

HEALTH NOTES

*The CENTRAL DISTRICT HEALTH DEPARTMENT'S
MONTHLY NEWSLETTER*



MONKEYPOX FOUND IN NEBRASKA, VACCINE ON THE WAY

Monkeypox, a disease which is part of the same family of viruses as smallpox, has been located in Nebraska. CDHD is advising the public to educate themselves on the symptoms of the virus and be aware that a vaccine exists if you are in a high-risk category.

The primary symptom of Monkeypox is a rash that can look like pimples or blisters that appear on the face, inside the mouth, hands, feet, chest, genitals and other parts of the body. Other symptoms include fever, headache, muscle aches, swollen lymph nodes, chills and exhaustion.

You can take a survey at our website, www.cdhd.ne.gov, which will help us determine your risk and if you currently qualify for the vaccine. For questions call us at (308) 385-5175.

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WIC HOSTING EVENT TO PROMOTE BREASTFEEDING

August is World Breastfeeding Month and the GI WIC program is celebrating with an in-person event on Thursday, August 11.

The event, which is taking place at the Edith Abbott Library in Grand Island, will feature an in-person class in English and Spanish, craft activities for children, healthy snacks and a chance to learn more from other agencies in our area.

WIC promotes breastfeeding in a number of ways, including through online classes for new mothers. This event, one of the first in-person events since 2019, will give new and expectant mothers good information to navigate the difficult but important first few months of life for their child.

This event is free and open to the public. For more information contact the WIC office at (308) 385-5188.

CDHD is adding Novavax to its toolbox of vaccines to battle COVID-19.

Novavax is a COVID-19 vaccine that is different from previously approved and authorized vaccines such as Pfizer-BioNTech and Moderna in that it does not utilize mRNA technology but is a protein-based vaccine, like other vaccines that have been used for decades.

The vaccine is now available. For more info call (308) 385-5175 or log onto www.cdhd.ne.gov.



NOTES FOR AUGUST

- Several COVID-19 indicators remain high in the Central District. Learn more on our COVID dashboard at www.cdhd.ne.gov.
- We offer free at home COVID-19 tests at our office at 1137 South Locust St. in GI.

- August is National Immunization Awareness Month.
- Back to school vaccines are available at our offices and elsewhere in the district.
- Have a great August!