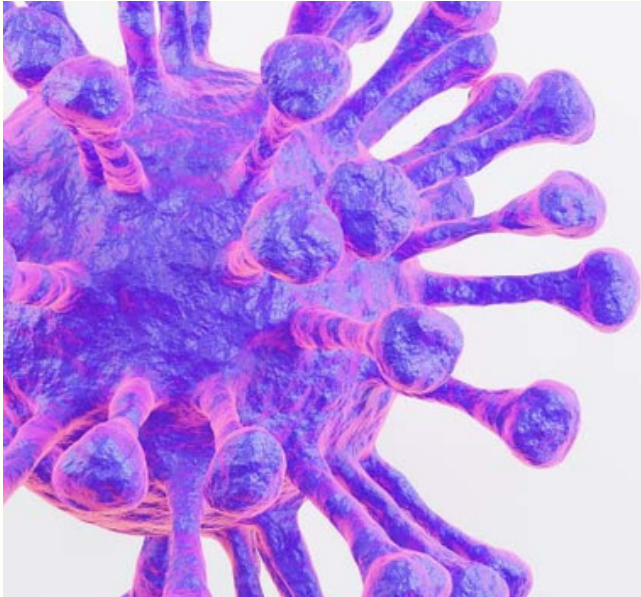


JANUARY 2022

HEALTH NOTES

*The CENTRAL DISTRICT HEALTH DEPARTMENT'S
MONTHLY NEWSLETTER*



CHANGES TO ISOLATION & QUARANTINE POLICY BASED ON OMICRON

The Center for Disease Control is recommending changes to isolation and quarantine guidelines for those exposed to COVID-19, largely due to the spread of the Omicron variant.

You can learn more at our website, www.cdhd.ne.gov where we have videos explaining the new guidelines, along with resources to help you protect yourself and your community from the spread of COVID-19.

The rise of the Omicron variant means that vaccination and vaccine booster shots are more important in controlling community transmission. We are open from 8 am - 4:30 pm Mondays - Fridays and until 7 pm on Thursdays. For more information call us at (308) 385-5175.

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AND SERVICES FOR
2022**

**HELP WITH YOUR
NEW YEAR'S
RESOLUTION**

**JANUARY IS NATIONAL
BLOOD DONOR MONTH**

NOTES FOR DECEMBER



Our Schedule For 2022: Flu Shots, Vax & Testing

With the increased volume of those needing our services, here is the schedule for 2022 when we reopen from the holidays on Monday, January 2nd.

Vaccine Clinics (COVID-19, Boosters and Flu)

8 am - 4:30 pm Monday - Friday

Open until 7 pm on Thursdays

COVID-19 Testing through Nomi Health

8 am - 3 pm Mondays - Fridays, 8 am - Noon on Saturdays

Providing both Rapid testing (for those with COVID-19 symptoms) and PCR testing with results in 24-36 hours.

Water Testing

The water testing lab is available for pick ups and drop offs from 8:30 am - 4:30 pm M-F.

For more information log onto www.cdhd.ne.gov or call us at (308) 385-5175.

Millions of people make New Years Resolutions and we are here to help. At our website we have lists of some of the most common health based resolutions and how you can make 2022 a healthier year overall.

At www.cdhd.ne.gov we have links on how to stop smoking, how to lost weight, how to begin exercise and more. Part of making a healthier year starts with taking a first step and we would encourage you do to so. Happy New Year!



NOTES FOR JANUARY

- Flu shots are still available at CDHD and are a good idea as flu cases are increasing.
- The Community Health Assessment continues and more from our community partners is coming soon.

- January is National Blood Donor Month.
- If you do get tested for COVID, please make an appointment through our website.
- Have a great January!