



Annual Report 2020

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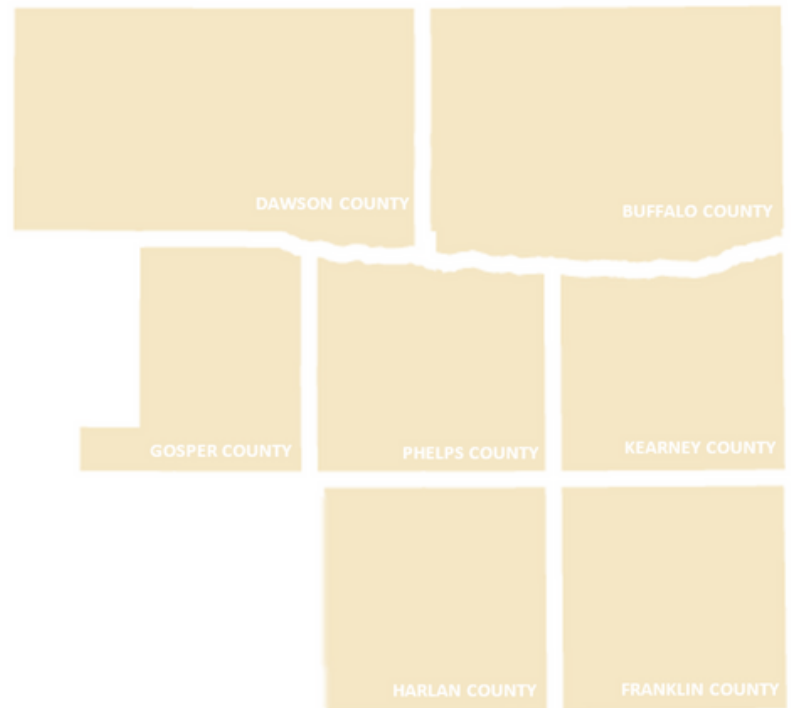
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**A Healthy
Community
For All!**

About Us

Two Rivers is honored to serve the counties of Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, and Phelps. Our dedicated team works to identify health concerns within the community and develop strategies to overcome them. Two Rivers is working to address a number of health topics from mental health, chronic disease, West Nile, rabies, childhood and adult immunizations, and more!



Our Vision

Two Rivers Public Health Department envisions a health district where all are able to safely and actively live, learn, work, and play in their communities. Two Rivers Public Health Department facilitates collaboratives, partnerships, and unique approaches that educate, empower, and engage local community partners, health providers, political decision-makers, community leadership, and the public.

Two Rivers Staff



Jeremy Eschliman
Health Director



Anne Nau
Community Health
Nurse



Aravind Menon
Epidemiologist



Chris Fankhauser
Coalition Coordinator



Darienne Blair
Admin Assistant



Emily Beaver
Health Educator



Hayley Jelinek
Health Educator



Haleigh Cunningham
Health Educator



Jesse Valenti
Finance Manager



Katie Mulligan
Planning Supervisor



Kesiah Pulliam
Billing Specialist



Kraig Johnson
Emergency Response



Krista Pierce
Billing Specialist



Maria Barocio
Community Health
Worker



Marilyn Warnken
Program Nurse



Rosa Pinon
Program Nurse



Sally Heusinkvelt
Billing Specialist



Susan Puckett
Community Health
Nurse



Von Lutz
Clinical Supervisor

Over the last year, many temporary staff have joined our team that are not listed above. We are thankful for everyone who has been part of our team and appreciate the time you have dedicated to Two Rivers!



COVID - 19 A Year in Review



COVID-19

COVID-19 HAS REDEFINED OUR OUTLOOK ON DISEASE, PROPHYLAXIS, AND GOVERNMENT INTERVENTION.

JANUARY 21, 2020

The first U.S. case of COVID-19 is detected in Washington State.

A CDC strike team is deployed to respond.

MARCH 7, 2020

The first case of COVID-19 is detected in a Nebraska resident from Douglas County.

MARCH 20, 2020

The first case of COVID-19 is detected in the Two Rivers district.

MARCH 31, 2020

The first death attributed to COVID-19 is reported in Two Rivers district.

Directed Health Measures are imposed on the district by Nebraska DHHS and Chief Medical Officer.

APRIL 5, 2020

TRPHD imposes DHMs

MID-APRIL 2020

-Peak of first wave of cases in the district.
-First mass testing events provided in conjunction with National Guard

JUNE 14, 2020

Lowest case number reported in one week (5) and positivity rate reported over the summer.

JUNE 24, 2020

First TRPHD operated Test Nebraska Site

MID AUGUST 2020

District schools start fall semester in person.

NOVEMBER 8, 2020

Two Rivers district highest number of cases reported in one week (870) and highest positivity rate.

NOVEMBER 19, 2020

Highest rate of hospitalization due to COVID in the Two Rivers district (76 individuals hospitalized)

DECEMBER 16, 2020

Pfizer vaccine is first administered in the Tri-Cities Medical Response System area, including the Two Rivers District.

FEBRUARY 27, 2021

First vaccination clinic is held at held by Two Rivers where over 500 individuals are vaccinated

MAY 5, 2021

First mobile vaccine clinic held in the Two Rivers trailer unit

LATE JUNE 2021

Lowest number of cases in one week since the beginning of the pandemic



COVID - 19 Data

All data current of May 31, 2021

	Buffalo	Dawson	Franklin	Gosper	Harlan	Kearney	Phelps	Total
Total Positive Cases	5441	2826	234	198	223	598	989	10509
Age								
0-15	337 (6.2%)	164 (5.8%)	11 (4.7%)	8 (4.0%)	10 (4.5%)	48 (8.0%)	70 (7.1%)	648 (6.2%)
16-29	1568 (28.8%)	580 (20.5%)	39 (16.7%)	25 (12.6%)	40 (17.9%)	154 (25.8%)	171 (17.3%)	2577 (24.5%)
30-49	1634 (30.0%)	904 (32.0%)	55 (23.5%)	36 (18.2%)	65 (29.1%)	165 (27.6%)	296 (29.9%)	3155 (30.0%)
50-64	1065 (19.6%)	706 (25.0%)	67 (28.6%)	60 (30.3%)	45 (20.2%)	149 (24.9%)	227 (23.0%)	2319 (22.1%)
65+	837 (15.4%)	472 (16.7%)	62 (26.5%)	69 (34.8%)	63 (28.3%)	82 (13.7%)	225 (22.8%)	1810 (17.2%)
Gender								
Female	2860 (52.6%)	1478 (52.3%)	127 (54.3%)	103 (52.0%)	130 (58.3%)	315 (52.7%)	547 (55.3%)	5560 (52.9%)
Male	2581 (47.4%)	1348 (47.7%)	107 (45.7%)	95 (48.0%)	93 (41.7%)	283 (47.3%)	442 (44.7%)	4949 (47.1%)
Race								
American Indian or Alaska Native	11 (0.2%)	10 (0.4%)	-	-	-	1 (0.2%)	2 (0.2%)	24 (0.2%)
Asian	35 (0.6%)	24 (0.8%)	-	-	-	-	-	59 (0.6%)
Black or African American	58 (1.1%)	93 (3.3%)	2 (0.9%)	-	-	2 (0.3%)	8 (0.8%)	163 (1.6%)
Native Hawaiian or Pacific Islander	9 (0.2%)	-	-	-	-	-	-	9 (0.1%)
White	4309 (79.2%)	2025 (71.7%)	185 (79.1%)	170 (85.9%)	173 (77.6%)	455 (76.1%)	774 (78.3%)	8091 (77.0%)
Other Race	49 (0.9%)	111 (3.9%)	-	-	1 (0.4%)	5 (0.8%)	4 (0.4%)	170 (1.6%)
Two or More Races	15 (0.3%)	4 (0.1%)	-	-	-	-	-	19 (0.2%)
Unknown	955 (17.6%)	559 (19.8%)	47 (20.1%)	28 (14.1%)	49 (22.0%)	135 (22.6%)	201 (20.3%)	1974 (18.8%)
Ethnicity								
Hispanic or Latino	630 (11.6%)	1092 (38.6%)	14 (6.0%)	14 (7.1%)	8 (3.6%)	36 (6.0%)	63 (6.4%)	1857 (17.7%)
Not Hispanic or Latino	3771 (69.3%)	1331 (47.1%)	177 (75.6%)	150 (75.8%)	172 (77.1%)	445 (74.4%)	743 (75.1%)	6789 (64.6%)
Unknown	1040 (19.1%)	403 (14.3%)	43 (18.4%)	34 (17.2%)	43 (19.3%)	117 (19.6%)	183 (18.5%)	1863 (17.7%)
Occupation								
Agriculture or Animal Husbandry	130 (2.4%)	97 (3.4%)	27 (11.5%)	8 (4.0%)	17 (7.6%)	47 (7.9%)	73 (7.4%)	399 (3.8%)
Construction and Real Estate	102 (1.9%)	39 (1.4%)	5 (2.1%)	3 (1.5%)	1 (0.4%)	11 (1.8%)	17 (1.7%)	178 (1.7%)
Disabled, Retired, or Unemployed	620 (11.4%)	357 (12.6%)	35 (15.0%)	54 (27.3%)	36 (16.1%)	60 (10.0%)	174 (17.6%)	1336 (12.7%)
Educational Services	299 (5.5%)	115 (4.1%)	13 (5.6%)	4 (2.0%)	5 (2.2%)	42 (7.0%)	56 (5.7%)	534 (5.1%)
Food or Lodging Services	155 (2.8%)	31 (1.1%)	-	3 (1.5%)	1 (0.4%)	9 (1.5%)	19 (1.9%)	218 (2.1%)
Food Production (Meat/Poultry)	57 (1.0%)	504 (17.8%)	-	6 (3.0%)	-	1 (0.2%)	2 (0.2%)	570 (5.4%)
Healthcare Services	667 (12.3%)	221 (7.8%)	28 (12.0%)	20 (10.1%)	38 (17.0%)	72 (12.0%)	108 (10.9%)	1154 (11.0%)
Manufacturing or Heavy Industry	188 (3.5%)	55 (1.9%)	4 (1.7%)	2 (1.0%)	1 (0.4%)	27 (4.5%)	35 (3.5%)	312 (3.0%)
Minor or Student	680 (12.5%)	262 (9.3%)	22 (9.4%)	15 (7.6%)	16 (7.2%)	75 (12.5%)	112 (11.3%)	1182 (11.2%)
Professional Services	346 (6.4%)	137 (4.8%)	11 (4.7%)	10 (5.1%)	11 (4.9%)	34 (5.7%)	51 (5.2%)	600 (5.7%)
Public Sector	143 (2.6%)	61 (2.2%)	7 (3.0%)	2 (1.0%)	14 (6.3%)	10 (1.7%)	22 (2.2%)	259 (2.5%)
Retail	248 (4.6%)	72 (2.5%)	6 (2.6%)	8 (4.0%)	6 (2.7%)	13 (2.2%)	27 (2.7%)	380 (3.6%)
Self-employed	60 (1.1%)	17 (0.6%)	3 (1.3%)	3 (1.5%)	5 (2.2%)	4 (0.7%)	9 (0.9%)	101 (1.0%)
Social Assistance Services	107 (2.0%)	27 (1.0%)	6 (2.6%)	2 (1.0%)	5 (2.2%)	9 (1.5%)	12 (1.2%)	168 (1.6%)
Transportation and Automotive Services	107 (2.0%)	62 (2.2%)	10 (4.3%)	6 (3.0%)	4 (1.8%)	11 (1.8%)	23 (2.3%)	223 (2.1%)
Utilities	33 (0.6%)	18 (0.6%)	3 (1.3%)	1 (0.5%)	2 (0.9%)	7 (1.2%)	13 (1.3%)	77 (0.7%)
Missing or did not want to disclose	1499 (27.6%)	751 (26.6%)	54 (23.1%)	51 (25.8%)	61 (27.4%)	166 (27.8%)	236 (23.9%)	2818 (26.8%)

COVID EXPOSED & NOT VACCINATED

HOW TO QUARANTINE

If you have been within **6 feet** of someone with COVID-19 for a total of **15 minutes** or more on any day that they may have been infectious, you should quarantine.

PROTECT OTHERS

Especially if you live with someone who is not vaccinated OR is at high risk of severe disease...

WEAR A MASK

WATCH YOUR DISTANCE

← (6 Feet) →

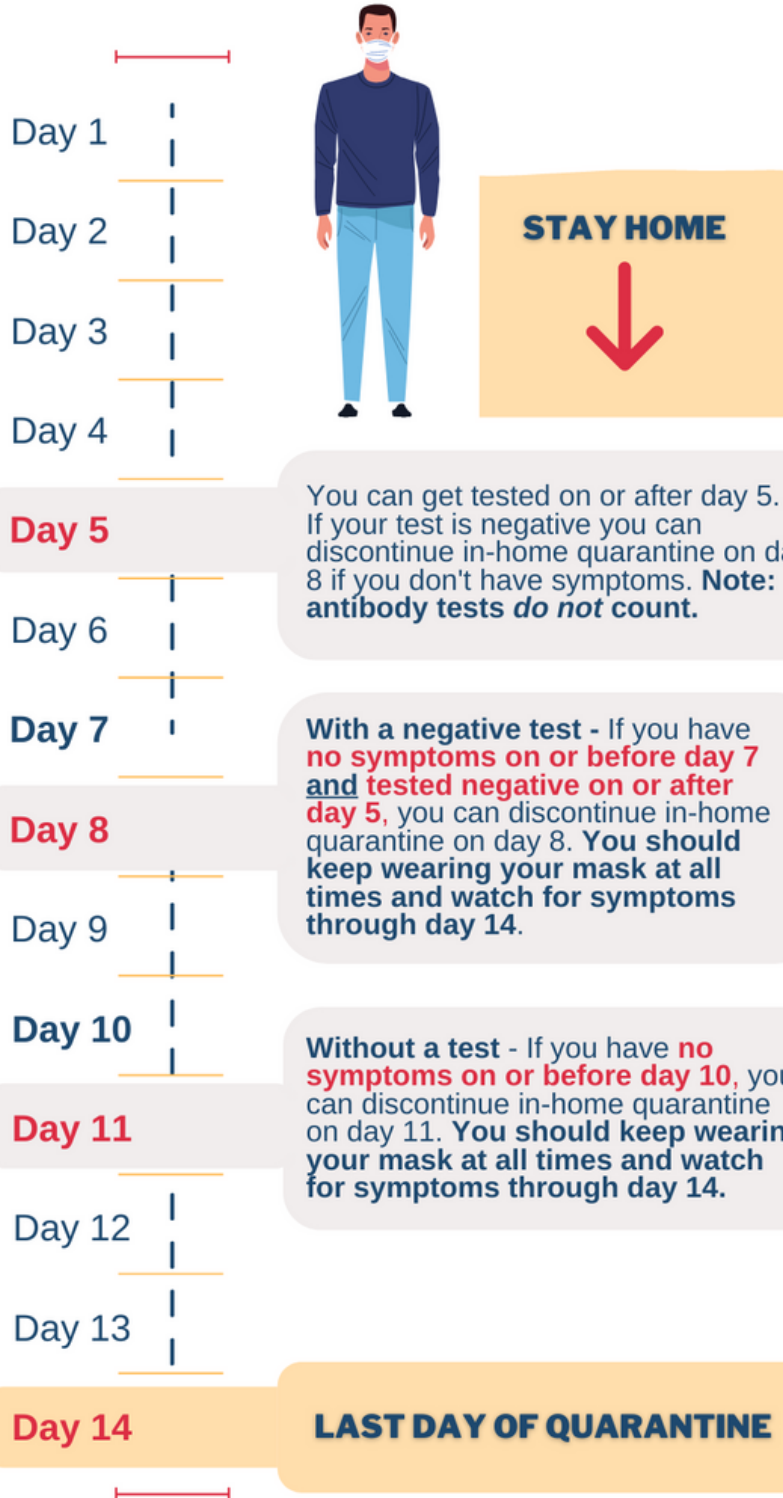
WASH YOUR HANDS OFTEN

WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you have COVID-19 symptoms

Isolate and call your doctor or local health department.



IF YOU ARE COVID EXPOSED AND FULLY VACCINATED, WATCH FOR SYMPTOMS FOR 14 DAYS.

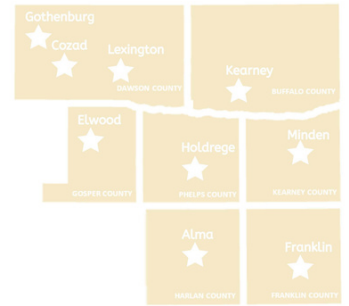
You are fully vaccinated 14 days after your final vaccine dose.

COVID Testing

As Covid19 swept across the state and our district, the State of Nebraska moved from testing by the National Guard to the program we know as Test Nebraska. In early June of 2020, TRPHD began to partner with it's health systems to set up test sites across our district. Early on, we started with 2 test sites, one in Kearney and one in Lexington. While working with our partners, we were able to quickly set up 8 test sites across the district to accommodate testing in 6 of our 7 counties. Testing was being completed daily, Monday through Friday. As the program grew, Test Nebraska accounted for nearly half of the testing being completed in our district. At the peak of testing in early November, our partners were completing nearly 1000 tests per week through the Test Nebraska program. As the holidays approached, testing began to decline. By the beginning of February 2021, testing numbers dropped considerably due in part to the vaccination efforts. As the roll out of vaccine began to climb, testing declined and our partners moved from testing to administering vaccine. By late February, some testing sites began to close down until early April when Kearney was the only city offering Test Nebraska. At present, Kearney is still offering Covid19 testing at the Buffalo County Fairgrounds every Wednesday and Friday from 8am to 8:30am. Test Nebraska will ended on July 16th due to limited need.

Free COVID-19 Testing Make an appointment at [TestNebraska.com](https://www.testnebraska.com)

If you have any questions or need assistance making an appointment, please call
Two Rivers
Public Health
Department
(888) 669-7154



Gothenburg

- YMCA @ Gothenburg Health 910 20th St
- Every other Tuesday 11am-1pm
- 11/3, 11/17, 11/17, 12/1, 12/15

Lexington

- 1003 Taft Street
- Every Monday's in November 11am-12pm
- Starting November 9th

Cozad

- Volunteer and Rescue Building
- Every other Wednesdays 9am-10am
- 11/11, 11/25, 12/9,

Alma

- 717 North Brown Street
- Every Thursday 9:30am-10:30am

Kearney

- Buffalo County Fairgrounds
- Every Monday 11am-1pm
- Every Wednesday 8am-11am
- Every Friday 8am - 10am

Franklin

- 1406 Q Street
- Every Monday 9am - 12pm
- Every Wednesday 9am-12pm

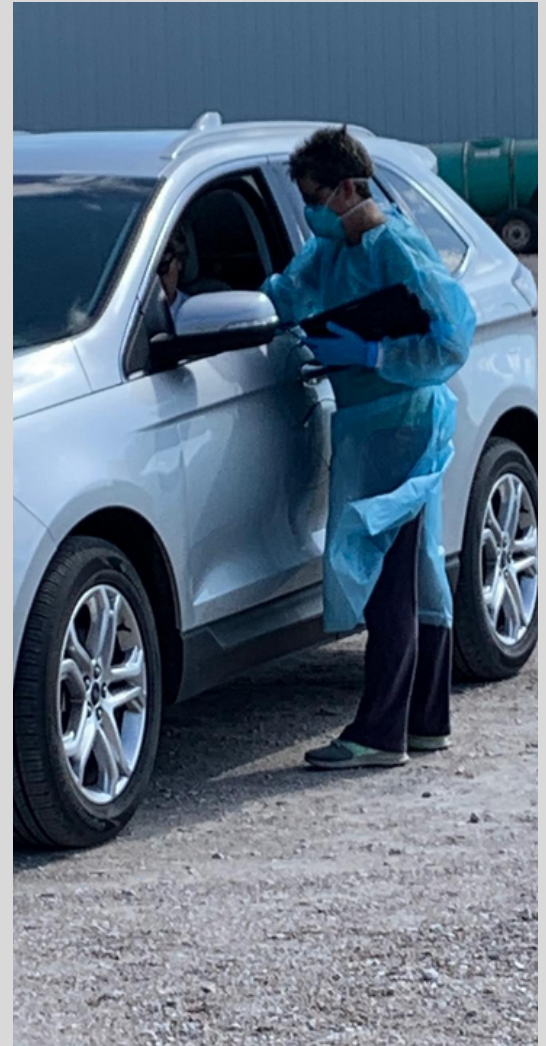
Holdrege

- Phelps County Fairgrounds
- Every Thursday 8am-10am

Minden

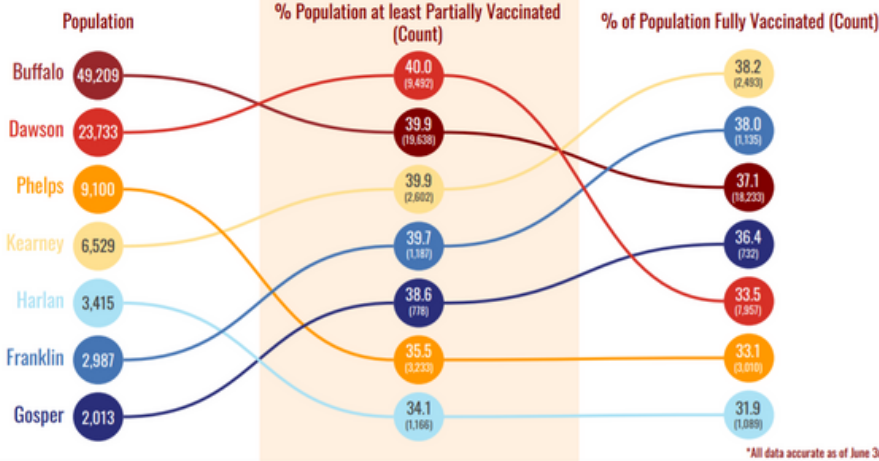
- Kearney County Fairground
- Every Tuesday 9am-11am

While waiting for test results, please remain at home



COVID Vaccinations

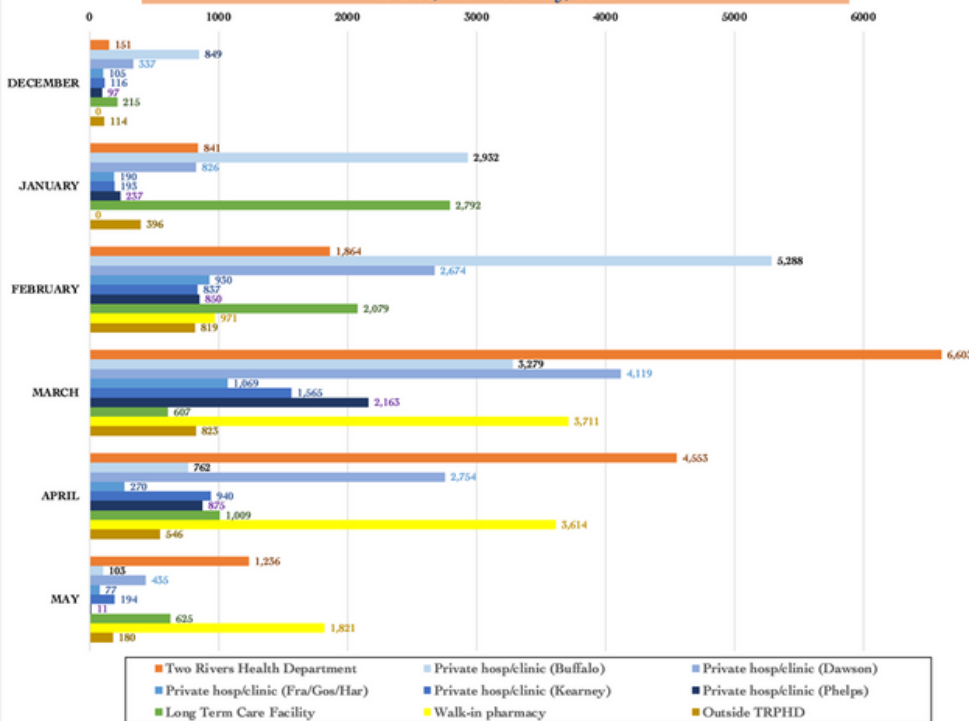
Vaccinations of Total Population in TRPHD



Two Rivers Public Health Department began distribution of COVID-19 vaccinations in late December with the authorization of the Moderna vaccination. Shortly afterwards, Pfizer was authorized by the FDA. Two Rivers closely followed the Nebraska DHHS vaccination prioritization guidelines, starting with health care workers and moving on to other essential personnel. By April, the COVID vaccination was available to the general population of 16 and older. On May 10th, 2021 the Pfizer vaccination was authorized for those 12 and older.

Two Rivers continues to work on vaccination efforts and invites all unvaccinated individuals to attend any of our clinics. Two Rivers has Pfizer, Moderna, and Jansen available at all clinics and can vaccinate anyone 12 years of age and older. Our mobile trailer visits towns all over our district on a three week rotation. An updated calendar can be found on our website. If you are unsure if the COVID vaccination is right for you, contact your local doctors office to get information specific to you from a trusted health care provider.

Monthly COVID Vaccine Doses Administered to TRPHD Residents by Provider: 15 Dec, 2020 - 31 May, 2021



Community Health Improvement Plan (CHIP)

Beginning in 2019, Two Rivers Public Health Department embarked on a process to complete a robust community health assessment. By asking community partners to complete a Mobilizing for Action through Planning and Partnerships process in tandem with a community health needs assessment.

This collaborative, interactive process allowed our incredible partners to drive the strategic thinking to prioritize public health issues.

The Mobilizing for Action through Planning and Partnerships (MAPP) process was developed in 2001. This process is one of the most widely used community improvement planning frameworks in local public health.

The MAPP process utilizes a six-phase framework to gain a holistic view of the entire community's health. Each phase assesses a different aspect of measuring public health. The phases are as follows:

1. Organize for Success & Partnership Development
2. Visioning
3. The Four Assessments
4. Identify Strategic Issues
5. Formulate Goals & Strategies
6. Action Cycle

MAPP is not an agency-focused assessment process; rather, it is an interactive process that can improve the efficiency, effectiveness, and ultimately the performance of local public health systems. The process proceeds as below.

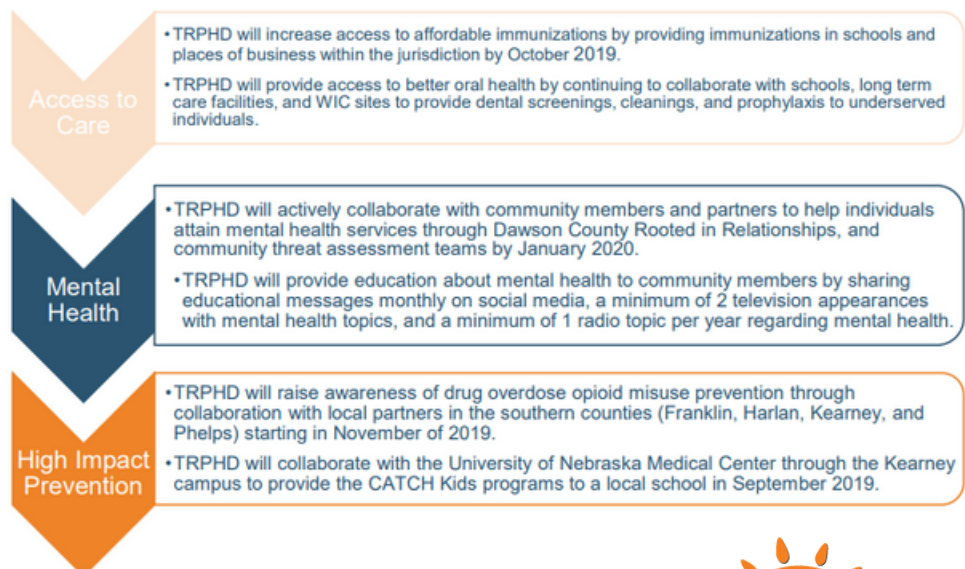


Phase 1: Organize for Success and Partnership

Development

Two Rivers Public Health Department (TRPHD) gathered partners in November 2019 to review the previous community health improvement plan, and to kick-off efforts for a new community health assessment and community health improvement planning process. Partners reviewed the previous goals.

After reviewing the previous priorities, several organizations agreed to partner with TRPHD to complete the MAPP process, share data, and work collaboratively to address the community's health.



Phase 2: Visioning

Completing a visioning process helps to build consensus around the core elements that will help inform the vision for improving community health in our district. Vision statements provide focus, purpose, and direction to the process so that participants collectively achieve a shared vision for the future. Through this process, TRPHD asked partners to envision and discuss the assets of ideally healthy communities. Partners also identified opportunities in our communities to address in order to gain assets identified in our ideal future communities.

Healthy Communities Look Like:

- Show well-rounded mental, physical, spiritual, social wellness, absence of disease, and safety
- Encourage access and empowerment of access to resources such as care, exercise, and wellness resources
- Health literacy is evident in all populations, and easy communication about health and wellness is universal
- Community leadership supports prevention, the use of resources available, celebrate culture and diversity • Community resources meet the community where they are
- There is health equity for all with zero health disparities

Opportunities to address:

- Due to the rural nature of our district access to transportation and travel can limit access to healthcare
- Improve access to behavioral health through encouraging practitioners to travel to communities, and through telehealth
- Increased health literacy can help individuals understand preventative measures, and literature in all languages will reinforce prior education
- Advocate for more billable services in long term care facilities, education for home care, and increased staff numbers
- Address underinsured populations
- Enrich access to wellness and fitness centers, and access to health screenings
- Increase access to basic needs including internet
- Engage families

Our Ideal future Community:

- Focuses on teaching youth healthy behaviors in order to have a healthier future
- Shares a vision that all communities in our seven counties can point to, and celebrate in the work completed
- Our community knows our shared vision, understands what we are working toward, we promote healthy lifestyles, and our community is empowered to seek help and receive resources
- Our community members feel their voices are heard and respected
- Organizations value community health workers
- The stigma of mental healthcare has been addressed and our community is empowered to seek help and resources

Phase 3: Assessments

SWOT Analysis:

To fully understand the abilities and opportunities in the district, we conducted a discussion surrounding strengths, weaknesses, opportunities, and threats. This discussion is summarized in this graphic.

STRENGTHS

Rural
Diversity of District
Population
Independent spirit
Able to create grassroots efforts
Several large employers draw in employees from large distances, especially in Buffalo, Phelps, and Dawson Counties

OPPORTUNITIES

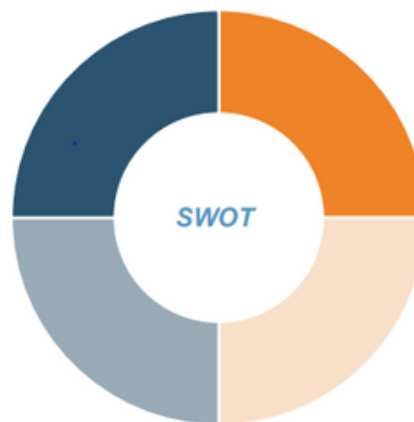
Rural Setting
Low population density, funding and resources often delegated to denser populations
Competition between localities, beginning to shift toward less competition
Awareness or access or knowledge of resources
Lack of buy-in to resources or provision of certain resources

WEAKNESSES

Low population density
Rural nature of district can create a disconnect
Small-town clinics not in-network with common insurance companies
Lack of understanding of navigating insurance
Understanding of cultures and languages
Connectedness of community (especially influenced by built environment, social media, and lack of trust)

THREATS

Low Level Health Literacy
Lack of cell and internet service, especially in rural areas
Lack of funding and funding sources
Stigma-not willing to share personal experiences
Lack of insurance companies keeping smaller locations in network
Acts of God that pull focus to more pressing issues.



Phase 4: Strategic Issues

TRPHD had to put the MAPP process on hold for several months in order to address pandemic concerns. The entire group was able to gather in August to review and understand all of the data assembled and presented as the Community Health Assessment. Several issues rose to the top of the queue to address, but the group chose

- Access to care
 1. Addressing the needs of minority populations
 2. Improved education surrounding healthy lifestyles using CLAS standards and health literacy
 3. Increasing vaccination rates
- Safe Environment
- Mental Health and Suicide Prevention

Phase 5: formulate goal's and strategies

Access to Care

Addressing Minority Populations Objective:

TRPHD will collaborate with local partners to create communication materials for our minority populations surrounding health behaviors and gather information to best understand the needs of the minority community within the next 60 days.

Improved Education Objective:

TRPHD will create a communication committee within the next 30 days to discuss the best system for consistent messaging (Joint Information Center-like). Ideally the collaborative group will run a targeted media campaign by January and evaluate the efficacy of the first campaign for improvement.

Increasing Vaccination Rates Objective:

TRPHD and partners will increase initial education efforts and build rapport with our community to encourage our community to appropriately use and follow approved vaccine schedules according to individual needs within the next 30 days.

Safe Environment

Safe Environment Objective:

Assess current work occurring in this area within the next 30 days to form a working group at a district level to share best practices

Mental Health and Suicide Prevention

Mental Health and Suicide Prevention Objective

TRPHD and collaborative group will partner with local behavioral health Region 2 and Region 3, especially the Nebraska Strong program, to share information immediately and improve access to mental and behavioral health resources locally. TRPHD will help both regions address the stigma associated with cost of care and perception of those accessing care

Phase 6: Action Cycle

With our collaborative partners, TRPHD will go forth and complete this work. We will document this work on a quarterly basis for the first year and reassess after completing one year's worth of work.



Immunization Program

Two Rivers is proud to be serving our community by providing a variety of regular childhood and adult immunizations. According to the Centers for Disease Control, on-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

All immunizations provided in the state of Nebraska are recorded in the, Nebraska State Immunization Information System. You can access your own immunization records by providing your date of birth and social security number. To access these records visit www.dhhs.ne.gov/nesiis

If you or your child are not up to date on immunizations, we are happy to provide vaccinations. Two Rivers is not a substitute for a doctors visit, our goal is to provide immunizations to those who do not have a regular provider, are between providers, or uninsured.

The Vaccines For Children (VFC) program is a federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. Two Rivers can provide free or low cost immunization for children. If you have questions or would like more information, please reach out to our office.

Vaccines Available:

- Flu
- Flu HD
- Pentacel
- Polio
- ActHIB
- Energix B
- Boostrix (Tdap)
- Harvix
- Bexsero
- Pediarix
- Menveo
- Infanrix
- Shingrix
- Gardasil
- Pneumovax23
- MMR
- Prevnar 13
- RotaTaq
- Varivax

VACCINE DOSES GIVEN BY TRPHD VFC CLINIC (NON-COVID)
(OCT 10, 2020 - MAY 20, 2021)

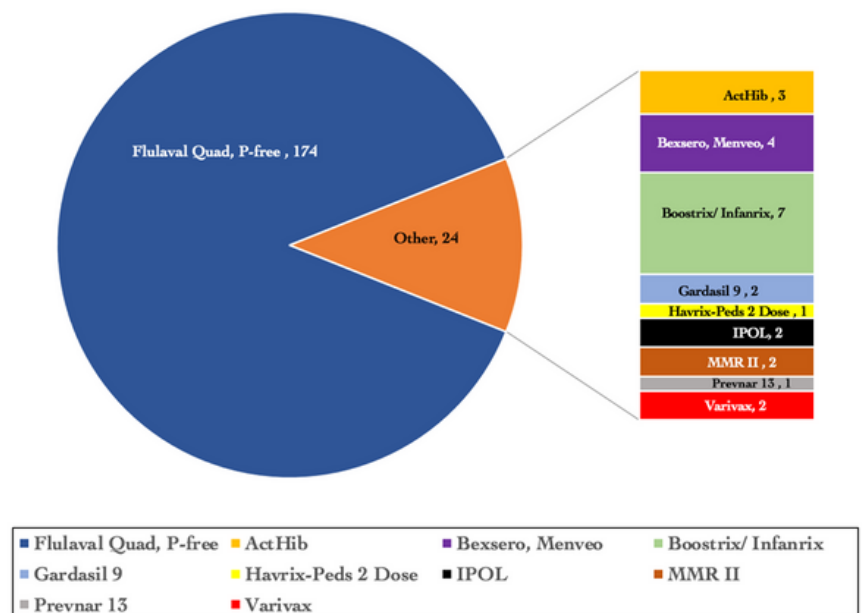


Table 1 Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger, United States, 2021

These recommendations must be read with the notes that follow. For those who fall behind or start late, provide catch-up vaccination at the earliest opportunity as indicated by the green bars. To determine minimum intervals between doses, see the catch-up schedule (Table 2). School entry and adolescent vaccine age groups are shaded in gray.

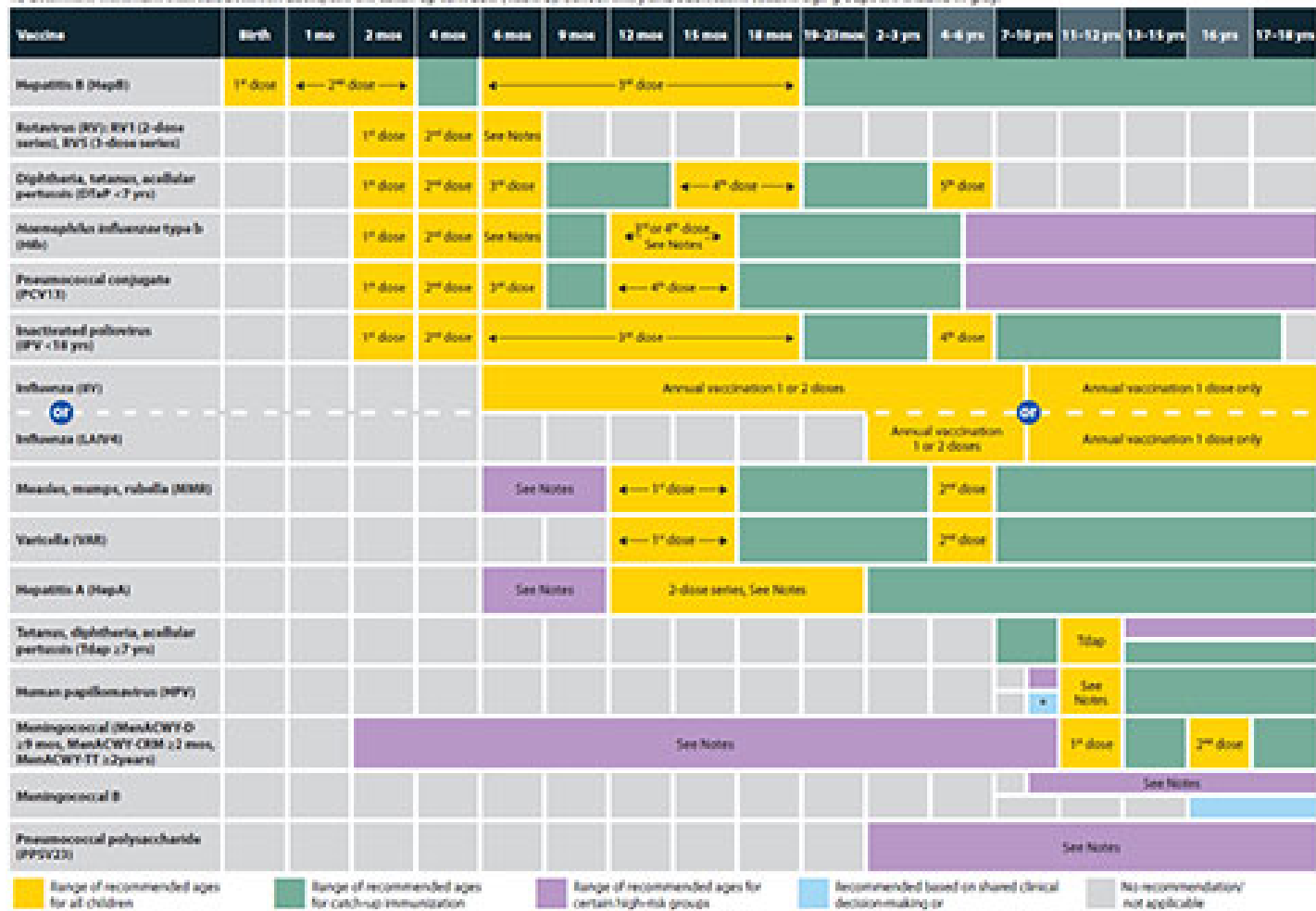


Table 1 Recommended Adult Immunization Schedule by Age Group United States, 2019

Vaccine	19-21 years	22-26 years	27-49 years	50-64 years	≥65 years
Influenza inactivated (IV) or Influenza recombinant (RIV) OR Influenza live attenuated (LANV)	1 dose annually				
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap, then Td booster every 10 yrs				
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)				
Varicella (VAR)	2 doses (if born in 1980 or later)				
Zoster recombinant (RZV) (preferred) OR Zoster live (ZVL)					2 doses OR 1 dose
Human papillomavirus (HPV) Female	2 or 3 doses depending on age at initial vaccination				
Human papillomavirus (HPV) Male	2 or 3 doses depending on age at initial vaccination				
Pneumococcal conjugate (PCV13)					1 dose
Pneumococcal polysaccharide (PPSV23)			1 or 2 doses depending on indication		1 dose
Hepatitis A (HepA)			2 or 3 doses depending on vaccine		
Hepatitis B (HepB)			2 or 3 doses depending on vaccine		

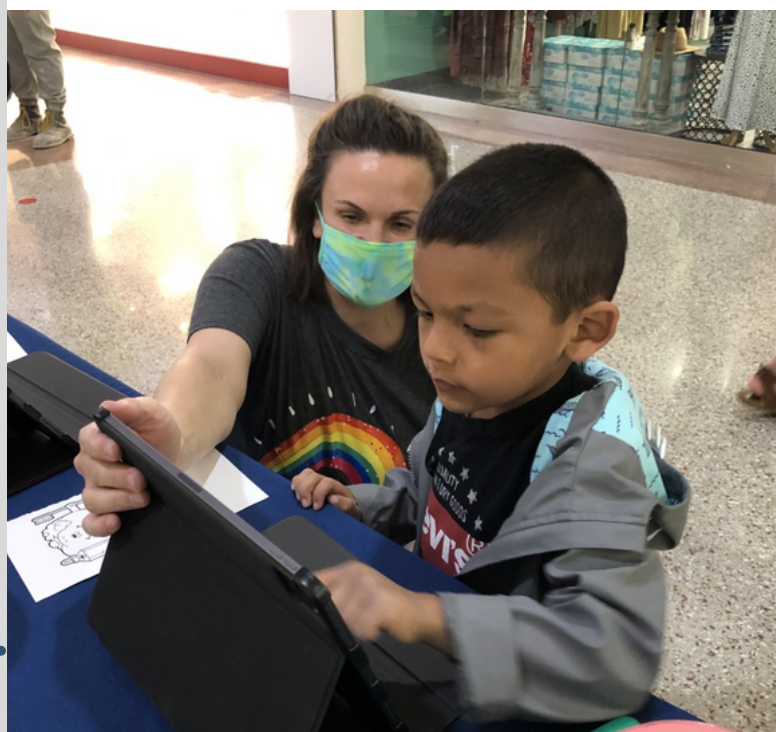
Lifesmiles Dental Program

Two Rivers Public Health Department's dental program, LifeSmiles, is a non-profit program aimed at providing preventative dental services and education with goals of increasing access to dental care and the reduction of oral disease. We partner with community-based groups including area elementary schools, preschools, Head Starts, and WIC programs. Services are provided to preschool – 2nd grade students in schools and include oral screenings, dental sealants, fluoride treatments, and education, in addition to providing toothbrushes and floss. We are funded primarily through a combination of grants and local donations.

In a typical year, we serve approximately 900 people. The past year has been challenging for our LifeSmiles program. Most services we provide are in a school-based setting and, due to Covid-19, we were not able to perform our usual screenings in schools. We are excited to resume in-person services beginning in the Fall of 2021. Other future plans include expanding our program to begin dental education and screening for families with children younger than preschool age.

Oral health is closely related to overall health. Studies have shown that gum disease is linked to a host of other diseases like diabetes, heart disease, lung infections and overall inflammation in the body. Tooth decay not only can cause pain but can also cause abscesses, loss of sleep and decreased school or work performance. The positive side is that caries (the infection that causes decay) can be prevented or managed by thorough cleaning, a diet low in sugary drinks and food, and regular visits to a dentist. An oral, head, and neck cancer screening is also important when visiting the dentist. Oral cancer rates have been increasing slightly over the past 20 years. The key with oral health is to screen early and often for problems. Brushing for two minutes twice a day with a toothpaste containing fluoride and flossing at least once a day is your best at home prevention against cavities and gum disease. Avoid tobacco products as they increase the risk for all types of oral diseases.

Please feel free to contact the LifeSmiles dental program for educational resources or with questions about our program. Our email is lifesmiles@trphd.org



Disease Surveillance

We work diligently in the early detection, intervention, prevention and education of communicable diseases. Our public health department is notified of communicable disease laboratory results through the National Electronic Disease Surveillance System (NEDSS). The community health nurse investigates each report, which may include patient interviews and physician consultations. Recommendations are made to patients to prevent, promote, and protect the health of community members.

Below is a list of examples of some of the diseases/illness we monitor and investigate in our jurisdiction:

- Enteric/Foodborne illnesses: Salmonella, Shiga toxin producing E. Coli, enteropathogenic E. Coli, Campylobacter, Cryptosporidium, Shigella, etc.
- Vaccine Preventable Diseases: Pertussis, Measles, Rotavirus, Varicella, Hepatitis A, Hepatitis B, etc.
- Vectorborne/Arboviral diseases: Lyme disease, Rocky Mountain Spotted Fever, Dengue, West Nile, Tularemia, Zika, etc.
- Zoonotic Diseases: Rabies, Brucella, Toxoplasmosis, etc.
- Environmental: Lead poisoning, carbon monoxide poisoning, ricin poisoning
- Miscellaneous category: TB, Hepatitis C, Bacterial Meningitis, Legionella, Histoplasmosis, Influenza, etc.

Vector borne Illness Investigations

The West Nile Virus program tracks the spread of West Nile Virus as well as other arboviruses including; chikungunya, dengue, zika, and malaria. This program uses disease surveillance carried out through health departments statewide with support through the DHHS Epidemiology and Informatics unit, mosquito population testing and bird population testing through the Nebraska Public Health Laboratory, and education to prevent the spread of West Nile Virus.

Foodborne Illness Investigations

In the new, we often hear about romaine lettuce and chicken causing food borne illnesses such as e. coli or salmonella. Other foods such as eggs, raw flour, un or under cooked meats and poultry, contaminated fruits and veggies, unpasteurized milk, and more can cause foodborne illness outbreaks. Some symptoms of a foodborne illness include: diarrhea, vomiting, abdominal cramps, nausea, fever, and fatigue. Symptoms can last one to seven days. If you experience these symptoms, we encourage you to get tested with your local health care provider as soon as possible. By getting tested, you could help identify a foodborne illness outbreak!

Flu Investigations

Two Rivers Public Health Department works with administrators in all local schools to do regular surveillance for influenza like illnesses through a weekly survey every Wednesday. This survey looks at absenteeism from illness. Tracking of specific symptoms and illnesses in children enables public health to determine if there is an outbreak or a public health emergency in a timely manner.

Many cases are never reported because influenza is not a reportable disease in Nebraska unless the laboratory performing the test participates in electronic laboratory reporting. We do not attempt to track – or get reports on – all cases. Most cases are never reported to anyone, since most people with influenza never see a doctor about their illness – and many of those who do are never tested

Flu vaccinations are a preventative tool that can be used to help protect, children, working age adults, and older adults. Starting in October, Two Rivers will be providing Flu vaccinations to children and adults. If you are interested in receiving a flu vaccination, please contact our office to make an appointment! Unsure if the flu vaccination is right for you? Contact your local doctor. They will be able to give the best advice that is personalized for you!



TRIMERS

Healthcare coalitions were established across the United States to bring health care organizations and their response partners together to jointly prepare for disasters and public health emergencies that threaten to overwhelm the capability and the capacity of the medical community to respond. They are funded by the Department of Health and Human Services through the National Bioterrorism Hospital Preparedness Program.

Healthcare coalitions consist of healthcare organizations, health departments, emergency managers, medical response, and public safety partners that all have one goal. That goal is to ensure that their communities are safer, healthier, and more resilient.

Two Rivers Public Health Department is part of the Tri-Cities Medical Response System (TRIMRS) Healthcare Coalition. TRIMRS is one of six healthcare coalitions in Nebraska. The TRIMRS region covers 23 counties, over 2,500 square miles, four health departments, 18 hospitals, 25 emergency managers, and 500,000 residents.

While hospitals, health departments and emergency managers make up the majority of the TRIMRS membership, other area entities also involved in the TRIMRS health care coalition or as partners to the health care coalition through work on subcommittees and task forces include:

- EMS Regional Coordinators/EMS representatives
- Region 3 Behavioral Health Services
- Ham radio operators
- American Red Cross
- Funeral Directors
- Volunteers (Central Nebraska Medical Reserve Corps)

Opioids

Opioids are a group of pain-relieving drugs that work by interacting with opioid receptors in your cells. Opioids can be naturally derived from the opium poppy plant and are also made in a lab synthetically. They are prescribed by doctors and are effective in treating pain. There are also illegal drugs in the opioid category such as Heroin.

Opioids can be very dangerous and are at the forefront of the drug overdose crisis. Opioids are highly addictive, and overdoses and death is not unusual.

TRPHD is working to raise awareness of drug overdose and prevention in our jurisdiction. TRPHD staff is gaining knowledge, partnering with other agencies, and using focus groups and surveys to create a local crisis plan to combat this crisis.



Environmental Health

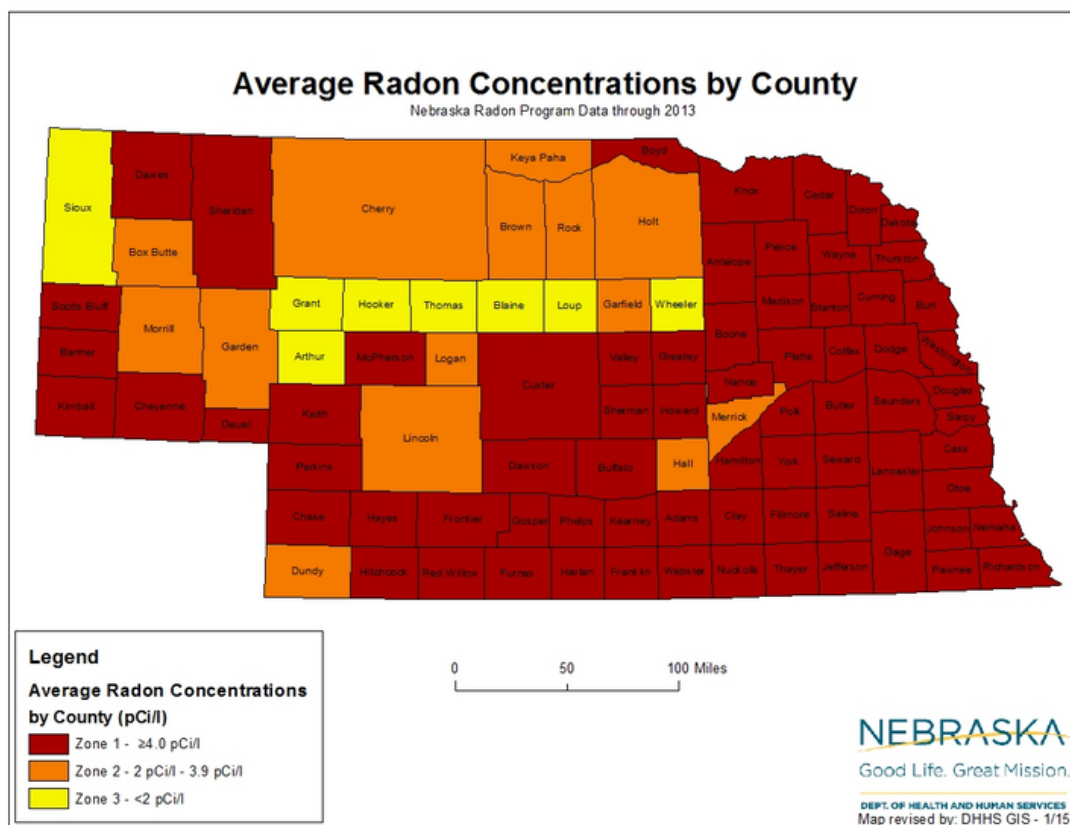
Radon

Radon is a radioactive gas from bedrock rich in uranium. This gas travels through the soil and may enter your home. This gas is invisible, odorless, and tasteless. Breathing in Radon is the second leading cause of lung cancer behind smoking and is responsible for approximately 21,000 deaths each year in the United States. To best protect yourself and your family, it is important that you test your home.

Each county in Nebraska is unique. For the Two Rivers district, the average levels of radon vary widely. Here are the percentages of houses that test high in your county:

- Buffalo County: 56%
- Dawson County: 37%
- Franklin County: 70%
- Gosper County: 51%
- Harlan County: 66%
- Kearney County: 62%
- Phelps County: 62%

If you are interested in having your home tested for Radon, visit our website or contact Two Rivers at (888) 669-7154 and ask to purchase a Radon kit. Radon Kits cost \$10 to be picked up at the office or \$12.50 to mail.



Environmental Health

Air Quality

Air pollution can cause serious health conditions and local air quality can affect our daily lives. Air quality can change every day, so the EPA developed the Air Quality Index. The Air Quality Index (AQI) measures the 5 most common air pollutants and how to avoid the effects of the pollutants. Common air pollutants and their health effects are:

Ozone- ground-level ozone, also known as smog, can cause irritation or a burning sensation in your throat, irritation in your lungs, and can cause reduced lung function causing your chest to feel tight.

Particle pollution- a mixture of solids and liquid droplets in the air, events like forest fires release high amounts of particle pollutants into the air and can aggravate a number of health conditions and deaths from heart or lung disease

Carbon Monoxide- odorless and colorless gas, exhaust from vehicles contribute to roughly 75% of all carbon monoxide emissions nationwide, carbon monoxide limits the amount of oxygen reaching the body's organs and tissues, causing serious illness

Sulfur Dioxide- colorless, reactive gas that is produced when sulfur containing fuels are burned, sulfur dioxide can cause an asthma attack in those who suffer from asthma, and can cause chest tightness and shortness of breath in those who do not have asthma

To check the air quality in your area, visit airnow.gov

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health alert: everyone may experience more serious health effects.
Hazardous	301 to 500	Health warnings of emergency conditions. The entire population is more likely to be affected.

AQI table courtesy of airnow.gov



Rooted In Relationships

Rooted in Relationships (RiR) is a statewide initiative that partners with communities to implement evidence-based practices that enhance the social-emotional development of children birth through age 8.

RiR supports communities to implement the Pyramid Model, a framework of evidenced based practices that promotes the social, emotional, and behavioral competence of young children in selected family child care homes and child care centers. In addition, each community establishes a multi-disciplinary stakeholder team charged with developing and implementing a long-range plan to influence the early childhood systems of care to support the healthy social-emotional development of children.

Dawson County began implementing the RiR initiative in 2014. In 2020 the work was expanded to include Frontier County. The work is coordinated by Two Rivers Public Health Dept. In 2020, 444 families and 586 children were served directly through the Pyramid implementation or through parenting classes. The number of families served indirectly through community events or information share was 16,271 and the number of indirect children served was 3056.

Dawson RiR supported 3 Circle of Security parenting classes (one given in Spanish) as well as two Pyramid parenting classes. Every library in the county (5) has received 6 backpacks filled with social emotional books, activities and ideas for engagement

.In Gothenburg a free drive- in movie was shown with 71 families and children in attendance. RiR, COS-P and Dawson Pyramid videos were shown prior to the screening of "Charlotte's Web". Every child was given a bag with RiR, COS-P and Pyramid resources an emotion wrist band, a social emotional book and hand sanitizer.

Four additional events were planned for the Week of the Young Child however they were cancelled due to Covid.

Five Pyramid Module trainings were held with up to 15 providers attending at each one.

Eight Pyramid Collaboration meetings were held with up to 23 providers at each meeting.

Coaching continued with 9 child care providers in Cohort 3 and 12 new child care providers in Cohort 4.

Dawson County RiR addressed the Pandemic challenges and stressors in the following ways: Pandemic supplies were given to all 35 licensed child care providers and centers, including no touch thermometers and soap dispensers, cleaning materials, paper towels, toilet paper, and trash bags. Two Rivers Public Health Department also supplied the coaches with thermometers and hand sanitizer.

All child care centers received a gift card to their local grocery store to allow them to purchase much needed cleaning supplies.

Pandemic resource packets were made for 21 past and current RiR child care providers. Packets focused on pandemic information and activities (games, social stories, and information pertaining to rules and expectations). Packets were intended to help child care providers stay connected with families and children.



Emergency Preparedness

When disaster strikes, it is important to be prepared. Having a safety plan for your family and emergency supply bags can make some of the worst times a little more manageable. For a full "Family Disaster Plan" contact our office and we are happy to provide a virtual or paper copy of the plan and assistance filling one out.

Ready.gov can provide more information on how to prepare for certain disasters that may affect the area that you live in.

Emergency Kits

Emergency kits can take many forms and be stocked in many different places. When preparing your kit, keep in mind they should be easily accessible to all in the home and easy to take with you in a hurry. Old backpacks and duffle bags make great kits! Each family member should have an individual kit and the items in the kit may vary based on the age and needs on the individual. Kits should have enough food and supplies for 3-7 days.

Items to consider for you kit:

- Copy of family safety plan
- 3-7 days of nonperishable food for each person in your household
 - canned meat, vegetables and fruit; crackers; jerky; soup; peanut butter; dried fruit; dry cereal; and granola bars; packaged cookies or treats
 - opt for cans that do not need a can opener
- Enough water for 3-7 days for each person in your household
 - An individual should drink one gallon of water per day
 - Small water bottles can be set in the bags with large gallons in a close by location
- Paper plates, bowls, cups, plastic forks and spoons
- 1 flashlights and 1 headlamp per person in the household
- One battery powered or crank radio per household
- Fire extinguisher
- Waterproof matches
- First aid kit
- Face masks
- Hand sanitizer and disinfectant wipes
- Copy of important family documents
 - Birth certificates, Social Security cards, passports
- Small tool kit
- Sleeping bags or blankets

Other items to consider:

- Feminine hygiene products
- Extra prescription medications or glasses
- Infant formula and diapers
- Books, games, or puzzles
- Pet food, water, and supplies
- Local Map



Consider keeping the following items in your car:

- Rope
- Flares
- Shovel
- Work gloves
- Safety goggles
- Jumper cables
- Fix-a-flat
- Extra house key
- Water (1 gallon jug)
- Maps
- Tool bag (Hammer, pliers, screwdrivers, pry bar, wrenches)
- First Aid Kit
- Cash in small denominations
- Warm clothing, extra gloves, hats, jackets
- Blanket
- Non-perishable food items

Basic Emergency Procedures

Tornado

Tornados can happen at anytime and anywhere. You never know where you will be and it is important to know what to do in different situations.

If you are inside...

- Go to the basement if you have one, or find a small interior room on the lowest level
- Stay away from windows, door, and outside walls
- Use your arms to protect your head and neck
- Use a radio, phone, or TV to listen to local or national weather
- Stay inside until instructed it is safe to leave

If you are in your car...

- If you can safely get to a sturdy building, then do so immediately
- If you can not find a sturdy building, stay in your car
- DO NOT try to out run a tornado in your car
- DO NOT go under an overpass or bridge. You are safer in a low, flat location
- Keep your seat belt on and bend down below the window. Use your hands to cover your head and neck. If you have a blanket, coat or other cushion, use those as well
- Use your radio or phone to listen to local or national weather
- Stay inside your car until instructed it is safe to leave and find shelter

If you are outside, without a car...

- If you can safely get a sturdy building, then do so immediately
- If you can not find a building, get as far away from cars, trees, and other debris
- Lie flat and face-down on low ground, protecting the back of your head and neck with your arms. If you have a blanket, coat, or other cushion, use that as well
- Stay in this position until it is safe to move and find shelter

Flood

IF YOU ARE UNDER A FLOOD WARNING, FIND SAFE SHELTER RIGHT AWAY

If you are inside...

- Go to the highest level of the building
- DO NOT climb into a closed attic. You may become trapped by rising flood water
- Only go onto the roof if necessary and once there, signal for help

If you are in a car...

- Do not attempt to walk, swim, or drive through flood waters. Turn around, Don't Drown!
- Just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off bridges over fast-moving water
- Do not go around a barricade. Local responders use them to safely direct traffic out of flooded areas
- If your car is trapped by rapidly moving flood water, stay inside. If water is rising inside the car, get on the roof

Depending on the type of flooding:

- Evacuate if told to do so.
- Move to higher ground or a higher floor.
- Stay where you are.

Basic Emergency Procedures

Extreme Heat

Extreme heat is humidity with temperatures above 90 degrees for two to three days. In this weather your body works extra hard to maintain body temperatures, which can lead to illness or death.

Cooling temperatures in your home...

- Cover windows that prevent light from getting in
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside
- Install window air conditioners and insulate around them
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air
- Avoid using your stove and oven

Keeping cool tips...

- Stay inside. When going outside avoid being out for long periods of time and seek shade often
- If you do not have air conditioning visit a friend, the mall, or public library
- Wear loose, lightweight, light colored clothing
- Drink plenty of fluids and stay hydrated
- Take cold showers or baths
- Avoid high energy, outdoor activities
- Do not use a fan when temperatures are above 95 degrees. They create air flow but do not help to reduce body temperature, and put you at an increased risk for heat related illness

Heat Cramps

- Muscle pains or spasms in the stomach, arms, or legs
- What to do: go to a cooler location, remove excess clothing. Take small sips of sports drink with salt and sugar. If you are sick and need medical attention, call your healthcare provider and follow their instructions.

Heat Exhaustion

- Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, fainting, nausea, vomiting
- Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take small sips of cool sports drinks with salt and sugar. Call your healthcare provider if symptoms get worse or last more than an hour

Heat Stroke

- Extremely high body temperature (above 103) taken orally
- Red, hot, and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion, unconsciousness
- Actions: Call 911 or get the person to the hospital immediately. Cool down with whatever methods are available until medical help arrives

Snowstorms & Extreme Cold

A winter storm can last a few hours or several days. These storms can knock out heat, power and communication services putting individuals at an increased risk for car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

- Limit your time outdoors. Stay inside and stay warm.
- If you do go outdoors, dress in several warm layers
- Avoid overexertion when shoveling snow
- Use generators outside only and away from windows

If you are in a car...

- Find shelter immediately.
- If you can not find shelter, stay in your car.
- Keep a "go-bag" in your car with extra hats, gloves, coats, and blankets
- DO NOT leave your car running the whole time. Turn your car on long enough to heat the whole car and then turn it off. When it gets cold again, repeat. You do not want to run out of gas.

Frostbite

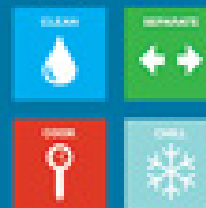
- Loss of feeling and color around the face, fingers and toes
- Numbness, white or grayish-yellow skin, firm or waxy skin
- Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia

- A body temperature below 95 degrees is an emergency
- Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness
- Actions: Go to a warm room, warm the center of the body first (cheek, neck, head, and groin). Keep dry and wrapped up in warm blankets, including the head and neck.

For more information on preparing for these emergencies and more, visit ready.gov/be-informed





Food Safe Shopping & Storage

March 2018

Following these tips when buying and storing food can help prevent foodborne illness

DO



DON'T

Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags

Choose meat, poultry, or seafood in damaged or leaking packaging

DO



DON'T

Place meat, poultry, seafood, and eggs in plastic bags at checkout

Buy eggs with cracked shells or damaged cartons

DO



DON'T

Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs

Remove eggs from carton or keep them in the refrigerator door

DO



DON'T

Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F

Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods

DO



DON'T

Set refrigerator temperature to 40 °F or below and freezer at 0 °F or below (as indicated by an appliance thermometer)

Overfill the refrigerator or freezer

DO

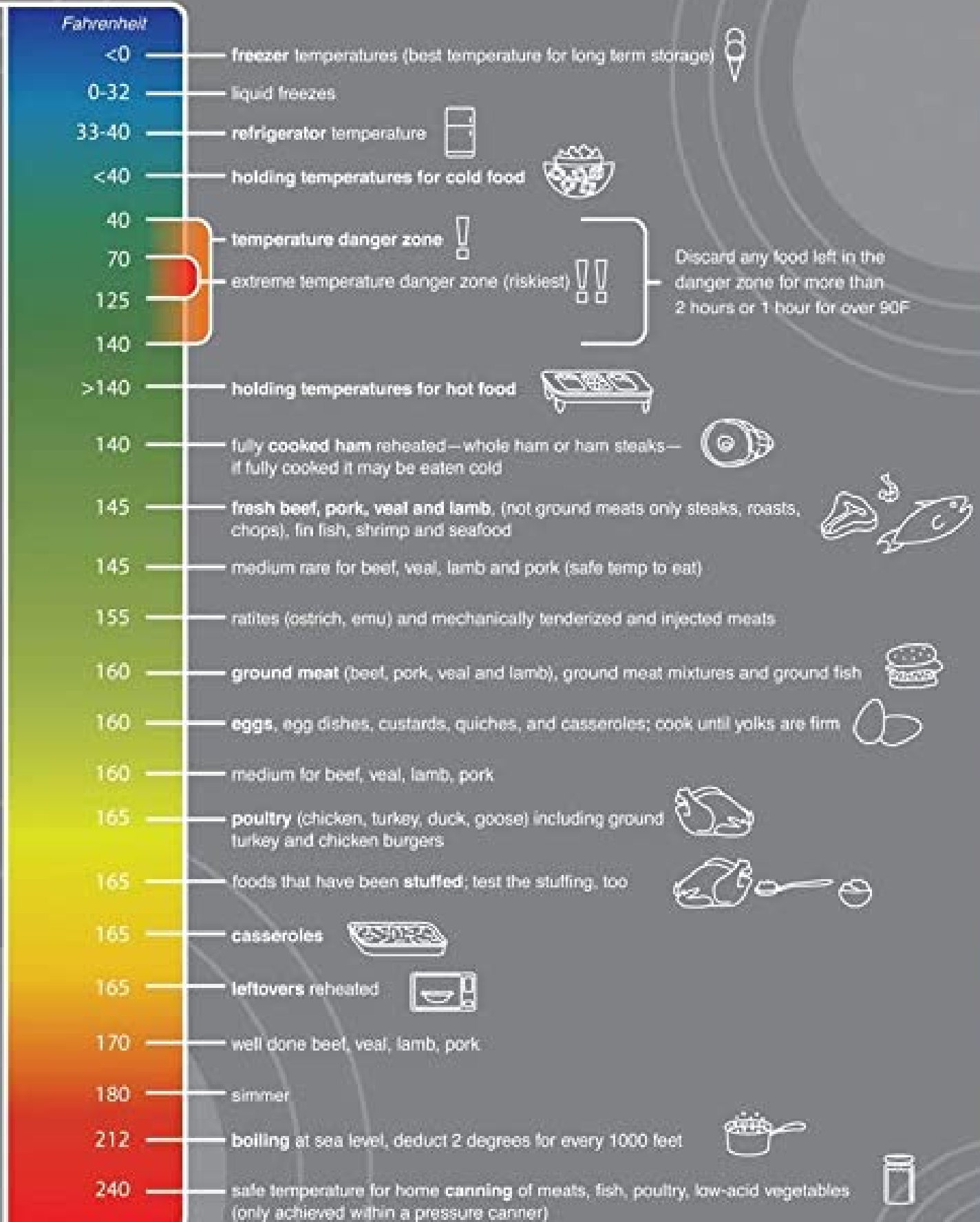


DON'T

Defrost food in the refrigerator, in cold water, or in the microwave – and cook immediately

Thaw meat, poultry, or seafood on the counter

FOOD SAFETY TEMPERATURE GUIDE



Source: USDA

For more information see <http://www.foodsafety.gov> or <http://www.fsis.usda.gov>

Mental Health

Mental Health

Your emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. (Mentalhealth.gov)

Mental Illness

A wide range of conditions that affect mood, thinking, and behavior. Mental illnesses are associated with distress and/or problems functioning in social, work or family activities. (American Psychiatric Association)

Self Care

The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

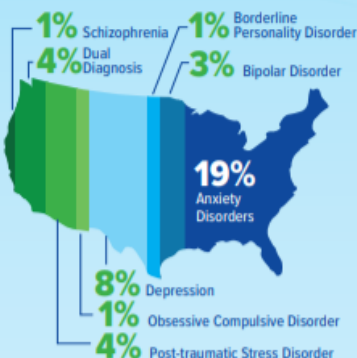
1 in 20

1 in 20 U.S. adults experience serious mental illness

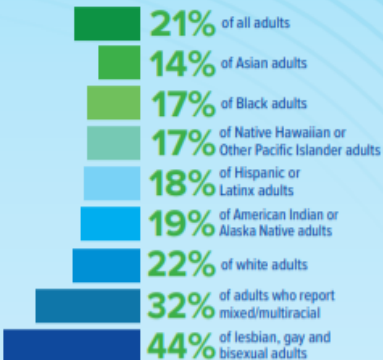
17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health care professional



Call the NAMI HelpLine at 800-950-NAMI (6264)



Connect with friends and family



Join a support group

The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

PERSON

18% of U.S. adults with mental illness also have a substance use disorder



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



At least 8.4 million Americans provide care to an adult with an emotional or mental illness

FAMILY

Caregivers spend an average of 32 hours per week providing unpaid care



21% of people experiencing homelessness also have a serious mental illness

COMMUNITY

37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders

WORLD



Depression is a leading cause of disability worldwide



Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity

How to find a good therapist

- Call the number on the back of your insurance card to find someone in network. Ask your insurance company what they cover such as specific therapists and how many sessions.
- Use sites like Psychology Today or Good Therapy to search for therapists in your area (you can filter for personal preferences).
- Look into therapist that specializes or have experience in the areas you are needing to work on. Therapist may specialize in depression, anxiety, PTSD, self help, LGBTQ+ help, or more. Having a therapist who has a specialty means they will have the best resources to support you.
- If finances are an issue, contact your local health clinic, employer (inquire to see if EAP is offered), or University for resources available for you. Call 211 and see what options they may have for you.
- After finding several options, see if a consultation is offered. Have a list of questions prepared to see if this is the right therapist for you.
- If you are looking for a therapist who has a specialty not available locally, look into telehealth therapy websites.
- Insurance companies will not be able to see your diagnosis if you opt out of health benefits and pay the full fee.
- Remember that choosing a therapist is a very personal matter. There is no one therapist that is good for everyone. It is important that you feel a sense of trust and that this therapist can help you.

Positive coping skills

Everyone deals with stress differently, but having positive coping skills can help everyone to improve their mental health. Not everyone will have the same coping skills and that is okay! Find a few that work for you and keep a list for when you need them.

- Write, draw, paint, photography
- Play an instrument, sing, dance, act
- Take a shower or a bath
- Garden
- Take a walk
- Watch television or a movie
- Watch cute videos on YouTube
- Play a game
- Clean or organize your environment
- Talk to someone you trust
- Set boundaries and say "no"
- Spend time with friends and/or family
- Serve someone in need
- Care for or play with a pet
- Make a gratitude list
- Keep inspirational quotes on your phone
- Join an exercise class or group
- Create a daily routine
- Write a list of goals
- Read
- Have a snack
- Avoid caffeine
- Meditation or breathing exercises
- Spend time outside
- Step back from some involvements
- Schedule time for yourself

WHAT IS...DEPRESSION?

Depression is a disorder that impacts people's mood and makes them feel sad and lonely a lot. Depression makes it really hard for people to have fun or enjoy things that they used to.



SYMPTOMS

- Feeling sad, guilty, worthless, or hopeless
- Feeling tired all of the time
- Sleeping too much or not enough
- Having trouble focusing
- Not wanting to do fun things
- Eating too much or not enough
- Not liking yourself
- Missing school
- Not wanting to be around other people

DEPRESSION CAN BE CAUSED BY A NUMBER OF THINGS. IT CAN ALSO AFFECT EVERYONE - CHILDREN, TEENS, AND ADULTS ALIKE.

TREATING DEPRESSION

MENTAL HEALTH THERAPY

Talking to a therapist about negative thoughts and feelings can be helpful for someone with depression. Therapy is also a place to learn healthy ways of coping with symptoms.

MEDICATION

Sometimes medication might be helpful. Depression can impact the way that our brain works, and medication can help to fix it and make us happier.

IF YOU FEEL THAT YOU MIGHT BE DEPRESSED, LET A PARENT OR A TRUSTED ADULT KNOW. THEY WILL BE ABLE TO GET YOU THE HELP THAT YOU NEED. **IF YOU EVER HAVE THOUGHTS ABOUT WANTING TO HURT YOURSELF, TELL SOMEONE IMMEDIATELY. IF A FRIEND EVER TELLS YOU THAT THEY MIGHT WANT TO HURT THEMSELVES, TELL AN ADULT IMMEDIATELY.**

WHAT IS...ANXIETY?

Anxiety is when something causes us to feel nervous and afraid. People who have an Anxiety disorder have a more intense reaction. It can start to impact their grades, behaviors, and relationships with others.



ANXIETY CAN BE CAUSED BY A NUMBER OF THINGS. SOME PEOPLE EXPERIENCE IT FOR NO REASON. OTHERS ARE TRIGGERED BY TESTS, BEING ON STAGE, OR BEING AROUND OTHER PEOPLE. SUFFERING FROM ANXIETY CAN MAKE YOU WANT TO AVOID CERTAIN SITUATIONS AND PLACES.

SYMPTOMS

- Worrying a lot
- Feeling very nervous and afraid
- Trouble breathing
- Numbness or tingling in your hands or feet
- Feeling dizzy
- Feeling very weak
- Sweating
- Headache or stomach ache
- Heart beating really fast
- Muscles feel really tight
- Having a lot of thoughts going through your head

TREATING ANXIETY

MENTAL HEALTH THERAPY

A therapist can help someone suffering from anxiety learn how to better cope with their symptoms so that they are not as intense. It can also be helpful to talk about the triggers to see why they cause anxiety for that person.

MEDICATION

Medication won't cure anxiety, but it can help to decrease the symptoms.

SELF-HELP

Someone suffering from anxiety can help lessen some of their symptoms by doing certain things on their own. Doing relaxation, eating healthy, and getting sleep are helpful ways to decrease anxiety.

IF YOU FEEL LIKE YOUR ANXIETY IS MORE THAN IT SHOULD BE, OR IF IT STARTS AFFECTING CERTAIN AREAS OF YOUR LIFE, TALK TO A PARENT OR A TRUSTED ADULT!

WHAT IS...ADHD?

ADHD stands for Attention-Deficit/Hyperactivity Disorder. People with ADHD can have trouble focusing and/or are really hyper and do things without thinking.



SYMPTOMS

- Trouble paying attention and staying focused
- Feeling like you always need to be moving
- Fidgeting and squirming when having to sit
- Talking a lot, even when it's time to be quiet
- Hard time following directions
- Forgetting easily and losing important items
- Making mistakes on schoolwork because of small details
- Trouble sitting for a long amount of time
- Blurting out and interrupting people

NO ONE REALLY KNOWS WHAT CAUSES ADHD, BUT THEY DO KNOW THAT THERE ARE DIFFERENCES IN THE BRAIN ACTIVITY OF PEOPLE WHO HAVE IT. ADHD MAY ALSO RUN IN FAMILIES AS WELL.

TREATING ADHD

MENTAL HEALTH THERAPY

Working with a therapist can help someone with ADHD learn how to manage their behavior. Therapy can help them learn different ways to stay focused and be less hyper and impulsive. This will hopefully improve their behaviors, grades, and relationships.

MEDICATION

There are many different types of medication that are helpful for ADHD. Medication is not always needed, but it can help reduce the hyper behaviors and make it easier to focus.

EVEN THOUGH THERE IS NO CURE FOR ADHD, MANY PEOPLE LEARN HOW TO MANAGE THE SYMPTOMS AND LIVE A SUCCESSFUL LIFE!

WHAT IS...PTSD?

PTSD stands for Post Traumatic Stress Disorder. People with PTSD can feel anxious, scared, or nervous when they're reminded about something terrifying that happened in the past. It might be something that happened to them or something that they saw happen to someone else.



TYPES OF TRAUMATIC EVENTS

- Death of a loved one
- A natural disaster
- War
- Seeing violence
- Abuse or neglect
- Serious accident
- Being taken away from home
- Bullying
- Serious illness
- Family member in jail

SYMPTOMS

- Feeling really uncomfortable when something reminds you of the event
- Not wanting to be around anything or anyone that reminds you of what happened
- Having flashbacks or nightmares about the event
- Having strong body reactions when you're reminded about the event (shaking, sweating, fast breathing, upset stomach, fast heartbeat, etc.)
- Having feelings of fear, anger, worry, guilt, hopelessness, or helplessness about the event

TREATING PTSD

MENTAL HEALTH THERAPY

Working with a therapist can help someone with PTSD learn how to cope with the symptoms. A therapist can help them learn different ways to calm their body when reminded about the event. In therapy, a person can also learn how to talk about the event and change their thoughts so that they can cope with the PTSD feelings that occur.

MEDICATION

There are many different types of medication that are helpful for PTSD. Medication might not always be needed, but it can help some people feel happier and less worried about what happened.

PTSD CAN SOMETIMES MAKE PEOPLE FEEL LIKE THEY WANT TO HURT THEMSELVES. **IF YOU EVER HAVE THOSE FEELINGS OR THOUGHTS, TELL AN ADULT IMMEDIATELY. IF A FRIEND EVER TELLS YOU THAT THEY MIGHT WANT TO HURT THEMSELVES, TELL AN ADULT IMMEDIATELY.**



Physical Activity for Adults

It is recommended for the average adult to have 150 minutes of moderate physical activity or 75 minutes of strenuous physical activity a week. We know 150 minutes each week sounds like a lot of time, but it doesn't have to be. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. That could be 30 minutes a day, 5 days a week. You can even break it up into smaller chunks of time during the day. Create a plan that works for you with activities that you enjoy.

Source: CDC

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Not everyone enjoys the same activities. Finding the right activities for you can make the difference. Some people may enjoy going for a jog, while others may get their physical activity from gardening or playing with grandchildren. Trying new classes or activities can help keep you active when struggling with motivation or when you need ideas on how to be active. Many workout classes have moved online, making it easier to access new and free workout classes. Check out YouTube to find a fun class that you can try in the comfort of your living room! Below are some ideas for physical activities:

- | | | | | | |
|-------------|---------------|----------------|------------------|-------------|------------|
| Biking | Flag football | roller skating | walking pets | Walking | Bowling |
| Hiking | Jump rope | Skiing | swimming | Kite flying | Kickboxing |
| Playgrounds | Raking Leaves | Making snowmen | horseback riding | Trampoline | kayaking |
| Gardening | Yard work | apple picking | ice skating | Dancing | volleyball |
| Yoga | | | | | Tai Chi |

Physical Activity for Older Adults

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely. When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week (for example, 30 minutes a day, 5 days a week) because of chronic conditions, they should be as physically active as their abilities and conditions allow.

Source: CDC

Resources to Support Children

How to wash your hands properly

- 1 Wet your hands
- 2 Liquid soap
- 3 Lather and scrub - 20 sec
- 4 Rinse - 10 sec
- 5 Dry your hands
- 6 Turn off tap

DON'T FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

Wash Your Hands
with soap for at least 20 seconds

You can sing the Happy Birthday song TWICE, or try one of these:

Hey now, you're
an all-star, get
your game on, go
play

Hey now, you're a
rock star, get the
show on, get paid

And all that
glitters is gold

Only shooting
stars break the
mold

Oh no, not I,
I will survive

Oh, as long as I
know how to love,
I know I'll stay alive

I've got all my life
to live
And I've got all my
love to give and I'll
survive

I will survive, hey,
hey!

I see a little
silhouetto of a man

Scaramouch,
scaramouch, will
you do the
fandango?

Thunderbolt and
lightning, very very
frightening me

Gallileo,
Gallileo, Gallileo,
Gallileo, Gallileo
Figaro - magnifico

More 20-second song ideas? Submit them at:
www.IC.tips/20-seconds

10 TRUTHS ABOUT HEAD LICE

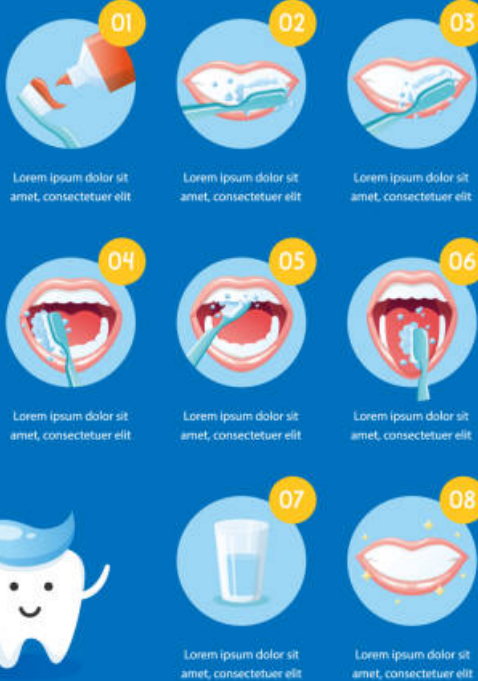
GET THE FACTS ABOUT THIS CREEPY, CRAWLY PARASITE AND LEARN HOW TO DEAL WITH AN INFESTATION



- 1 Lice are **NOT** A PRODUCT of **POVERTY** or **POOR HYGIENE**.
- 2 Head lice **CANNOT HOP, JUMP** or **FLY**. They crawl from person-to-person from direct contact, like **POSING FOR A SELFIE** or using **A FRIEND'S HAIRBRUSH**.
- 3 Sometimes, **LICE DON'T CAUSE SYMPTOMS FOR 4-6 WEEKS**. The main symptom is **ITCHING**.
- 4 Head lice **DO NOT** spread disease.
- 5 Contrary to popular belief, head lice **CANNOT BE SPREAD** by pets.
- 6 Lice **LIVE CLOSE** to the **SCALP** on the head and on the **BACK OF THE NECK**.
- 7 **LICE EGGS** - called nits - are very **HARD TO REMOVE** by hand. Use a **NIT COMB** to **SCRAPE** them off the **HAIR SHAFT**.
- 8 Adult lice usually **DIE AFTER 48 HOURS** and **NITS DIE A WEEK** or two **FOLLOWING REMOVAL**.
- 9 Washing clothes and bedsheets in **WATER HOTTER THAN 130 F** will kill living lice and nits. Items that cannot be washed should be **PLACED IN PLASTIC BAGS FOR TWO WEEKS**.
- 10 Head lice **CANNOT BE KILLED BY REGULAR SHAMPOO** or frequent **BATHING**. **TREATMENT** of lice may **TAKE TWO APPLICATIONS** of a medicated shampoo applied **9 DAYS APART**.

Scripps

How to brush your teeth



Name: _____

Age: _____

	MORNING		NIGHT		MORNING		NIGHT		MORNING		NIGHT	
MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	WEEK 1		WEEK 2		WEEK 3		WEEK 4					



Top Tips:

- Brush your teeth last thing at night and at least one other time during the day with a fluoride toothpaste.
- Spit out after brushing and do not rinse. Leaving the fluoride on your teeth makes them stronger.
- After eating, wait for one hour before brushing your teeth.
- Use dental floss or interdental brushes to clean between your teeth once a day
- Change your toothbrush every 3 months
- Cut down how much and how often you have sugary foods and drinks, especially between meals.

Age Range Guidelines:



0 - 6 months

Newborn Oral Finger Swab fits over an adult finger; make wet with water and rub over the upper and lower gums to remove food debris.



6 months - 2 years

Infant Finger Toothbrush also fits on an adult finger; can use with water or a smear-size amount of toothpaste to remove dental plaque as the teeth start to erupt.



2 - 3 years

Baby Toothbrush start to use when your baby can first hold things; it has soft bristles and a large grip handle. Use with smear-size amount of toothpaste.



3 - 4 years

Toddler Toothbrush can be used by young child who can start to brush on their own. Use with a pea-size amount of toothpaste.



5 - 6 years

Child Toothbrush for larger child who has better brushing skills and more space in their mouth. Use with a pea-size amount of toothpaste.



Timer

Tooth Timer and all of these items should be used for two minutes, twice a day, every day.

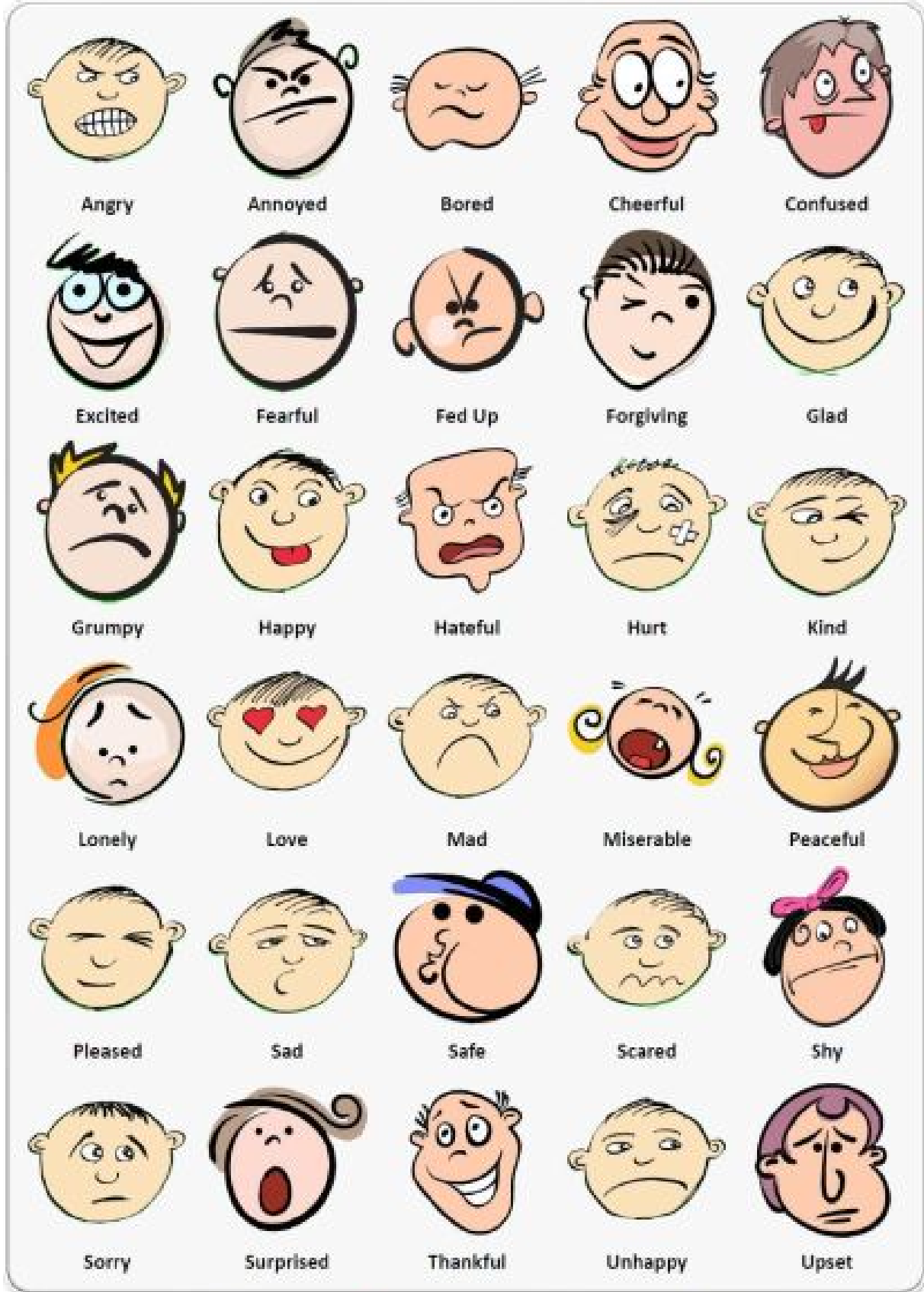
Oral hygiene aids should be utilized only under adult supervision and suggested ages may vary. Toothpaste should contain fluoride as recommended by the American Dental Association.

To find a Dentist contact the Nebraska Dental Association at 402-476-1704 or http://www.nedental.org/oral_health/find_a_dentist.html

For more information, contact the Office of Oral Health and Dentistry: dhs.ne.gov/dental

Emotions Chart

For children up to 8 years old



Nurturing Positive Mental Health

AND Self Care in Children

Talk about stress, and stress relieving activities.



Share your feelings with your children; encourage them when they share theirs.



Cultivate good friendships and teach your children what makes a good friend

Practice self-care and talk about why it's important



Healthy Body, Healthy Mind; talk about the links between the two



Listen to what's important to your children



CHILDREN'S MENTAL HEALTH FACTS



1 in 5 children suffer from a mental health or learning disorder



80% of chronic mental health disorders begin in childhood



anxiety disorders can make students 2x as likely to drop out or fail a grade



mental health problems in children ages 6 to 17 continue to rise

Sources
Centers for Disease Control and Prevention
Children's Mental Health Network
Mental Health America



Early Warning Signs to Mental Health Problem



#ListenToTheirConcerns

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- 1 Eating or sleeping too much or too little
- 2 Pulling away from people and usual activities
- 3 Having unexplained aches and pains
- 4 Having low or no energy
- 5 Feeling helpless or hopeless
- 6 Feeling numb or like nothing matters
- 7 Smoking, drinking, or using drugs more than usual
- 8 Yelling or fighting with family and friends
- 9 Thinking of harming yourself or others
- 10 Hearing voices or believing things that are not true
- 11 Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- 12 Experiencing severe mood swings that cause problems in relationships
- 13 Having persistent thoughts and memories you can't get out of your head
- 14 Inability to perform daily tasks like taking care of your kids or getting to work or school



International
Pharmaceutical
Students' Federation
Asia Pacific Regional Office



Get Connected. Get Help.™

THE FIRST MOST ESSENTIAL RESOURCE FOR ANYONE WHO NEEDS HELP

The 2-1-1 Helpline is a free service that refers callers to these non-emergency health and human services:

- Housing Assistance:
Rent Assistance, Utility Assistance, Deposit Assistance
- Clothing
- Counseling
- Employment
- Financial Assistance
- Food Pantries/Meal Sites
- Health Clinics
- Landlord/Tenant Issues
- Seasonal Services:
Tax Preparation, Holiday Assistance
- Shelters:
Homeless, Victims of Domestic Violence or Sexual Assault
- Transportation

DIAL: 2-1-1
TEXT: 898211
VISIT: ne211.org



Vision

Two Rivers Public Health Department envisions a health district where all are able to safely and actively live, learn, work, and play in their communities. Two Rivers Public Health Department facilitates collaboratives, partnerships, and unique approaches that educate, empower, and engage local community partners, health providers, political decision-makers, community leadership, and the public.

Two Rivers is proud to serve our community; however, the work our office does would not be possible without the support of our amazing partners. Thank you to all our partners for your hard work in ensuring a healthy community for all!

 888-669-7154

 www.trphd.org

 orders@trphd.org