

CENTRAL DISTRICT HEALTH DEPARTMENT

NEWSLETTER

March 2020

(308) 385-5175 | www.cdhd.ne.gov



Accreditation Update

Health Alert Network

Central District Health Department (CDHD) participates in the Health Alert Network (HAN)- a nationwide system for coordinating and distributing important information about public health events.

There are three message categories:

- **Health Alert**- highest level of importance, requires immediate action or attention.
- **Health Advisory**- provides important information for a specific incident or situation; may not require immediate action.
- **Health Update**- offers updated information regarding an incident or situation; unlikely to require immediate action.

HAN messages pertaining to our service area are distributed by CDHD via a variety of messaging means (social media, fax, news stations, and newspaper) depending on the audience whether it be the media, pharmacists, hospitals, or the public. HANs issued by the CDC, Nebraska Department of Health and Human Services (NeDHHS) HAN system and others of relevance can be found on the CDHD website under the Resources tab.

Public Health

Colorectal Cancer Awareness Month

March is Colorectal Cancer Awareness Month! Colorectal Cancer is the 2nd leading cause of cancer deaths.

With screening, the process of detecting cancer or precancerous growths in the colon or rectum, colorectal cancer is one of the most preventable of all cancers. Screening is recommended for men and women ages 50-74, or earlier if there is a family history of colon related cancer.

One of the most effective preventative screening tools is the Fecal Occult Blood Test (FOBT). If you are age 50 or older, or younger if you have history of colon and/or rectum cancer in your family, CDHD can provide you with a **FREE FOBT kit!**

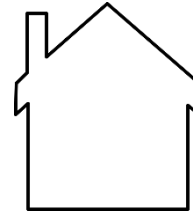
If you are interested in obtaining a FOBT kit, please contact CDHD at 308-385-5175 and ask to speak with Jodi Garretson or Colette Evans.



CDHD News & Events

Green Corner

Tip for saving energy:
Make sure your home is well insulated to conserve energy and spend less on heat and air conditioning.



Events:

March 7: Colorectal Cancer Awareness Health Fair @ the **Conestoga Mall** from **10:00 a.m. – 2:00 p.m.**

CDHD will feature an inflatable colon that shows what colon cancer looks like in different stages. We will be located on the south end of the mall.

CDHD Hours:

Monday-Thursday: 8 a.m. – 5 p.m.
Friday: 8 a.m. – 4:30 p.m.



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