

Fields of Blue, Holdrege Courthouse



Photo by: Katie Mulligan



June
2024

Take me Home Country Roads, Dawson Co.

Camp Comeca, Cozad



Photo by: Erica Carpenter



Photo by: Erica Carpenter



Join our Board of Health!

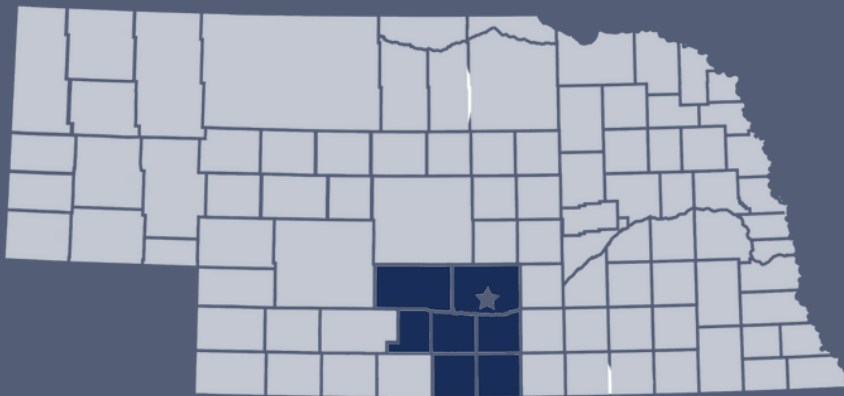


What is a Board of Health?

A board of health is a governing body responsible for overseeing public health policies and regulations within a specific community or region. Typically composed of appointed or elected members with various backgrounds in health, medicine, and public administration, the board's primary role is to ensure the well-being and safety of the population by implementing health policies, monitoring health trends, and responding to health emergencies. By creating guidelines and standards, the board of health works collaboratively with local health departments and other organizations to promote a healthier community.

OPEN

- Dentist
- Franklin County Representative
- Harlan County Representative
- Minority Health Representative



Why Join?

Joining a board of health offers a unique opportunity to make a significant impact on public health within your community. By contributing your expertise and/or perspective, you can help address pressing health issues such as disease prevention, emergency preparedness, and health education. Additionally, serving on a board of health allows for personal and professional growth, providing valuable experience in leadership, collaboration, and decision-making. It's a rewarding way to give back to your community and help create a healthier community for all.

Bienvenido Program

This program brings agricultural workers from Mexico to the Midwest in May, where they work, seasonally, in multiple areas and then return to Mexico in October.

Temporary agricultural workers with the H-2A visa stopped in Kearney Saturday June 29th, for an information fair. Two Rivers attended, as well as representatives from University of Nebraska Lincoln, the Mexican Consulate, and Legal Aid to name a few.

TRPHD handed out backpacks with information on NARCAN, Immunizations, and other Health Topics!





Healthy Families

The healthy families program serves as a cornerstone for families, offering a multifaceted approach to empowerment and support. Through dedicated home visitations led by compassionate family support specialists, families are equipped with a myriad of resources and tools tailored to their unique needs. These specialists serve as allies in navigating community resources, fostering empowerment through education on childhood development, and providing invaluable assistance in addressing mental health challenges such as postpartum depression, anxiety, and PTSD.



Moreover, the program facilitates the cultivation of robust support systems within families. By fostering open communication channels and breaking down language barriers, families can effectively articulate their needs and aspirations, thus fortifying their sense of agency and resilience. Ultimately, the Healthy Families Program not only offers immediate assistance but also lays the groundwork for sustainable growth and well-being within the families it serves.

How they do it:

As a Family Support Specialist, meeting a family for the first time, especially during a vulnerable period like postpartum or depression, requires a delicate approach rooted in empathy and understanding. It's crucial to acknowledge the mass of emotions they may be experiencing and to create a safe space where they feel heard and supported. By demonstrating compassion and offering unwavering support, family support specialists can gradually build rapport and trust with the family, laying the groundwork for effective collaboration.

Enhances family well-being

HFA

Promotes Healthy Child Development

Strengthens parent-child relationships

What our Family Support Specialists have to say:

We Family Support Specialists see growth with every visit. Our families blossom with confidence in their parenting abilities, expanding communication with loved ones and community resources. We see them experience progress in accomplishing goals and work towards their future aspirations, such as continuing education, employment, and building a resilient family. In turn this grows the strength of the community as a whole.



Tularemia “Rabbit Fever”

What is it?

A disease caused by bacteria typically found in animals like rabbits, prairie dogs, and other rodents.

What should you do?

- Don't try to feed or pet feral animals
- Check yourself thoroughly for ticks
- Watch for signs & symptoms

Signs & Symptoms

- Skin ulcers
- Swollen and painful lymph glands
- Inflamed eyes
- Sore throat
- Mouth sores
- Diarrhea
- Pneumonia

If inhaled:

- Abrupt onset fever
- Chills
- Headache
- Muscle aches
- Joint pain
- Dry cough
- Progressive weakness

How can I become infected?

Human infection occurs through several routes, including tick or deer fly bites, skin contact with infected animals, bites from infected cats, ingestion of contaminated water, or inhalation of contaminated dusts.

Tularemia cannot be transmitted from person to person.

Tularemia can be life-threatening, but most infections can be treated successfully with antibiotics.

If you have any questions please call Two Rivers Public Health Department at: **888-669-7154**

The Nurse Perspective



Two Rivers Public Health Department launched its new Podcast “The Nurse Perspective”. This is a new way for clinicians and the public to listen and learn at their own pace! TRPHD Nurses present on Health Alerts, education topics, and special guests speak on health topics near and dear to their hearts.

June's topics were on Mental Health and Skin cancer. Listen and learn about where you can find mental health resources online, and what the signs and symptoms are of skin cancer!

Pool Inspections



TRPHD is announcing our new service of Private Pool Inspections. Two Rivers Employees will inspect overall safety of your pool, including testing chemicals and making recommendations to improve physical safety. They will ensure safety features are properly maintained to prevent bacteria, illness, chemical injuries, and drowning hazards.



4th of July Safety

While you're out and about for this upcoming Holiday, we want to give you some safety tips for this outdoor celebration!



Sun Safety!

While everyone needs a little sun exposure to get that ever important Vitamin D, unprotected exposure can cause serious damage! Sunburns and excessive UV exposure can damage the skin in ways that can lead to skin cancer.

Strategies to help avoid overexposure to the sun!

- Wear sunscreen with an SPF factor of 15 or higher (both UVA and UVB protection), whenever you're outdoors during the day.
- Remember to reapply it often.
- Wear a hat to help shield your skin from the sun's harmful UV rays.
- Wear sunglasses to help protect your eyes from UV rays and reduce the risk of cataracts.



Fireworks!

- Obey all local laws regarding the use of fireworks.
- Know your fireworks; read the cautionary labels and performance descriptions before igniting.
- Alcohol and fireworks do not mix. Save your alcohol for after the show.
- Never relight a "dud" firework. Wait 20 minutes and then soak in a bucket of water.
- Always have a bucket of water and a charged hose nearby.
- Dispose of spent fireworks by wetting them down and place in a metal trash can away from any building or combustible materials.

Fireworks and Pets!



- Don't bring your pets to a fireworks display, even a small one.
- If fireworks are being used near your home, put your pet in a safe, interior room to avoid exposure to the sound.
- Make sure your pet has an identification tag, in case it runs off during a fireworks display.
- Never shoot fireworks of any kind near pets.

Fun Health Fact of the Month.



Did you know that having a dog could lower your risk of heart disease? Studies show that dog owners typically have lower blood pressure and cholesterol levels!

