

Fields of Haybales, North Buffalo County



Photo by: Ashley Green



August
2024

Mirror Image, Yanney Park, Kearney NE

Yanney Botanical Gardens, Kearney NE.

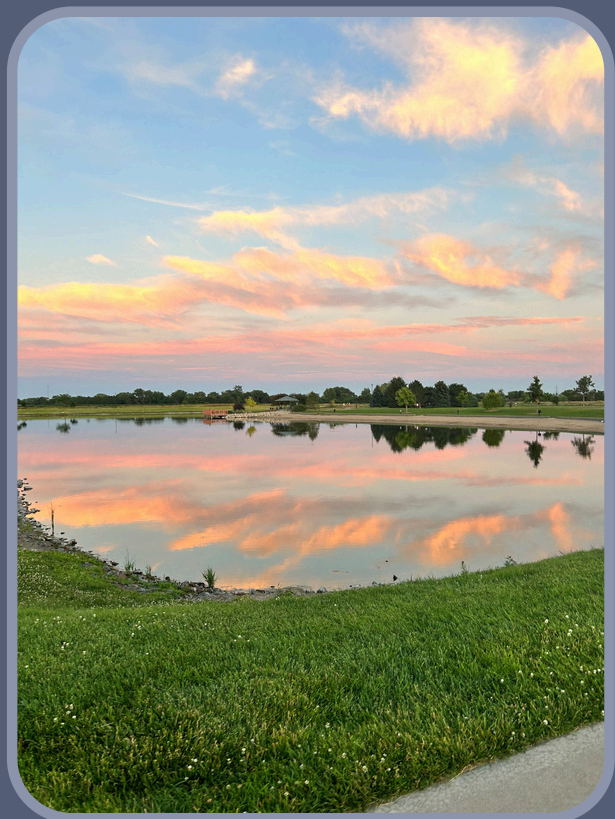


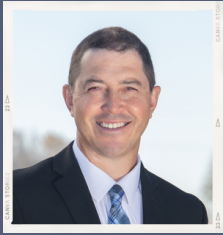
Photo by: Troy Duune



Photo by: Anonyms



Words from our Director



With the summer season coming to a close Two Rivers Public Health Department has been at several community events, though not as many as we would like. We strive to be involved with the communities we serve in everything we do and hope to be more involve in the future.

Two Rivers doesn't just serve it's communities it is a part of them. As we continue to grow our services we keep in mind our humble roots and endeavor to be the best Health Department we can be for those who have supported us in getting to where we are today. We look forward to a continuing partnership and serving you to the best of our abilities.

Coming Up at TRPHD

School is back in session and you know what that means! Students and teachers alike will be coming home with those communicable diseases.

Get ahead and make sure your are immunized to keep away those pesky reparatory viruses.

To the left is our community immunization schedule and locations. Call and make an appointment!

Two Rivers PUBLIC HEALTH DEPARTMENT	
CLINICS THIS MONTH	
WHERE:	WHEN:
• LEXINGTON: Dawson County Annex Building	• Wednesday 09/04/2024 3 pm - 5 pm
• KEARNEY: TRPHD office	• Thursday 09/12/2024 9 am - 5 pm
• KEARNEY: TRPHD office	• Monday 09/16/2024 9 am - 5 pm
• HOLDREGE: City Auditorium	• Wednesday 09/18/2024 4 pm - 6 pm
• COZAD: First United Methodist Church	• Wednesday 09/25/2024 11:30 am - 1 pm
• KEARNEY: TRPHD office	• Thursday 09/26/2024 9 am - 5 pm
• KEARNEY: TRPHD office	• Monday 09/30/2024 9 am - 7 pm
Clinics not in the TRPHD office are by appointment only. In Office Clinics stop at 4:30, unless appointment has been made. To make an appointment please call: 888-669-7154	

TRPHD Office will be Closed!

- Monday September 9th from 8AM - Noon

Immunization Awareness Month

What is Immunization Awareness Month?

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages and how they can help prevent serious, sometimes deadly, diseases and illnesses.





Immunization Awareness Month



Why is this observance important?

- Vaccination serves as a highly effective, safe, and simple method to safeguard your family's health.
- Timely immunization during childhood is crucial to establish immunity before children encounter potentially life-threatening illnesses.
- Prevention is always preferable to treatment after the fact when it comes to diseases.
- While the likelihood of your child contracting diseases like measles, whooping cough, or other vaccine-preventable illnesses may be low statistically, it is largely due to the collective efforts of parents who vaccinate their children. Let's all work together to ensure our children remain free from vaccine-preventable diseases.

Consider this analogy – Just as you always ensure your child is buckled into a car seat despite not expecting an accident, you can vaccinate your child despite not expecting them to become ill.

Overdose Awareness Month

Every August we take the time to Educate the public on what an overdose looks like, strategies to help protect against and hopefully prevent.

TRPHD launched a social media campaign in recognition of this topic. Every day a post went out on social media with education on the dangers of Opioids, resources for those struggling with opioid use, or the signs/symptoms of an overdose as seen to the right.

Signs of overdose



Recognizing the signs of opioid overdose can save a life.
Here are some things to look for:

- Small, constricted "pinpoint pupils"
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)





- Overdose is the term used when someone enters into a critical state from ingesting too much of a substance or blend of substances
- Many times, an overdose is accidental due to mistiming dosages of a medication, overconsumption of medication without awareness of the potential danger, or even using multiple substances at one time, which can overwhelm the body's ability to regulate itself and ultimately experience an overdose event.



Community Events

UNK Blue and Gold Days

Two Rivers Public Health Department participated "Blue and Gold Days" at the University of Nebraska at Kearney. Several special events are provided for prospective students to visit the campus and learn more about all the university has to offer and what this community has to offer.

These events typically include campus tours, information sessions about academic programs, opportunities to meet current students and faculty, as well as sessions on admissions, financial aid, and student life.

Blue and Gold Days are a great way for prospective students to get a feel for the UNK campus and to envision themselves as part of the university community. TRPHD takes this opportunity to talk to students about STI's NARCAN and the programs and services TRPHD offers.



Pictured right: Jacki Haley (Left), Akaela Lieth (Right)

Full Scale Exercise

TRPHD partnered with CHI Good Sam to participate in a full-scale exercise. This scenario was if CHI were to be hit by a tornado. It allowed participants see first hand what procedure dictates, how ready they are for a situation like this and provided the necessary tools for a real-life event.

This full scale exercise involved a number of volunteers to play the victims with varying degrees of injuries. Hospital staff, EMS, and partnering entities were then tasked with triaging the large number of patients.

Pictured below: Taylor Gomez playing a patient with a head wound



Pictured above: Ashley Green playing a critical patient en rout to the hospital in an ambulance

Evaluators from all participating partners were strategically placed in key position to document how effective the current procedures and staff were. TRPHD's evaluators were Katie Mulligan, Planning Section Manager and Erica Carpenter, Emergency and Environmental Health Supervisor.





In the Community

Community Baby Shower

Two Rivers partnered with Molina Healthcare Members to host a community baby shower! This event allowed TRPHD an outreach and networking opportunity to help the families we serve, as well as the partners we work with.

This drive-thru event saw 25 vehicles 40+ individuals come through. Attendees had the opportunity to receive educational materials, snacks, a pack of diapers, and would be put in a raffle to win a Little Tikes Cozy Coupe or a Baby Basket full of goodies for newborns and post-partum mothers.



Pictured right: Brenna Bergstrom (Left), Liz Wiens (Right)



Nebraska State CASA Conference

Many meaningful connections were made by the Healthy Families Nebraska Two Rivers team at the NE statewide Conference for CASA members. TRPHD was able to connect with CASA volunteers to make them aware of the HFA program in our are but also across the state of Nebraska.

TRPHD employees handed our board books of “Calm Baby Gently” in both English and Spanish for volunteers who work with intended population.

Pictured left: Haleigh Eschliman

Pictured below: Ashley Green

Bubble Run

Bubble Run is an event hosted yearly by the Kearney Area Children’s Museum. It encourages children and families to be active by allowing them to run in a 1 mile or 5k race, ending in a large foam pit filled with bubbles!

Two Rivers was educating the community on what lead-based paint looks like at the event and promoting it’s new Lead Hazard Reduction Program to attendees.

At the event, Two Rivers also had opportunities to connect with other child and health focused businesses, like local preschools, health centers, and medical offices.



Fun Health Fact of the Month.



Immunizations currently prevent between 2–3 million deaths every year in all age groups from diphtheria, tetanus, whooping cough, and measles.

