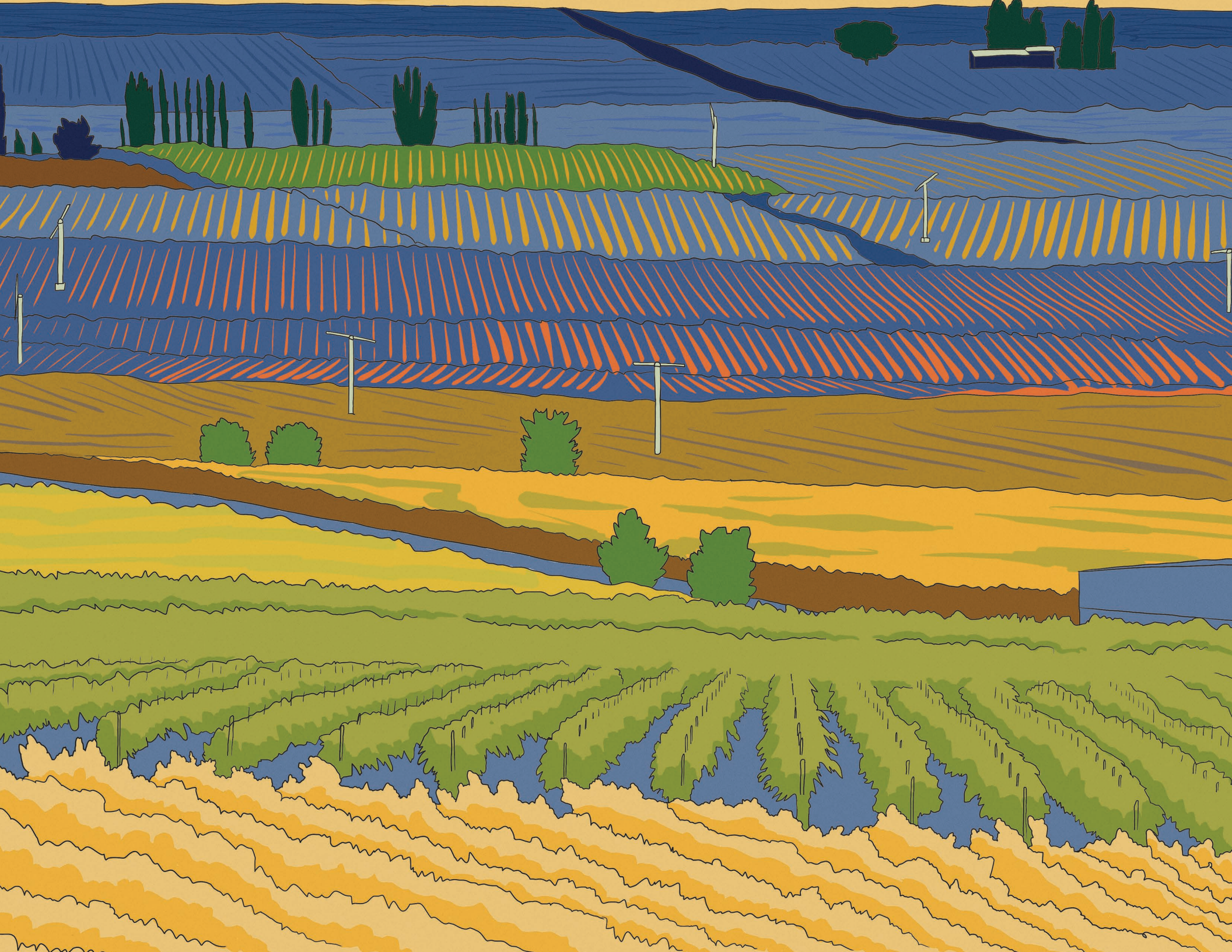
Sign up for the free service, CodeRED so that you receive alerts and updates during an emergency or disaster affecting your area.



**Benton
County
Code Red**



**Franklin
County
Code Red**



2026

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
5 Easter Sunday	6	7 World Health Day	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22 Earth Day	23	24	25
26	27	28	29	30	1	2

LEAD

Lead is a metal that can hurt children and adults. Children may not look or act sick, but a blood test could show that they have lead poisoning. This could harm their growth, behavior and ability to learn. Lead can also be a problem for adults, especially those who are pregnant and their babies.

Exposure can come from many sources:



Lead paint chips. These taste sweet and children may eat them.



Jobs or hobbies with lead-based projects. Adults may bring home lead dust on clothing or shoes.



Lead dust from wear and tear on lead-painted surfaces.



Soil can be contaminated by chipping paint, lead from smelter projects or leaded gasoline.



Drinking water, from lead pipes, fixtures or solder.

All children should be tested for lead at ages 1 and 2.

Questions About Childhood Lead Poisoning?

Contact Benton-Franklin Health District (BFHD):

509-460-4205



Go to BFHD's
Childhood Lead Poisoning Page
for more resources





2026

MAY

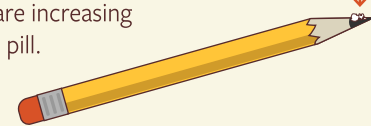
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3 Mother's Day	4	5 Cinco de Mayo	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	30
31	1	2	3	4	5	6

OVERDOSE PREVENTION

CARRY A SECOND CHANCE

Opioid overdoses and deaths are at record levels in Benton & Franklin counties and across Washington, driven by the rise of fentanyl, a powerful synthetic opioid 50 to 100 times stronger than heroin or morphine. Counterfeit pills and powders containing fentanyl are increasing the risk of overdose and death, even from just one pill.

This amount of fentanyl can be deadly.



Signs of an Overdose

A person might start in and out of a heavy nod, but over time their breathing can slow down and stop and they will not wake up. Check for the following:



Do not respond & will not wake



Blue or grey lips and fingernails



Pale, ashy or cold skin



Slow, shallow or no breathing



Extremely small pupils



Gurgling or gasping sounds

Action for an Overdose

Call 911

and give them your location.

Tell them

someone is not breathing.

Use Naloxone

Place top of the nozzle in a nostril and press the plunger. Wait 2 minutes before giving another dose.

Do CPR

Strong, steady compressions. Rub knuckles on middle of the chest.

Naloxone is commonly called Narcan. Naloxone is a medication that may stop an opioid overdose, including those caused by fentanyl. Naloxone is a legal medication available in Washington State without a prescription. **How to get Naloxone:**

Pharmacy

If you have Medicaid or Private insurance, you do not need a prescription.

Clinic

Blue Mountain Heart to Heart
911 S. Auburn Way, Kennewick, WA 99336
Syringe Services Program Open:
M-W-F 12 p.m. - 4 p.m.



Order Online

Go to our website for more resources and information about how you can carry Naloxone and help reduce the risk of overdose in our community. carryasecondchance.com



2026

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Flag Day	15	16	17	18	19 Juneteenth	20
21 Father's Day	22	23	24	25	26	27
28	29	30	1	2	3	4

TOBACCO USE PREVENTION

Quitting all tobacco products improves your health, lowers the risk of serious diseases, and protects your loved ones from the dangers of secondhand smoke. It also boosts your mental well-being and saves you money, leading to a healthier and more fulfilling life. Whether you smoke cigarettes, vape, or do both, creating a personalized quit plan makes it easier to stay on track, get through hard times, and quit for good.

CDC Tobacco Free Campaign

Quitlines provide free and confidential coaching to help you become—and stay—tobacco free. Calling a quitline might be just what you need to help you quit for good.

Four Reasons Why Calling a Quitline Can Be Key to Your Success

1. You can get help to stop smoking—free, with no judgment.
2. Quit coaches help create a plan that can work for you.
3. You can get helpful tips from the quitline on managing cravings, seeking support from loved ones, using quit-smoking resources and deciding whether to use medication.
4. And the best reason of all to use a quitline - you're more likely to **“stay quit!”**

Text Messaging Services

(Message and data rates may apply)

TEXT QUITNOW to 333888

Telephone

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

In Spanish:

1-855-DÉJELO-YA (1-855-335-3569)

Smartphone App

quitSTARTapp



Go to BFHD's
**Tobacco Use
Prevention Page**
for more resources

Start today by getting rid of all cigarettes, vapes, lighters, ashtrays and other tobacco items from your home, office and car. **Removing them helps reduce temptation and keeps you on track to a healthier life.**

INFORMATION & LOCAL RESOURCES TO KEEP YOU HEALTHY & SAFE

JANUARY 2025

MATERNAL HEALTH

Pregnancy is an exciting time, and it can also be stressful. Find helpful tips to keep you and your baby safe and healthy.

MAY 2025

MENTAL HEALTH

Mental health supports physical wellness. Everyone could use a little help sometimes.

SEPTEMBER 2025

WILDFIRE SMOKE

Wildfire smoke can harm your health even if you can't see or smell the smoke. Learn ways to stay safe when the conditions get thick.

JANUARY 2026

FARM SAFETY FOR KIDS

Agricultural worksites are some of the most dangerous places to work, but they also provide important learning experiences, especially for children. It's important to focus on safety to keep everyone protected.

MAY 2026

OVERDOSE PROTECTION

Learn how to save lives and prevent overdose.

FEBRUARY 2025

STOMACH SICKNESS

Upset tummies can be caused by a lot of different things, but a very common one this time of year is something called norovirus.

JUNE 2025

WATER SAFETY

Water is great source of recreation for everyone. But it's also a place where safety must come first.

OCTOBER 2025

VACCINATION BENEFITS

Vaccinations have many benefits. Contact your physician to ensure all your healthcare needs are addressed.

FEBRUARY 2026

ORAL HEALTH

Your oral health is more important than you might think. The health of your mouth, teeth and gums can affect your overall health.

JUNE 2026

TOBACCO USE PREVENTION

Focusing on your journey to a healthier, smoke-free life. Quitting smoking, vaping or using tobacco can be challenging, but there are many resources available to help!

MARCH 2025

COMMUNICABLE DISEASE

Communicable diseases are illnesses that spread from one person to another or from an animal to a person, or from a surface or a food.

JULY 2025

PESTICIDE SAFETY

While pesticides have great benefits, they are also inherently toxic and can severely harm your health if stored or used improperly.

NOVEMBER 2025

WHAT AM I SICK WITH?

Fall is when respiratory illnesses seem to hit the hardest. Knowing what you're suffering from isn't easy. We can help.

MARCH 2026

EMERGENCY PLAN

Preparing for emergencies can be overwhelming, but a little planning can ensure the safety of your loved ones.

APRIL 2025

VACCINATIONS

Different vaccines are recommended to protect us during different stages of life. See what's right for you and the resources available.

AUGUST 2025

HEAT PROTECTION

Even when temperatures aren't very hot, some people are at higher risk for serious health problems on warmer days. Beat the heat!

DECEMBER 2025

HIV & STIs

Testing for STIs and HIV are available at Benton-Franklin Health District. At no cost for those without insurance or who are underinsured.

APRIL 2026

LEAD

No level of lead is considered safe for children. Avoid lead poisoning by educating yourself on prevention methods!

**Benton-Franklin
Health District**

**Communicable Disease
Epidemiology**

Kennewick Office
7102 W Okanogan Pl
Kennewick, WA 99336
(509) 460-4200

Pasco Office
412 W. Clark Street
Pasco, WA 99301
(509) 547-9737

bfhd.wa.gov