

HEALTH NOTES

*The CENTRAL DISTRICT HEALTH DEPARTMENT'S
MONTHLY NEWSLETTER*



CDHD EMPLOYEES WORK TO KEEP THE NE STATE FAIR SAFE

Most people know the Nebraska State Fair, running now through Monday, September 5th, is known for its great fair food. What most people might not know is the hard work that goes into getting that food and its handlers up to safety standards.

This job is done by CDHD's Environmental Health staff, who were working for weeks before the fair started on a variety of issues surrounding food health. In addition to work done before the fair, our three-person team also has spent a time at the fair speaking with vendors, making sure cleanliness best practices are in place and answering any questions.

You can find more about our Environmental Health programs, including food safety, at our website, www.cdhd.ne.gov.

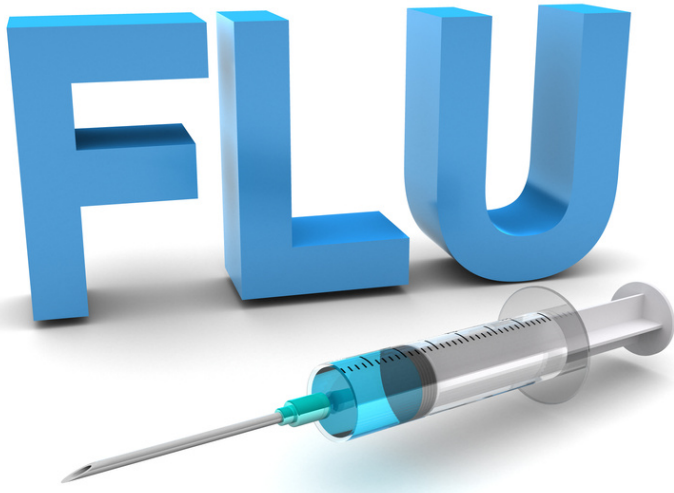
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NOTES FOR SEPTEMBER



Flu Shots Are Coming at the End of the Month

We are rapidly approaching colder weather and, with it, the flu season. The best way to protect yourself against getting very sick from the flu is to schedule your flu shot. CDHD is planning on having our first doses of this year's flu vaccine by the end of September.

Those who receive the flu vaccine may still get the flu this season, but report far less severe symptoms. In addition to the flu vaccine, CDHD continues to offer COVID-19 boosters for those who have yet to receive them and a new type of COVID vaccine called Novavax which just received emergency use authorization in the United States.

For more information on the flu shot or various COVID-19 shots you can receive, visit www.cdhd.ne.gov or call us at (308) 385-5175.

The Center for Disease Control has issued new guidelines for those who have been exposed to COVID-19 and those who have tested positive for the virus. You can find the full list of guidelines at our website, www.cdhd.ne.gov.

In addition, the Federal Government is about to end its program that provides free COVID-19 tests through the mail. CDHD has many at-home COVID tests available, that you can pick up at our 1137 South Locust Street location. Call (308) 385-5175 for more information.



NOTES FOR SEPTEMBER

-Narcan, a prescription drug that can reverse an opioid overdose, is now available throughout Central District pharmacies.

-National Suicide Prevention Month begins on September 7th.

-Monkeypox has been found in Nebraska but not in the Central District. Follow our social media for more information.

-Radon test kits are still available at no cost.

-Have a great September.