

MARCH 2024

HEALTH NOTES

*The Monthly Newsletter of the Central District
Health Department*



CredibleMind

CDHD and area groups launch Credible Mind

In a recent survey conducted by CDHD, mental health was identified as a major issue in Hall, Hamilton and Merrick Counties. A majority of those who took the survey agreed that more resources to help inform the public about mental health issues and provide links to resources would help the issue in our area.

With that in mind, CDHD is proud to launch “Credible Mind”, a website that provides articles, exercises and advice on dealing with your mental health. Whether you want to learn more about conditions, take an assessment or learn where to get help in our community, Credible Mind is a great place to start.

We will be talking more about this website in the coming months, but we would love your feedback! Go to <http://cdhd.crediblemind.com> to see the site and please let others know about this new resource in the Central District.

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CAN BENEFIT PARENTS
AND PROVIDERS IN THE
CENTRAL DISTRICT**

**HOW TO LEARN ABOUT
AIR QUALITY THIS
WILDFIRE SEASON**

**RADON TESTS ARE STILL
AVAILABLE AT CDHD**

NOTES FOR MARCH



Childcare Survey to Benefit the Area

CDHD is part of the Hall County Early Learning and Care Coalition, whose focus is advocating for quality childcare in Hall County. |

This group has developed a survey which will help us understand the impact of childcare on your employment. We can only do so much with the data we have, but nothing will be better than to hear from you directly and understand your needs. We will make sure to use your response to continue to advocate for access and quality of childcare in our community.

This survey is anonymous, we only want to know your experience with childcare and work. You can find the survey at the link below or find it on our Facebook feed.

<https://cdhd.ne.gov/resources/childcare-survey.html>

Wildfire season kicked off early in Nebraska with a large fire earlier this week just outside of North Platte. These sorts of fires and controlled burns can cause air quality to decrease, which is of particular concern to those with asthma and other breathing related conditions.

CDHD has links to the AirNow dashboard on our website. You can visit www.airnow.gov to see air quality wherever you are in the United States as well as forecasts and announcements. Bookmark the page now and use it all season.



NOTES FOR MARCH

- This year's flu season is coming later than previous years. You can see how many cases are present in the Central District at our website, www.cdhd.ne.gov.
- March 4 is HPV awareness day.

- Radon tests and COVID tests are still available at our Grand Island office, free of charge.
- CDHD will close early on Friday, March 29 for the Easter holiday.
- Have a great March!