

APRIL 2022

HEALTH NOTES

*The CENTRAL DISTRICT HEALTH DEPARTMENT'S
MONTHLY NEWSLETTER*



**FOCUS ON:
APRIL IS PUBLIC HEALTH
MONTH**

How does Public Health affect your life? Take the simple act of going out to a restaurant for dinner. While in a restaurant you are eating food properly prepared, drinking water that won't make you sick, interacting with people who, hopefully, are not spreading disease and you have the information to make healthy choices about what food you eat.

Through education, testing, disease tracking, vaccination and other direct actions, Public Health Departments around the country are working toward healthier communities in dozens of different ways.

You can find out more about what we do and National Public Health Week (April 1-7) at www.cdhd.ne.gov.

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HEALTH NOTES FOR APRIL



BIRD FLU FOUND IN THE CENTRAL DISTRICT

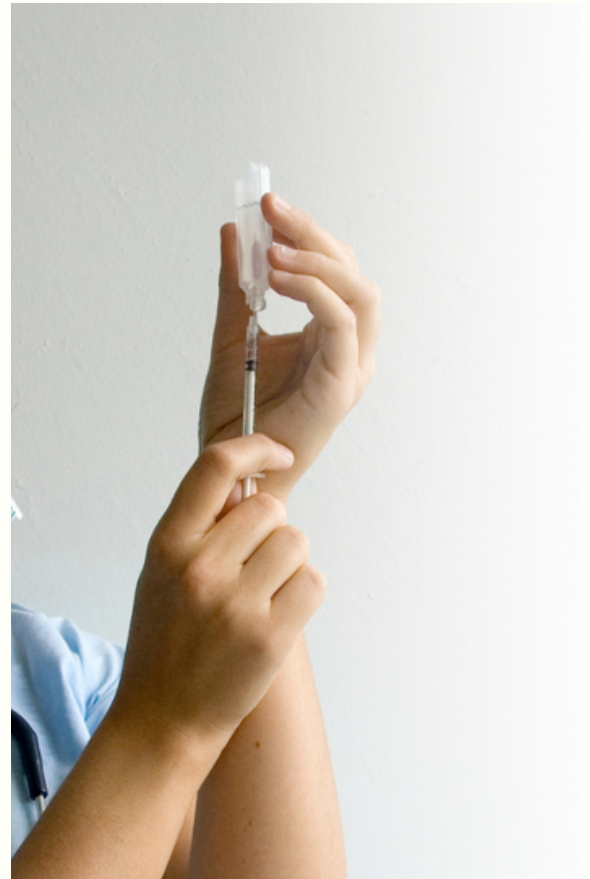
The Nebraska Department of Agriculture (NDA) has confirmed a case of highly pathogenic avian influenza (HPAI) in a backyard flock in Merrick County and in some higher count facilities in the Central District.

HPAI is a highly contagious virus that spreads easily among birds through nasal and eye secretions, as well as manure. The virus can be spread in various ways from flock to flock, including by wild birds, through contact with infected poultry, by equipment, and on the clothing and shoes of caretakers. Wild birds can carry the virus without becoming sick, while domesticated birds can become very sick.

If you suspect bird flu in your flock, please contact the NDA. If you do not keep birds, please stay away from dead wild birds and, if you come into contact with a wild bird and get sick, please contact your doctor.

Both the FDA and the CDC expanded the COVID-19 vaccine emergency use authorization to allow for a second booster for those age 50 and over who received the Moderna or Pfizer vaccine. This approval comes as the Omicron BA.2 variant has become the dominant strain in the United States.

If you are 50 and over, had the Pfizer or Moderna vaccine and your last shot was more than 4 months ago, you are eligible for the shot. Call (308) 385-5175 for more information.



NOTES FOR APRIL

-CDHD is looking for people to participate in a Diabetes Prevention class starting soon. Please email cevans@cdhd.ne.gov for more information. The class is free.

-Radon tests are available at CDHD for no cost.
-Nomi Health is providing COVID testing from 8am - 3 pm Mondays - Thursdays.
-Have a great April!