



November

2023



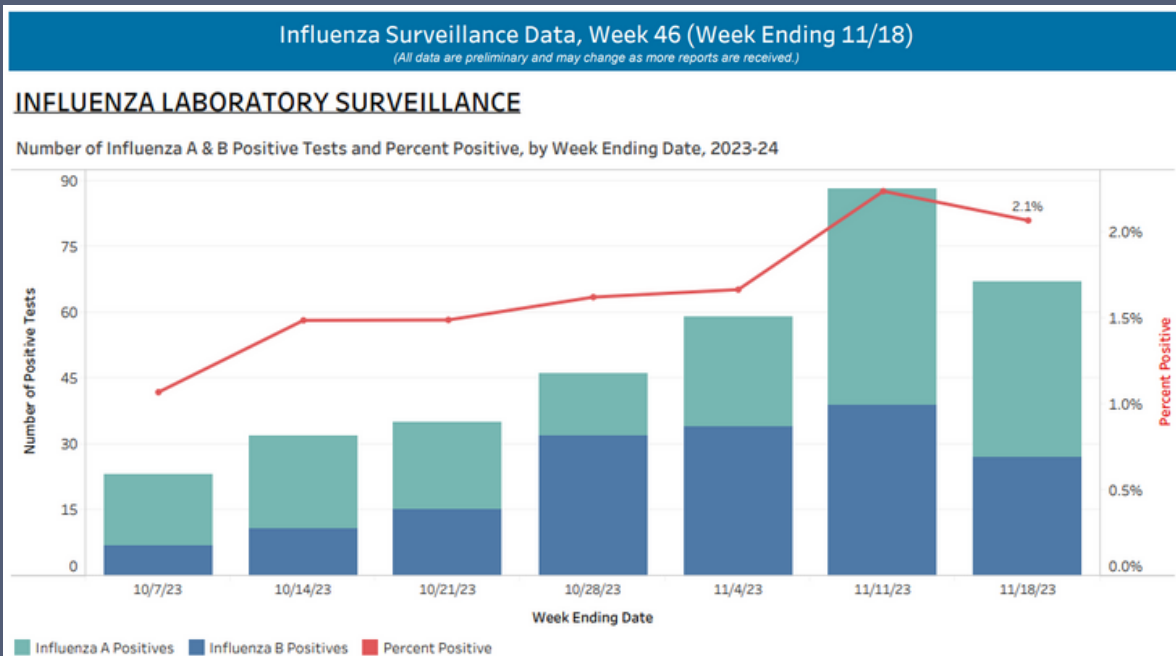


It's Respiratory Season!



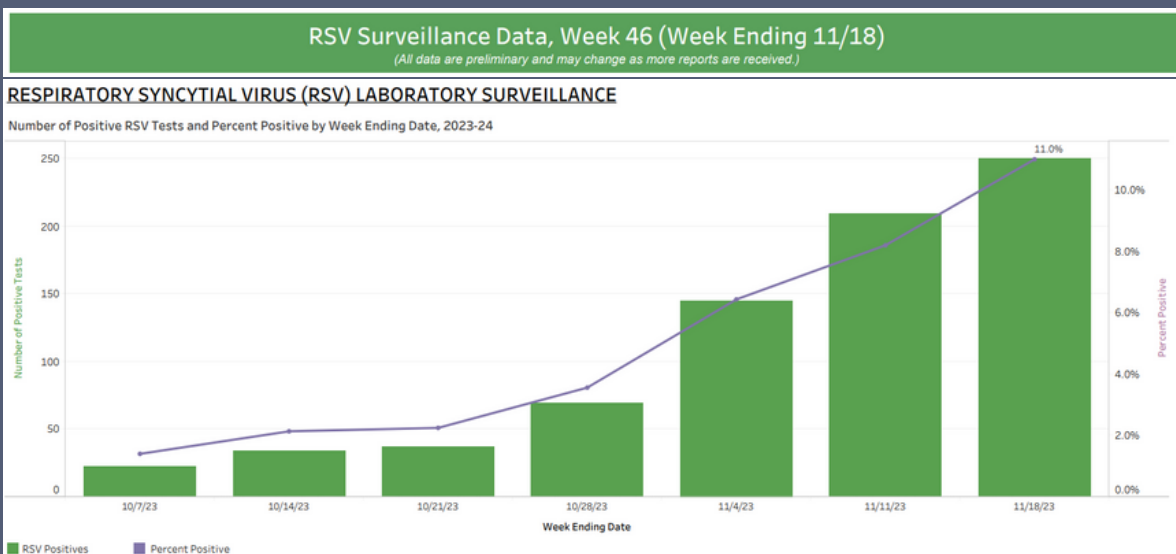
Many respiratory viruses circulate in the fall and winter seasons causing illness of varying severity across the United States. Three common viruses include flu, RSV (respiratory syncytial virus) and COVID-19. Talk to your doctor to see if you are up to date on your vaccinations.

- Flu vaccination is recommended for everyone 6 months of age and older.
- RSV vaccination is recommended for adults 60 years of age and older after having a discussion with your healthcare provider.
- COVID-19 vaccination is recommended for everyone 6 months of age and older.



Right now, the overall seasonal respiratory illness in Nebraska is minimal.

➔ **Flu Stable**
➔ **RSV Increasing**
➔ **COVID-19 Increasing**





Preparedness:

Erica Carpenter, Emergency Response Coordinator's abstract entitled Dynamic Dream Team was selected to present at the 2024 Preparedness summit in Cleveland Ohio.

The abstract details coordination between Erica at Two Rivers and Emergency Response Coordinators at Loup Basin Public Health Department, Central District Health Department, and South Heartland District Health Department. The four health departments have planned and held several exercises together to meet grant requirements.

Below: A tabletop exercise hosted by area health departments.



Health Education:

Two Rivers Public Health Department Health Educator Hayley Jelinek has been working to partner with county jails across the district to hand out Drug awareness materials and Narcan to inmates being discharged with substance misuse issues. Thus far TRPHD is partnering with Harlan County Jail, and Phelps County Jail.

Narcan, also known as Naloxone. is a medication called an "opioid antagonist" used to counter the effects of opioid overdose, for example morphine and heroin overdose. Specifically, naloxone is used in opioid overdoses to counteract life-threatening depression of the central nervous system and respiratory system, allowing an overdose victim to breathe normally.

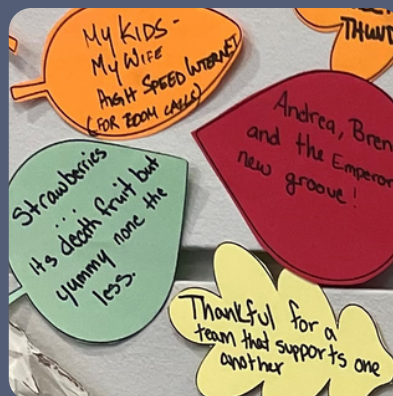
How to administer Narcan Nasal Spray

1. Open
2. Check (Nozzle, Plunger)
3. Insert
4. Spray
5. Roll onto side

If the person who has overdosed remains unresponsive after 2-3 minutes, keep giving additional doses until they're alert or until emergency assistance arrives.

Thankfulness

This past month TRPHD employees (and even a few community members) created a gratitude tree. This was a way for staff members to reflect on people and things in their life they are thankful for while tapping into our crafty side. The intention for the tree was a way to strengthen our sense of joy and social connection. This promotes greater motivation and a sense of community as many staff members were thankful for the same things.





We're Lead Certified

Training



TRPHD hosted a training for health departments across the state. This training is required for individuals to become Lead-Based Paint Inspectors, and Lead Hazard Risk Assessors.

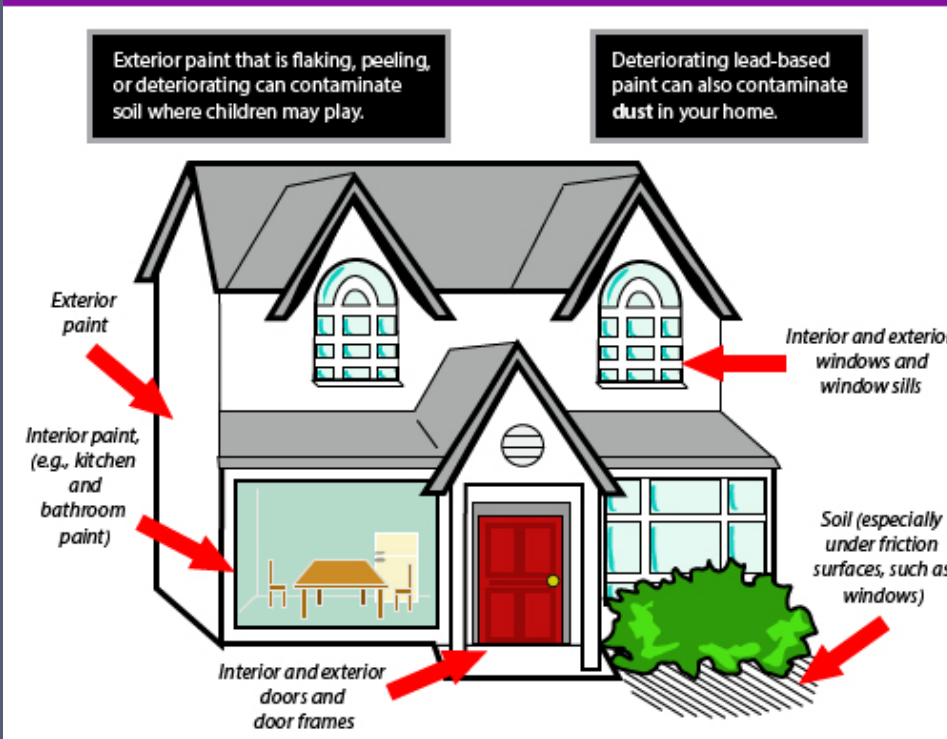
A representative from DHHS then joined the group at the end of the week to proctor the required assessments for licensure. All individuals in the classes passed!



Environmental Lead Paint Investigations

Lead-based paint can be found both inside and outside the home. Do you know where to look for lead?

You can get a lead paint inspection and/or a risk assessment to find out whether there is lead in your home. A lead paint inspection tells you the lead content of every painted structural part (doors, walls, windows, etc.) of your home.



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Pb

Lead

207.2



www.epa.gov/lead

#leadfreekids

