



May

2023



FOR JOINING US FOR HEALTHY KIDS DAY 2023





TRPHD'S Mission!

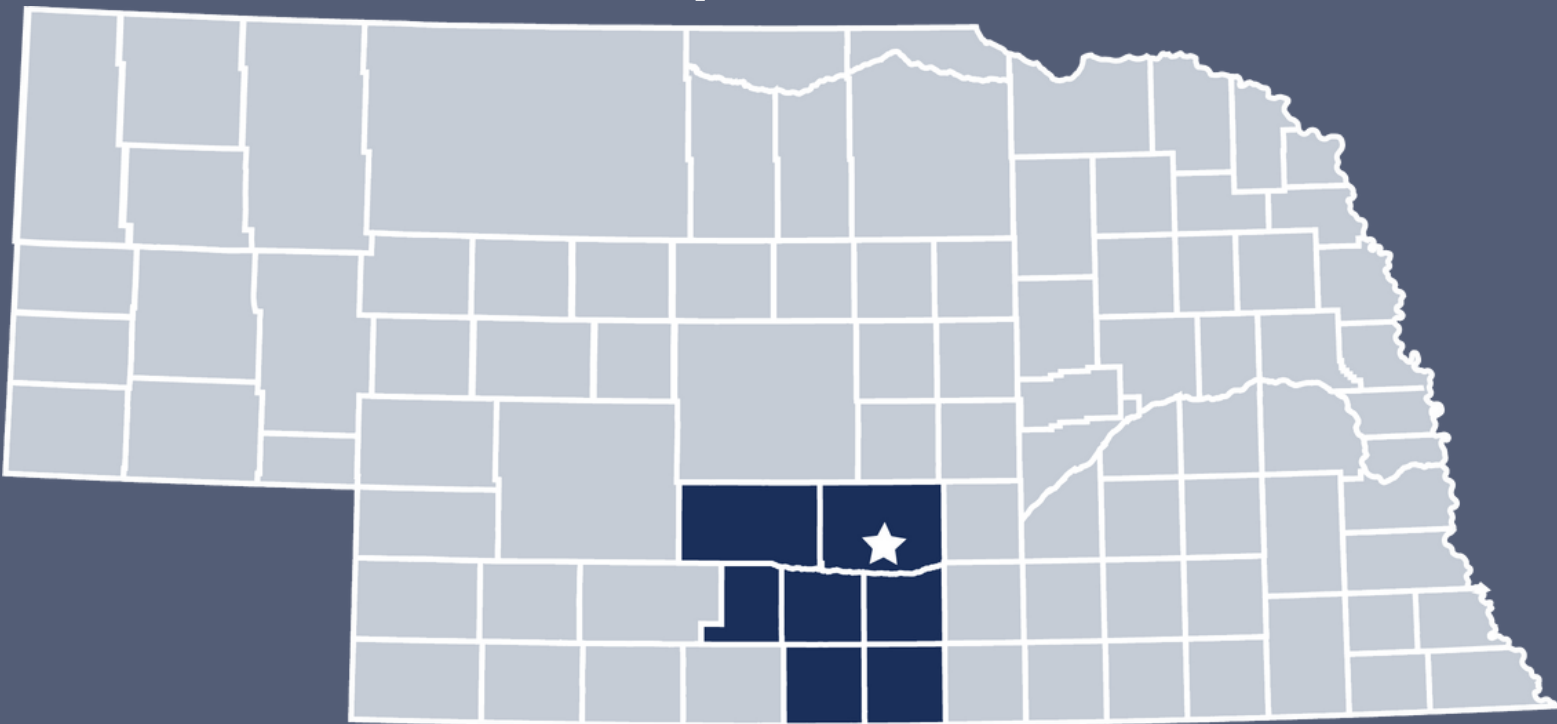
Two Rivers Public Health Department engages collaborative partners, community leaders, and the public to promote healthy lifestyles, provide preventative education, assure environmental quality, and create more healthy and safe communities for all who live within the district.

TRPHD'S 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.

7 Counties (~4,624 square miles)

Total Population: 97,519



Counties and Population:

Buffalo: 50,114

Dawson: 23,510

Phelps: 9,006

Kearney: 6,652

Harlan: 3,311

Franklin: 2,940

Gosper: 1,986





Something Tick(led) My Arm!

It's that time of year again, mosquitos and ticks are looking for willing victims. TRPHD staff will begin collecting sample insects of local ticks and mosquitos for identification and testing. The collected ticks and mosquitos will be tested for diseases that circulate in Nebraska like West Nile Virus, Rocky Mountain Spotted Fever, Ehrlichiosis, and more. TRPHD will share the results of these tests.

I encourage you to prevent tick and mosquito bites by using EPA-approved repellants according to the instructions on the label. If you are unsure about what repellant is correct, I recommend using this [EPA Tool](#) which can be found by searching for 'EPA's find the right repellant for you' tool.



Pictured above: Dog tick captured at Gallagher Canyon State Recreation Area

Employee Highlight

Front: Rosa Pinon, Back: Rita Kaul

Rosa is one of TRPHD'S LPN Program nurses. She wears many hats but one of them is lead TB nurse for our jurisdiction. Rosa also translates documents from English to Spanish when needed in order to bridge the language barrier for our Spanish-speaking community members.

She has experience as a Surgical Tech, Pediatrics, Geriatrics, Respiratory nurse, Dental and Hygiene assistant, and Scribe. Rosa was working as an office nurse at a family practice office and doing COVID testing at a respiratory clinic during the COVID pandemic. Rosa noticed an opportunity to work at TRPHD and decided that she wanted to work more with the community to be a Spanish-speaking nurse at TRPHD. She hopes to help bridge the gap with our Spanish-speaking community.



Rita Kaul is one of TRPHD's RN Community Health Nurses. She participates in disease investigation, community education, and giving vaccinations to prevent childhood diseases as well as Covid 19 and Influenza. Rita has been a nurse for 50 years this year!

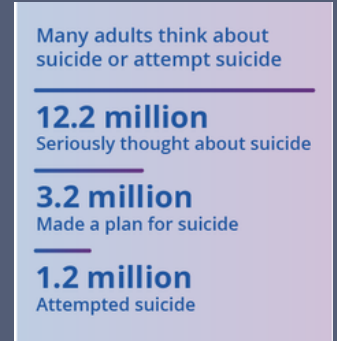
Rita has worked in the OB department at Good Samaritan Hospital, surgery, ER, and later in Cardiac Rehab. Eventually, a job came along in Oncology which was back in Kearney where she took on the Clinical Research Program at Good Samaritan Hospital. Rita went back to school to earn a Bachelor of Science in Nursing, then received certification in Oncology and Research. Rita actually retired in 2020 when the pandemic hit. She would think to herself "I want to help with this pandemic, my colleagues are suffering" and in 2022 she joined the Two Rivers Health Department team.



Data Mental Health Awareness

WHY IS THIS A PUBLIC HEALTH PROBLEM?

Suicide rates increased 30% between 2000-2018. In 2020, suicide was among the top 9 leading causes of death for people ages 10-64. Suicide was the 2nd leading cause of death for ages 10-14 and 25-34. The cause of 25% of deaths in men, ages 18-44, was suicide.



5 Action Steps for Helping Someone in Emotional Pain

- ASK**
"Are you thinking about killing yourself?"
- KEEP THEM SAFE**
Reduce access to lethal items or places.
- BE THERE**
Listen carefully and acknowledge their feelings.
- HELP THEM CONNECT**
Call or text the 988 Suicide & Crisis Lifeline number (988).
- STAY CONNECTED**
Follow up and stay in touch after a crisis.

[nimh.nih.gov/suicideprevention](https://www.nimh.nih.gov/suicideprevention)

Suicide rates vary by race/ethnicity, age, and other factors, such as where someone lives. Americans with higher than average rates of suicide are veterans, people who live in rural areas, and workers in certain industries and occupations like mining and construction. The LGBTQIA+ population have higher rates of suicidal thoughts and behavior compared to those who identify as heterosexual.

Nursing

Summer is on it's way!

Splash pads and pools are open for the summer. Our communities provide many wonderful locations to be active and healthy outside.

TRPHD encourages you and your family to go outside and spend time together safely. Please use the following tips when you are enjoying the great outdoors:

- Wear sunscreen, hats, and sunglasses
- Wear insect repellent, long sleeves, and long pants at dawn and dusk
- Avoid attending public swimming pools if you have had diarrhea in the last two weeks
- Drink water



Tuberculosis (TB) testing for the office

The roles and activities of community health workers (CHWs) are tailored to meet the unique needs of the communities they serve. A CHW's role depends on factors such their education, training, lived experience, and experience working with specific populations. CHWs may perform the following roles:



Above: Picture of a bleb in Katie Mulligan's forearm

- Create connections between vulnerable populations and healthcare providers
- Help patients navigate healthcare and social service systems
- Reduce social isolation among patients
- Determine eligibility and enroll individuals in health insurance plans
- Ensure cultural competence among healthcare providers serving vulnerable populations
- Educate healthcare providers about community health needs



Above: Picture of Akaela Lieth's forearm testing for TB

Planning

Summer Weather Preparedness

As summer weather rolls in please keep in mind these tips: Be weather ready! Check the forecast regularly, sign up for weather notifications, and know your community weather signals.

When thunder roars, go indoors! Stay inside for at least 30 minutes after the last rumble of thunder. If you can hear thunder, you can get hit by lightning.

Check on your neighbors! encourage them and you loved ones to prepare for extreme weather.

Stay cool in the heat! Keep cool and hydrated and lessen your time in the sun between 11:00 A.M. and 4:00 P.M. Drink ample amounts of water, find shade, visit buildings and places with air conditioning, take your time, bathe in cool water and wear light-colored clothing. Never leave children or pets inside a parked vehicle.



Fun Health Fact of the Month.

Good posture
when sitting
increases your
self-
confidence –
try it!

