

HEALTH NOTES

*The CENTRAL DISTRICT HEALTH DEPARTMENT'S
MONTHLY NEWSLETTER*



FLU SEASON IS HERE BUT A FLU SHOT CAN PROTECT YOU

December through February represents peak flu season in the United States, and this year is shaping up to be worse than normal, based on preliminary reports. Given the elevated levels of flu, the continued presence of COVID and RSV making the rounds with children, a flu shot is more important than ever.

Flu shots (and COVID vaccines and boosters) are available at CDHD throughout December or at most local pharmacies. The good news is these shots are covered by a vast majority of insurance, meaning they are no cost to you.

CDHD will be posting flu numbers on our website, www.cdhd.ne.gov when they become available. You can learn more there or by calling us at (308) 385-5175.

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WHO HELPED WITH OUR
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**HELP PREVENT DIABETES
STARTING IN JANUARY**

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RSV Creating A "Triple Whammy" For Kids

We are seeing an increase in Respiratory syncytial virus (RSV) recently, a disease which effects the very young and the very old most severely. Along with the flu and COVID that makes it a "triple whammy" for kids this winter.

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults. RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than 1 year of age in the United States.

One of the best things you can do to stop the spread of RSV is keep kids home from school or day care when they are sick. You can learn more at www.cdhd.ne.gov.

CDHD has helped distribute over 10,000 at home COVID-19 test kits over the past few months through our office and through cooperating organizations in Hall, Hamilton and Merrick Counties. These tests were provided for free to the public and are still available in some areas throughout the Central District.

CDHD and Nomi Health continue to provide drive thru COVID testing from 8 am - 3 pm Mondays and Thursdays. We recommend making an appointment at our website, www.cdhd.ne.gov. For more information, call (308) 385-5175.



NOTES FOR DECEMBER

-World AIDS Day is December 1st. With STIs rising in the Central District, awareness is vital.
-The Diabetes Prevention Program starts January 16 but you can sign up now at www.cdhd.ne.gov. It's a free program and all are welcome.

CDHD's holiday schedule is as follows:

-Close at Noon on Dec. 23 -Closed Dec. 26

-Close at Noon on Dec. 30 -Closed Jan. 2

Have a great December and a great holiday season!