

HEALTH NOTES

*The CENTRAL DISTRICT HEALTH DEPARTMENT'S
MONTHLY NEWSLETTER*



CHANGES IN COVID BOOSTERS OFFER MORE PROTECTION

Last month the FDA and CDC approved the use of "bivalent boosters" in the ongoing fight against COVID-19. "Bivalent" means these boosters better protect against the original strain of COVID-19 and the variants that have developed, including Omicron and BA-2.

If you have not yet received a COVID booster or your last booster was more than two months ago it is recommended that you get a bivalent booster.

In addition to booster shots, flu season is right around the corner and CDHD recommends you get the flu vaccine as well. You can receive both vaccines at the same time at our offices, located at 1137 South Locust Street in Grand Island. For more information call (308) 385-5175 or log onto www.cdhd.ne.gov.

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**GET A FLU SHOT AND
COVID BOOSTER AT THE
SAME TIME.**

**NEW DIABETES
PREVENTION PROGRAM
GOING ONLINE SOON**

**STI RATES ARE CLIMBING
AMONG YOUNG PEOPLE**

NOTES FOR OCTOBER



Diabetes Prevention Class Goes Online

For years, CDHD has hosted a Diabetes Prevention Program (DPP) aimed at teaching healthy lifestyles to those at risk for developing Type 2 diabetes. This October, the DPP returns with a twist - the program is all online.

By moving DPP online, the hope is to both get new participants who might not feel comfortable in an "in person" setting and expand the reach of those who might benefit from this program. Those who sign up will still receive personal coaching, community support and education when it comes to preventing diabetes and living a healthier lifestyle. Anyone 18 and over is eligible for this program.

Sign up will be available at our website, www.cdhd.ne.gov, soon. In the meantime, for more information, please email the Program administrator at lharlow@cdhd.ne.gov.

Did you know children 6 months and up should be vaccinated against COVID-19? CDHD currently has Pfizer doses for all ages as well as Moderna for kids age 6-11. With school now in full swing, getting vaccinated protects kids and their families. Young people are currently the demographic group with the lowest vaccinations rates in the Central District.

We are open today from 8 am - 4:30 pm and all next week. For more info or questions please call (308) 385-5175 or visit us at www.cdhd.ne.gov.



NOTES FOR OCTOBER

- Flu shots are now available at CDHD and at pharmacies across the country. Get one!
- Sexually Transmitted Infection rates are rising in the district. Info about testing is on our website.
- October is Breast Cancer Awareness Month.

- Wastewater data concerning COVID-19 is up on our website and showing a slight increase in concentration.
- Monkeypox surveys are on our website.
- Have a great October.