

JANUARY 2023

HEALTH NOTES

*The CENTRAL DISTRICT HEALTH DEPARTMENT'S
MONTHLY NEWSLETTER*



Diabetes Prevention Class Starts in English & Spanish Next Week

CDHD's first ever all online Diabetes Prevention Program begins on **Monday, January 16th**. This program will be presented in English and Spanish and is free to those who sign up in advance. The Spanish language class begins later in January.

The Diabetes Prevention Program is a nationally-developed, evidence-based program that provides info and support for those at high risk of developing Type 2 Diabetes. Those who should consider signing up include those who are overweight, who have a family history of diabetes, have had "gestational diabetes" or anyone wanting to increase their physical activity.

We have an online test at www.cdhd.ne.gov that can help you determine if this class is right for you. If you'd like more information, please call us at (308) 385-5175.

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AWARENESS MONTH.
GET YOUR FREE TEST!**

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Radon Test Kits Are Available To The Public

January is National Radon Awareness Month and CDHD would like to help you assess your risk from Radon.

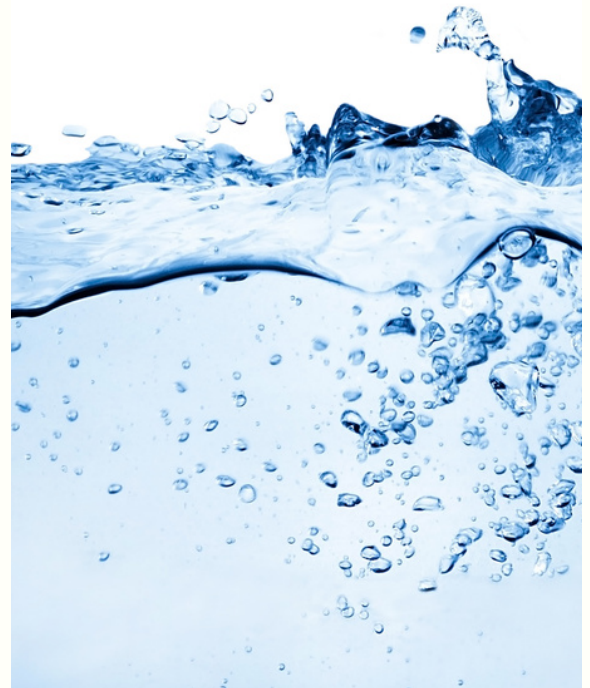
Radon is estimated to cause around 21,000 lung cancer deaths in the United States every year and is the second leading cause of lung cancer, according to the U.S Environmental Protection Agency (EPA). Radon is a naturally occurring radioactive gas that can get trapped in homes and buildings and expose the people who live and work inside, increasing their risk of developing lung cancer later in life.

CDHD has free tests for your home that can determine the amount of Radon present. You can pick up these tests our office, 1137 South Locust Street in Grand Island from 8 am - 4:30 pm Mondays - Fridays or call us at (308) 385-5175. These tests are free as part of a national program.

Prices for water testing at CDHD has changed starting in January. The new prices are:

- Coliform = \$21.00
- Coliform Special = \$23.00
- Nitrate = \$19.00
- Hardness = \$19.00
- Fluoride = \$19.00
- pH = \$19.00
- Heterotrophic - total plate count = \$26.00

If you have a private well, it is your responsibility to make sure the water you drink is safe. You can learn more and talk to a water testing expert by calling us at (308) 385-5175.



NOTES FOR JANUARY

-You can order 3 free COVID-19 tests at www.covid.gov. CDHD no longer has free tests available after a successful distribution.
-January is Cervical Cancer Awareness Month.

Flu cases continue to be high in the Central District. Please wash your hands, stay home if you are sick and get your flu vaccine if you have not done it already.