



BIG HORN, CUSTER, ROSEBUD, AND TREASURE COUNTY BRINGING COMMUNITIES TOGETHER



PREPARING FOR WILDFIRE AND WILDFIRE SEASON BEGINS WITH STAYING INFORMED

MONTANA HAS A HIGHER RISK OF WILDFIRE THAN 74% OF THE NATION. SMOKE FROM FIRES IN MONTANA, OTHER WESTERN STATES, AND CANADA OFTEN AFFECT AIR QUALITY THROUGHOUT THE SUMMER AND EARLY FALL.

THE TINY, TOXIC PARTICLES IN WILDFIRE SMOKE CAN AFFECT EVERYONE’S HEALTH, BUT THEY ARE ESPECIALLY HARMFUL TO THOSE SUFFERING FROM CHRONIC CONDITIONS, CHILDREN, SENIOR CITIZENS, PREGNANT WOMEN, AND OUTDOOR WORKERS.

PREPARE FOR WILDFIRE SMOKE BY BOOKMARKING THE AIRNOW FIRE AND SMOKE MAP AND KEEPING INDOOR AIR CLEAN TO AVOID HARMFUL HEALTH EFFECTS THIS SUMMER.

UPCOMING EVENTS

MAMMOGRAM BUS SCHEDULE

FOURTH OF JULY SAFETY TIPS



Mammogram Bus is Coming to Town

Call Yellowstone Breast Center to schedule a mammogram
@ 406-237-4373



JULY 2025

SVRH MOBILE MAMMOGRAPHY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 IMH LEWISTOWN CLINIC	2 IHS CROW AGENCY	3 IMH LAUREL CLINIC	4 HOLIDAY	5 BLOCKED – HOLIDAY WEEKEND
6	7 IMH NORTH SHILOH	8 IHS LAME DEER	9 WOLF POINT CHIEF REDSTONE HEALTHCARE	10 POPLAR VERNE GIBBS HEALTH CENTER	11 IMH WESTEND CLINIC	12 IMH NORTH SHILOH
13	14 CANCER CENTERS OF MONTANA	15 BILLINGS RIVERSTONE HEALTH	16 IHS LODGE GRASS	17 IMH LAUREL CLINIC	18 BLOCKED - MAINTENANCE	19 IMH HEIGHTS CLINIC
20	21 COLSTRIP MEDICAL CENTER	22 IHS LAME DEER	23 EKALAKA CARTER COUNTY	24 BROADAS POWDER RIVER MEDICAL	25 ROUNDUP MEMORIAL HOSPITAL	26 IMH BROADWATER CLINIC
27	28 IMH ABSAROKEE CLINIC	29 IMH BROADWATER CLINIC	30 SCOBEY DANIELS MEMORIAL HEALTH	31 SCOBEY DANIELS MEMORIAL HEALTH		

No Insurance or can't afford a mammogram?

Montana Cancer Control Program is here to help.



2024 Income Guidelines

- 1 person in home \$37,650
- 2 people in home \$51,100
- 3 people in home \$64,550
- 4 people in home \$78,000
- 5 people in home \$91,450

Easy Enrollment QR Code:



Contact MCCP:

Melanie Frame email: melanie.frame@onechc.org or call 406-874-8705



THE 4TH OF JULY IS JUST AROUND THE CORNER AND THE AMERICAN RED CROSS OFFERS THESE TIPS TO HELP KEEP YOU AND YOUR LOVED ONES SAFE DURING THE UPCOMING HOLIDAY:

FIREWORKS SAFETY THE SAFEST WAY TO ENJOY FIREWORKS IS TO ATTEND A PUBLIC FIREWORK SHOW PUT ON BY PROFESSIONALS. MANY STATES OUTLAW MOST FIREWORKS, SO CONSIDER CELEBRATING WITH GLOW STICKS, NOISE MAKERS OR SILLY STRING INSTEAD. IF YOU CHOOSE TO SET FIREWORKS OFF AT HOME, FOLLOW THESE SAFETY STEPS:

NEVER GIVE FIREWORKS TO SMALL CHILDREN, AND NEVER THROW OR POINT A FIREWORK TOWARD PEOPLE, ANIMALS, VEHICLES, STRUCTURES OR FLAMMABLE MATERIALS.

**ALWAYS FOLLOW THE INSTRUCTIONS ON THE PACKAGING.
KEEP A SUPPLY OF WATER CLOSE BY.**

MAKE SURE THE PERSON LIGHTING FIREWORKS ALWAYS WEARS EYE PROTECTION. LIGHT ONLY ONE FIREWORK AT A TIME AND NEVER ATTEMPT TO RELIGHT "A DUD." STORE FIREWORKS IN A COOL, DRY PLACE AWAY FROM CHILDREN AND PETS. NEVER USE FIREWORKS AROUND PETS, KEEP PETS INDOORS. EXPOSURE TO LIT FIREWORKS CAN POTENTIALLY RESULT IN SEVERE BURNS OR TRAUMA, AND MANY PETS ARE ALSO FEARFUL OF LOUD NOISES AND CAN BECOME LOST, SCARED OR DISORIENTED.

HEAT SAFETY NO MATTER WHERE YOU LIVE, THERE'S A GOOD CHANCE YOU'LL EXPERIENCE A HOT 4TH OF JULY. THE WEATHER CHANNEL REPORTS THAT THIS SUMMER PARTS OF THE U.S. COULD SEE RECORD-SETTING HEAT. ACCORDING TO THE ASSOCIATED PRESS, THE CLIMATE CRISIS IS CAUSING HEAT WAVES TO HAPPEN 67% MORE OFTEN COMPARED TO 1979, AND LAST LONGER WITH HIGHER TEMPERATURES THAN WE EXPERIENCED 40 YEARS AGO.

WHAT YOU SHOULD DO SLOW DOWN, STAY HYDRATED AND SPEND TIME INDOORS. SLOW DOWN BY POSTPONING OR LIMITING OUTDOOR ACTIVITIES. IF YOU MUST WORK OUTDOORS, TAKE FREQUENT BREAKS AND AVOID THE HOTTEST PART OF THE DAY. NEVER LEAVE CHILDREN OR PETS IN YOUR VEHICLE ALONE. STAY HYDRATED BY DRINKING PLENTY OF WATER AND AVOIDING SUGARY, CAFFEINATED AND ALCOHOLIC DRINKS. CHECK THAT ANIMALS ALSO HAVE ACCESS TO FRESH WATER AND SHADE.

SPEND TIME INDOORS IN AN AIR-CONDITIONED PLACE. IF YOU DON'T HAVE AIR CONDITIONING, GO TO A PUBLIC LIBRARY, SHOPPING MALL OR PUBLIC COOLING CENTER. CHECK ON LOVED ONES AND NEIGHBORS WHO MAY BE AT RISK AND DON'T HAVE AIR CONDITIONING.

CONTACTS:

DEB FRENCH, RN
TREASURE COUNTY PUBLIC HEALTH NURSE
(406) 342-5886 OFFICE
(406) 671-9102 24/7
(406) 342-5951

JANE LAMB
TOBACCO EDUCATION SPECIALIST
WEBSITE COORDINATOR
NEWSLETTER COORDINATOR
(406) 351-2139

TORI KESTER
TOBACCO EDUCATION YOUTH ADVOCATE
(406) 351-9143

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TREASURE COUNTY PUBLIC HEALTH
P.O. BOX 201
405 PIONEER AVE.
HYSHAM, MT. 59038



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THE COMMUNITY MAGAGEMENT
TEAM OF MILES CITY OFFERS A
GREAT RESOURCE FOR SE MT.

SOUTHEASTERN MONTANA
RESOURCE GUIDE

ALL LOGO'S AND IMAGES ARE LINKED TO WEBPAGES

