

Positive Pulse Wellness Newsletter

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Make a Difference

National Public Health Week Themes

Healthy Communities Clean air, safe places to walk and bike, safe housing, and lower lead exposure helps improve the health of people in our community.



Enjoy family time by walking or biking using the North Platte Trails System. See playnorthplatte.com for a trail map.

Violence Prevention Learn more and advocate for gun safety and prevention of domestic abuse and child abuse. See www.apha.org/topics-and-issues/gun-violence, www.childwelfare.gov, www.justice.gov/ovw/domestic-violence

Rural Health Telemedicine, school-based health centers, improved transportation, and higher rates of insurance can help improve the health of people in rural areas. Check out WCDHD's Tooth Tour and School Immunization Clinics for care in Lincoln, Logan, McPherson, Arthur, Hooker, and Thomas counties.

Technology Use credible websites to access health information. Visit www.cdc.gov or medlineplus.gov

Apps such as Text4baby.app or health-and activity-tracking apps may be helpful tools for many people.



Climate change You can help—Reuse and recycle, walk or ride a bike rather than driving your car, be energy-efficient in your home and workplace, buy local, choose gas-efficient vehicles.



Global Health Efforts continue world-wide to immunize against measles, malaria, and pandemic flu. Other global efforts center around health education.

Be Active and Healthy

Choose an active lifestyle to be healthy. Incorporating even small amounts of moderate-to-vigorous physical activity into our schedules can reduce the risk of chronic diseases.

Tips:

<https://www.youtube.com/watch?v=zNs8srnJ95U&feature=youtu.be>

1. Make it a game—have a race, make the most of your walks, when everybody moves, everyone wins.
2. Work (and work out!) as a team. Tackle

chores as a family—make them fun and active.

3. Be prepared. Carry sports gear in your vehicle and look for opportunities to use it.

4. Be a role model. If kids see you being active, they may want to try it too.



Kids need at least 60 minutes of activity daily.

The results: Better grades, better sleep, and better mood!



Visit the website:

www.womenshealth.gov

to learn about steps to take for better health at any age.

Learn about

- * Goals to set for yourself.
- * Talking to your doctor annually.
- * Staying current on tests, medicines, and vaccines.
- * Healthy living resources.

National Women's Health Week

What steps can you take for better health?



It's never too early or late to work toward being your healthiest you! This National Women's Health Week, we want to help you take control of your health. Take the first step! Join the National Women's Health Week celebration and learn what you can do to lead a healthier life at any age.



Be Sun Smart



Skin cancer—

The most common cancer in the U.S. (CDC)

It's easy to protect yourself from UV exposure...



Long-sleeved shirts, pants, and a wide-brimmed hat offer the best protection. If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.



Use a sunscreen of at least SPF 15 on any exposed skin, and don't forget to re-apply it every two hours, as well as after swimming, sweating, or toweling off.



Seek shade as much as possible between 10 a.m. and 4 p.m., which are peak times for sunlight. Avoid indoor tanning.



If you work outdoors, ask about sun protection at your job, like wearing sun-protective clothing.



Back-to-School Immunizations

In Nebraska, children cannot attend classes in public or private school until the school has written proof of their immunization status. (Guidance from Neb. State Statute, Title 173, Chapter 3).

Nebraska Kindergartener's are required to be immunized against the following diseases:

- Diphtheria, tetanus, and pertussis
- Polio
- Measles, mumps, and rubella (MMR)
- Hepatitis B
- Varicella (Chicken pox)

Nebraska 7th Graders are required to be immunized against the following disease:

- Current on above vaccines and 1 dose of Tetanus/diphtheria/pertussis

Also, consider the HPV vaccination for your child.



HPV (Human papillomavirus) is a common virus that infects teens and adults. In most cases it goes away on its own and does not cause any health problems. But when HPV does not go away, it can cause health problems such as genital warts and cancer. It can provide safe, effective, and long-lasting cancer protection.

- 11-12 year old boys and girls need 2 dose
- 15 and older need 3 doses.

See www.cdc.gov to learn more.



West Central District Health Department provides back-to-school immunizations, plus infant, college, adult, and travel vaccines.

We accept most insurance. The VFC (Vaccines for Children) and AIP (Adult Immunization Program) are also available for those who lack insurance at no cost to the patient.

Call 308-221-6831 to make an appointment or for more information. Visit us on Facebook or our website @ www.wcdhd.org.

Hours: Monday—Thursday, 8:30 am—4:30 pm, Fridays 8:30 am—1 pm—closed daily 11:30am—12:30 pm for lunch

Come in early to avoid the back-to-school rush!

**IT'S THE RULE
SHOTS BEFORE SCHOOL**