

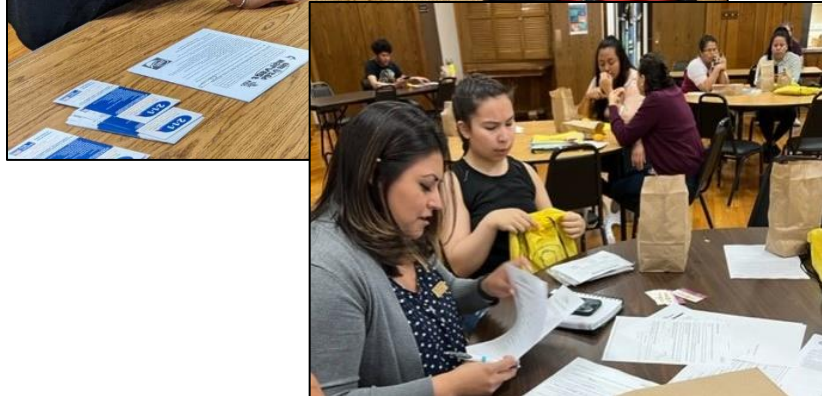
Roseland Health Fair Event, May 20, 2022

SHDHD staff brought COVID-19 vaccines, COVID test kits, colorectal cancer screening kits, health literacy tips for doctor's appointments, West Nile Virus prevention information and insect repellent, blood pressure checks, diabetes risk assessments and referrals to diabetes prevention program, falls risk assessments and referrals to falls prevention programs, rural ag health and safety assessments and ag PPE/safety kits, radon information and radon test kits, and information on 211. Midland Area Agency on Aging/Senior Services also had information available to participants.



Minority Health Fair Event, May 24, 2022

SHDHD was joined by United Way and Migrant Education Program for a minority health fair event in Hastings. SHDHD provided COVID shots and test kits, health information and consultations, and information about community resources.



Minority Health Planning, June 29, 2022

SHDHD community health worker, Julia Sarmiento (standing, left), summarizes the results from listening sessions (November-December 2021), priority-setting sessions (February 2022) and minority health strategic planning activities (March 2022) for a group of community members interested in serving on a minority health advisory group to help provide input and oversee the action items in the plan. Funding for these activities supported by Minority Health Initiative funds awarded to SHDHD from NE DHHS

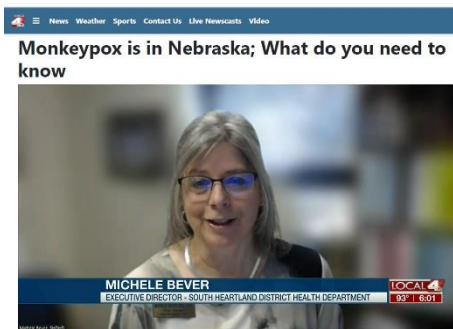


Breakfast Breakout Session – The Opioid Conversation

Two SHDHD staff members attended the Area Substance and Alcohol Abuse Prevention (ASAAP) Breakfast Breakout Session to hear from an overdose survivor, a local pharmacist, and Hastings Police Department officers, and to learn about overdose lifeline training. ASAAP is one of SHDHD’s community partners for the Substance Misuse priority in our Community Health Improvement Plan.



SHDHD on the News: talking about Monkeypox, Pediatric COVID-19 Vaccine, Extreme Heat, Post-COVID conditions, and more...



South Heartland District to start administering pediatric COVID-19 vaccines



Good Advice for Staying Safe and Healthy in the Summer Heat

by KHB Good Life | Wednesday, June 16th 2022

Take these steps to prevent heat-related illness:

- Drink plenty of water to keep your body hydrated. Stay away from alcoholic and high sugar drinks, which can actually increase your body's fluid loss.
- Wear appropriate clothing including loose-fitting, lightweight, light-colored clothing.
- Apply sunscreen of SPF 30 or higher (sunburn interferes with your body's ability to cool itself).