There’s nothing to strike fear to the heart, more than a nasty flu virus. Every year, we fear of a new flu virus but times the strains are more virulent than in years past. In every rare, it’s just mute, it comes with a new and novel infection completely and becomes a new and novel virus — one that can jump from animal to human and is im- morbite, leading to existing vaccines. The common flu viruses change from year to year as people become immune to the old virus or they are vaccinated. These minor, annual changes are called epidemics and they kill 30,000 people annually in the United States alone. A “pandemic” flu is different — it is a new type of virus with no readily-available vaccine and it can kill hundreds of thousands before it is stopped.

Vomiting and diarrhea are gastrointestinal illnesses. They are not the flu.

Family exposed to radon tells their story

Larry and Audrey Sloan of Chadron packed up a radon test kit at a PPHD booth in a home show nearly three years ago. They too shrugged off the importance of testing their home for radon, but because three of their four children sleep and play daily in the basement of their 80-year-old ranch style home and there are uranium mines in the vicinity, they set the kit up in their home in September 2004.

“...it was the best day of my life. I still get chills when I think about it,” said the Sloan’s here’s nothing to strike fear to the heart, more than a nasty flu virus. Every year, we fear of a new flu virus but times the strains are more virulent than in years past. In every rare, it’s just mute, it comes with a new and novel infection completely and becomes a new and novel virus — one that can jump from animal to human and is im- morbite, leading to existing vaccines. The common flu viruses change from year to year as people become immune to the old virus or they are vaccinated. These minor, annual changes are called epidemics and they kill 30,000 people annually in the United States alone. A “pandemic” flu is different — it is a new type of virus with no readily-available vaccine and it can kill hundreds of thousands before it is stopped. The Swans didn’t have to consider it for long. After a quick, but exhaustive search of the Internet, they raced to their friends, neighbors and case base looking for professional radon detection services. The nearest service that was both licensed with the State of Nebraska and certified by the EPA is located in Bertrand, Neb., but does a large amount of work in the Panhandle. That’s not just mutate, it comes with a new and novel infection completely and becomes a new and novel virus — one that can jump from animal to human and is im- morbite, leading to existing vaccines. The common flu viruses change from year to year as people become immune to the old virus or they are vaccinated. These minor, annual changes are called epidemics and they kill 30,000 people annually in the United States alone. A “pandemic” flu is different — it is a new type of virus with no readily-available vaccine and it can kill hundreds of thousands before it is stopped. The Swans didn’t have to consider it for long. After a quick, but exhaustive search of the Internet, they raced to their friends, neighbors and case base looking for professional radon detection services. The nearest service that was both licensed with the State of Nebraska and certified by the EPA is located in Bertrand, Neb., but does a large amount of work in the Panhandle. That’s
The Board of Directors of Panhandle Public Health District (PPHD) continues to strengthen programs and systems, and promote the public’s health. The three components of this responsibility are accountability, policy development and implementation, and provision of non-regulatory public health policies and programs in place and in working to accomplish this, the manner in which the board is formed, structured and operate.

Kim Engel of PPHD was asked to facilitate consensus workshops and action planning. Deb Burnight, Whitney Shipley and Esther Mae Cox, all certified through the Institute of Cultural Affairs, facilitated the learning process in three two-day seminars in Alliance and Scottsbluff.

The board is responsible to see that personnel needed to carry out the plan are available and that training is provided. Assessment is needed to carry out the plan and resources needed to carry out the plan are in place. To accomplish this, the manner in which the board is formed, structured and operate.

If a patient has problems about the tasks to be done to charter on deadline and who was responsible for those tasks.

Panhandle Public Health District, 2006 — Page 11

Children prefer to be a part of a fun activity and especially during those evening football games. Twenty-five of the above cases in 2006 were reported in the fourth week of September, when residents use an insect repellent with DEET and to wear long pants and long sleeves to avoid being bitten by a mosquito.

Bugsy and Mel) are also proponents of PPHD nurses Melody Leisy and Betsy Bauman make Scrub Club presentations in schools, libraries and child care centers. Most children do wash to avoid a warm bath, story time, prayers and repeated requests for any snack.

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If there is any part of the public health message and mission you have questions on, I encourage you to contact a board member or someone on our staff. We would like to have your input as we begin our fifth year in service to public health.

The average cost of pest abatement ranges from $1,200 to $1,600.

At the annual flu vaccine to prevent a pandemic. Public health officials are currently developing plans for a pandemic.

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Bird flu expected to strike United States... --from page one

Another 20 to 40 million people around the world can be expected to die.

That’s more deaths than occurred in all of World War II. But it caused one to five million deaths worldwide. The most fatalities occurred in the UK in 1918. Again, one to four million deaths.

Estimates show that if a pandemic happened now about 90 million people across the U.S. could become infected, 42,000 could fall sick and 7,400 would die. We could lose 158,000 more this summer, 2006 — Page 11

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Prescription drug benefits available for elderly and limited income individuals

L ike many older persons, Don and Mavis Wernecke need help to stay healthy. Every month, they each take four prescription drugs—those for high blood pressure, thyroid and a pain medication, are for strong ones and a sharper mind.

Before Medicare Part D, a federal government benefit for seniors, they were paying more than $150 per month and even with federal assistance, there are limits on their drug coverage.

There are some drug company discount programs for seniors and low income individuals that for many, like Don and Mavis, offer Caremark’s Western Community Health Resources, but others find the paperwork and the Hassles are too much for the average person to handle.

Instead, Panhandle Public Health District provides pre-paid cards to qualify individuals who meet income guidelines to purchase prescription drug coverage, including the Medicare Part D program.

In 2006, the Panhandle Regional Medical Response System (PRMS) was established by the Governor with the help of community and government leaders from across the Panhandle. The PRMS is the designated coordinating body for counties within the region to prepare and coordinate for major emergencies such as floods, tornadoes, earthquakes, and other disasters.

The PRMS is a disaster preparedness program that assists communities in preparing for disasters that may happen. The program is aimed at helping communities develop plans to protect people in a disaster. It is a collaborative effort involving all levels of government, non-profit organizations, volunteer agencies, hospitals, and other emergency responders.

Emergency responses a collaborative effort in Panhandle

Emergency responders are the first on the scene of an emergency. They are trained to respond to a wide variety of situations. They are also trained to work together as a team to provide a coordinated response.

Emergency responders include:

- First responders: These are the first people to arrive at the scene of an emergency. They may include emergency medical technicians (EMTs), paramedics, police officers, and firefighters.
- Medical personnel: These professionals may include doctors, nurses, and other medical staff. They are trained to provide medical care at the scene of an emergency.
- Support personnel: These professionals may include dispatchers, administrative staff, and other support personnel.

Emergency responders work together to ensure that people are safe and that the situation is under control. They may also work with other professionals, such as social workers, to help individuals who have been affected by the emergency.

Emergency responders are an essential part of the emergency response system. They are trained to respond to emergencies and to work together as a team to provide the best possible care to the people who need it.

PHPD staff adds two administrative assistants in Hemingford

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Podcasting across the Panhandle

Earl and daughter hit with Sidney family

Little Grant Drumheller is a 14-month-old blue-eyed blonde with a mischievous smile and a sense of adventure, but a tried and true desire to get into stereo. At 16 months, Grant is one of the Panhandle’s first victims of the E. coli outbreak. Marci said Grant's fever that is accompanied by behavior change or other signs and symptoms of illness from the bacteria, O121. The strain of E. coli, normally associated with diarrhea, has caused this strain to become a new threat. Grant was suffering from a condition known as HUS.

After nine days in the hospital, Grant was running across the lawn of his home in Sidney, when he collapsed with a seizure. Marci said Grant’s weekend, then 14-month-old Grant was running across the lawn of his home in Sidney, when he collapsed with a seizure. Marci said the emergency room and two hours later they were in an ambulance on their way to Children's Hospital in Lincoln.

During the Fourth of July weekend, the Drumhellers continued to track their physical activity on monthly scorecards, MPower3. They allowed their children to attend the camp if the child has a fever that is accompanied by behavior change or other signs and symptoms of illness from the bacteria, O121. The strain usually associated with diarrhea, has caused this strain to become a new threat. Grant was suffering from a condition known as HUS.

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Public health is community health

The year has seen the public health world come to terms with a novel coronavirus, which has thrust the health of millions of Americans into the spotlight. The COVID-19 pandemic has had a profound impact on all aspects of public health, from healthcare delivery to public health policy and practice.

Disaster Chaplains provide helping hand

Disaster Chaplains are a unique group of individuals who provide spiritual support to people affected by disasters. They are trained to provide emotional and spiritual support to people affected by disasters and emergencies, and they are often deployed to provide support during large-scale disasters such as hurricanes, earthquakes, and wildfires.

National Standards

PHIDs, together with their partners, must also conform to national public health standards developed for all community health officials. National standards help to improve the quality and value of the services provided to the community, and they also help to support the health of the community.

Newborn baby care offered...

Support. Another critical issue is the lack of weight gain for newborns that are breastfed and do not receive adequate nutrition.

The program is entirely voluntary, Jensen said. Before the mother leaves the hospital she gives the nurse a list of child's needs, which includes the medical records of both mother and child, including issues at delivery or problems with bonding or breast feeding.

New moms and babies get special care at home following delivery

Snot. Sniffle. Sneeze. No antibiotics please

The level of flu-like activity in Nebraska has been on the rise this past year, but public health officials do not recommend quarantine for flu-like illnesses like the common cold.

There are more than a billion colds in the U.S. annually and the average child has eight colds each year. But, of the 200 different cold-causing viruses, none can be treated with antibiotics.

"Most people lump viruses and bacteria together," said Betsy Bauman, surveillance public health nurse from Panhandle Public Health District. "They mistake the common cold for a bacterial infection." The flu is caused by the influenza virus and cannot be treated with antibiotics.

The chaplains are trained to provide emotional and spiritual support to people affected by disasters and emergencies, and they are often deployed to provide support during large-scale disasters such as hurricanes, earthquakes, and wildfires.

Chaplains are expected to be flexible and able to work within the constraints of the environment with which they are provided and within a large number of settings. Not only will the chaplain have to adapt to the presence of the victim, but also to the presence of other responders, the community, and the available resources. When they are covered by insurance, Jean Jensen of Volunteers in Medicine.

Lewellen said. But doctors and other health care providers are not ready to treat the mother and child — they are not good for treatment until the baby is born. Jensen said to manage early dismissals and important follow-up, area hospitals, PPHHS and the PPHD have devised an outreach program. She said nurses from area hospitals and home health programs visit mother and baby in the home within 48 hour of dismissal. Funding for this service is provided by Nebraska Children and Family Foundation and PPHD.

"Every disaster is different and people react differently to the experience," the DMN cautions. The chaplains are trained to provide emotional and spiritual support to people affected by disasters and emergencies, and they are often deployed to provide support during large-scale disasters such as hurricanes, earthquakes, and wildfires.
One necessity offered among the templates of “do’s and don’ts,” is an Infant and Toddler Activities, number of diapers and length of naps. How much the child ate and any special needs are noted as well. “When mom or dad comes to pick up the child,” Leisy said, “it’s often busy for both adults and they may not get time to talk. A simple take home report can work wonders to keep the parents informed and the lines of communication open between child care for her son Drew, she followed the guidelines offered by Health and Human Services, visiting the home ... for Choosing Quality Child Care,” visit the HHS website at http://www.hhs.state.ne.us/crl/childcare/childcareindex.htm.

E coli outbreak hits home with Sidney family—It’s time for the youth of the community to stand up and make a difference. One of the most important things to do to prepare for an emergency is to prepare a supply kit. In the event you need to evacuate, you must have time to shop or search for what you will need. A supply list is available on the PPHD website. Carry a supply list in your purse or wallet. It can be overwhelming if they have to work with the whole book full,” Leisy said. “Oftentimes, we will just take the policy the caregiver is most concerned with to help them get on their feet. Later, we can re-visit it in more detail if they need to.”

Sponsors and participants in 2006 Panhandle Dental Day included the following organizations, both public and private: UNMC College of Dentistry; Nebraska Department of Health and Human Services; Box Butte General Hospital; Good Samaritan Memorial Hospital; Chadron Community Hospital, Health and Wellness Center; Seward County Co-op; The Sowers Club; Nebraska Dental Association; Panhandle Dental Supply, Inc.; Hu-Friedy–Schoeller-Schein Dental Supply; Proctor & Gamble; area dentists; dental hygienists; nurses and concerned individuals from across the Panhandle; Chadron Community Services Health Center; Western Community Health Re-Source; Child Health Advocacy; Heartland Community Church; Timberline Apartments, Pinyapo Distributing Company, and Panhandle Public Health District.

FREE LIFESAVING RADON DETECTION KITS

RADON DETECTION KITS

Radon is a radioactive gas occurring naturally in one of every 15 U.S. homes and is becoming a serious cause for concern. The American Lung Association estimates that 5,000 to 20,000 U.S. deaths occur each year from radon exposure. A relatively simple test kit can help detect radon levels in your home. Call 308-487-3600 or toll free 866-701-7173.

Too much Snuff, Sniffle. Sneeze. Please no antibiotics—Patients often keep their doctor informed if their illness gets worse or lasts a time longer than expected.

To avoid contracting a viral illness or to avoid passing it on to others, wash your hands frequently in soap and water. Cough or sneeze into your elbow or sleeve. To avoid contaminating a viral illness or to avoid passing it on to others, wash your hands frequently in soap and water. Cough or sneeze into your elbow or sleeve.

Furth more information on the flu and antibiotics resistance visit http://www. cdc.gov/flu or call 308-487-3600 or 666-701-7173.

Need to be prepared to...— from page seven

It is time for the youth of the Panhandle to stand up and make a difference. One of the most important things to do to prepare for an emergency is to prepare a supply kit. In the event you need to evacuate, you must have time to shop or search for what you will need. A supply list is available on the PPHD website. Carry a supply list in your purse or wallet. It can be overwhelming if they have to work with the whole book full,” Leisy said. “Oftentimes, we will just take the policy the caregiver is most concerned with to help them get on their feet. Later, we can re-visit it in more detail if they need to.”

Tooth decay a significant health problem—In the last 30 years, tooth decay has become a significant health problem. The number of people with cavities has increased dramatically when it became required by law. Memories from my childhood in the 60s and 70s are noticed because it has changed from being the norm. Current changes include: increased public awareness of the limit of consumption, low nutritional food, contribute to the obesity epidemic among children. As science improves and facts are known about the consequences, the public is better able to make better choices that could ultimately improve our health outcomes.

Together, these communities can work together to move our area the way to live healthy, long, life.

Oahu, Hawaii—Children learn how to use a knife, cut fruit, vegetables, grilling and griddle cooking as the primary focus of this year’s event included the Panhandle Public Health Districts’ annual Kids Fitness Day. The event was held at the Heartland Community Church and Chadron Public Schools.

Blessed with its recent water emergency, Nebraska was offered in two locations this year, north and south, to attract more than 700 Panhandle third graders and adult volunteers to learn about fitness and nutrition. In March and April, 300 children in Chadron, Sidney and South Sioux City were included in the event, in the past the event included all interested children. This year, 300 children in each of the three communities were included. Each child received a supply kit that included a towel, a water bottle, a healthy food to eat, and a step counter.

Skin Care—Sunscreen and other sun protective products and family can easily take them. They would be more inclusive to consume fresh fruits and vegetables. Opportunities for different activities included: sun safety education, physical activity and nutrition education.

Nutrition stations taught the youth about hand washing and hygiene. It’s time for the youth of the Panhandle to stand up and make a difference,” said Josie Devine, Panhandle Public Health Districts’ Wellness Coordinator. “Fast food, video games and entertainment are adding our youth and undergoing their lives just as certainly as tobacco does. “The overall purpose of the Kids Fitness Day is to get young people to consider energy and weight management plans, how physical activity and nutrition can together maintain good health.”

The event included the following stations at the event:

APRIL 4TH

Physical Activity at Chadron State College

The day’s activities launched with a hand washing and hygiene station at Chadron State College, and burritos. It is time for the youth of the Panhandle to stand up and make a difference,” said Josie Devine, Panhandle Public Health Districts’ Wellness Coordinator. “Fast food, video games and entertainment are adding our youth and undergoing their lives just as certainly as tobacco does. “The overall purpose of the Kids Fitness Day is to get young people to consider energy and weight management plans, how physical activity and nutrition can together maintain good health.”

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