

HEALTH NOTES

*The Monthly Newsletter of the Central District
Health Department*



Public Health Week is April 1 - 7

Please join CDHD and public health departments around Nebraska and around the country as we celebrate Public Health Week April 1-7.

Public Health Week is a chance to learn about and celebrate those actions, large and small, seen and unseen that create the elaborate network that is Public Health. Each day of the week has a topic of focus:

Monday - Civic Engagements
Tuesday - Healthy Neighborhoods
Wednesday - Climate Change
Thursday - New Tools and Innovations
Friday - Reproductive and Sexual Health
Saturday - Emergency Preparedness
Sunday - The Future of Public Health

Learn more at www.cdhd.ne.gov and join us in celebrating public health in all its forms.

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NOTES FOR APRIL



Changes to Respiratory Illnesses Released

Each year, respiratory viruses are responsible for millions of illnesses and thousands of hospitalizations and deaths in the United States. In addition to the virus that causes COVID-19, there are many other types of respiratory viruses, including flu and respiratory syncytial virus (RSV). The good news is there are actions you can take to help protect yourself and others from health risks caused by respiratory viruses.

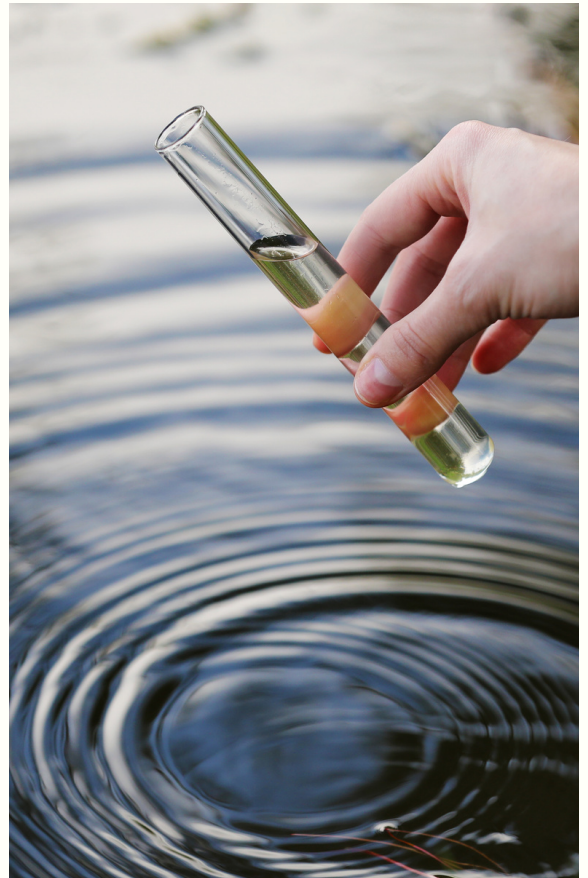
New guidance from the CDC recommends both core prevention strategies, including immunizations, regular hygiene and staying home when you are ill, and additional prevention strategies, including masking if you are ill, distancing.

Layering prevention strategies can be particularly helpful when there is a lot of sickness in the community or if you have risk factors for severe illness. You can find more information at www.cdhd.ne.gov.

Spring time is typically when our water lab sees a significant rise in testing. If you have a private well, we recommend you get your well tested at least once a year for coliform bacteria and nitrates. Recommended levels of coliform bacteria is 0 and recommended nitrate levels are below 10 mg/L.

In addition to our regular tests, CDHD just received a new machine that allows us to more accurately test for nitrates.

If you are interested in getting your water tested, find more info at cdhd.ne.gov.



NOTES FOR APRIL

-As we move into peak allergy season, you can find out the air quality anywhere in the country at www.airnow.gov. We recommend bookmarking the site and using it if you are particularly susceptible to poor air quality.

-CDHD continues to support Credible Mind, a website that allows you to explore mental well being. You can access the site for free at cdhd.crediblemind.com.

-Have a great April!