

# HEALTH NOTES

*The CENTRAL DISTRICT HEALTH DEPARTMENT'S  
MONTHLY NEWSLETTER*



## RECOMMENDATIONS FOR COVID BOOSTERS UPDATED FOR CHILDREN

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Recommendations on who should receive a COVID-19 booster shot and when has recently changed. The changes to booster recommendations include:

- All children ages **5-11-years-old** should now receive a booster vaccine 5 months after completing their primary series.
- Children ages 5-11-years-old who are moderately or **severely immunocompromised** should receive a booster 3 months after completing their primary series.
- **Only the Pfizer-BioNTech** COVID-19 vaccine is authorized for children 5 through 17 years old.
- Parents with questions are encouraged to talk to their child's healthcare provider to learn more about the booster, and the importance of keeping children up to date with COVID-19 vaccines. We are also happy to answer questions on the subject. Call (308) 385-5175 for more information.

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## ADVICE ON KEEPING BABY FORMULA SAFE

The Women, Infants and Children (WIC) program has been fielding a number of calls about the current baby formula shortage. While many are struggling to find formula, there are some safety issues to take into account during this time.

- Homemade formula is not safe for your baby. Risks of homemade formula include too much or too few vitamins, poor or slow growth and possible learning delays.
- Adding water to formula to make it last longer can lead to malnourished babies.
- Substitutes for formula like plant-based milk is not safe for children and can lead to serious health issues.

You can find more information on our website, [www.cdhd.ne.gov](http://www.cdhd.ne.gov). The WIC office is also happy to take your questions at (308) 385-5188.

The next few months are the height of tick season which means everyone should check themselves for ticks after being outside for a long period of time. Ticks can spread Lyme disease, Rocky Mountain Spotted Fever and other diseases.

The best way to prevent these diseases is to avoid ticks. You can learn the best methods for avoiding bites on you and your pets by visiting [www.cdc.gov/ticks](http://www.cdc.gov/ticks). The site also includes info on what diseases spread by ticks look like.



## NOTES FOR JUNE

- Free at home COVID-19 tests are available at CDHD. Nomi Health also offers drive through COVID tests Mon - Thurs.
- Sign ups continue for our Diabetes Prevention Program. Find out more at [www.cdhd.ne.gov](http://www.cdhd.ne.gov).

- June is PTSD awareness month. Knowing the signs and seeking help is important.
- Free Radon Test Kits are available at CDHD. Call (308) 385-5175 for more info.
- Have a great June!