

HEALTH NOTES

*The CENTRAL DISTRICT HEALTH DEPARTMENT'S
MONTHLY NEWSLETTER*



SIGN UP FOR "LIVING WELL" WORKSHOP STARTING IN JULY

The CDHD is proud to offer a series of "Living Well" workshops aimed at helping people dealing with chronic illness manage their conditions, make healthy choices and solve problems related to their condition.

The workshops, which are facilitated by trained leaders, will take place once a week from 10:30 am - 12:30 pm on Thursdays beginning July 28th. Evening classes are also available, hosted at CDHD. The workshops run for 6 weeks and take place at the YMCA of Grand Island. **All workshops are free** and snacks will be provided.

The "Living Well" workshops are designed to be interactive, informative. Those who suffer from conditions such as arthritis, heart disease, migraines, cancer, diabetes and more are encouraged to attend. Call (308) 385-5175 for more information.

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COVID VAX AVAILABLE FOR 6 MONTHS AND UP

Children ages 6 months and up are now eligible for a COVID-19 vaccination after the Center for Disease Control and Prevention unanimously voted for an Emergency Use Authorization a few weeks ago. This change means that over 17 million children across the United States can now be protected against the worst symptoms of COVID-19.

Central District Health Department has received both Pfizer-BioNTech and Moderna vaccine for children as young as 6 months. The Pfizer vaccine is administered as a primary series of three doses, while the Moderna vaccine is a primary series of two doses.

If you are interested in getting a vaccination for anyone 6 months and older, call us at (308) 385-5175. We are open from 8 am - 4:30 pm Mondays - Fridays and until 6 pm on Thursdays.

It's the time of year where increased outdoor activity is leading to more mosquito bites and the increased risk of West Nile Virus (WNV).

Spread by mosquito bite, WNV can cause fever and fatigue and, in some cases, can be serious. The best way to prevent it is to avoid mosquitos and use bug spray when outside.

You can learn more about WNV, its symptoms and much more by visiting www.cdc.gov/westnile.



NOTES FOR JULY

- CDHD updates our COVID-19 dashboard twice a week on Mondays and Thursdays at www.cdhd.ne.gov. We also offer free at home COVID tests at our office.
- July is Healthy Vision Month.

- Get your kids up to date on all their vaccinations in July before school starts.
- CDHD will be closed at 2 pm on Friday, July 1st and closed on Monday, July 4th for Independence Day.
- Have a great July!