

HEALTH NOTES

*The Monthly Newsletter of the Central District
Health Department*



February is American Heart Month

According to the Center for Disease Control, heart disease has been the leading cause of death in the United States since 1950. With so many people at risk for developing life-threatening heart disease, American Heart Month, which takes place each February, was created to educate and inspire people to take action to avoid becoming a statistic.

Ways to lessen your risk for heart disease include:

- Increase exercise, particularly aerobic or “cardio” exercise.
- Eat a healthy diet low in cholesterol.
- If you’re smoking, work toward stopping.
- Stress is a major factor in many cases of heart disease. Decreasing stress helps lessen your risk.

You can learn more about heart disease and how to reduce your risk at www.hearttruth.gov.

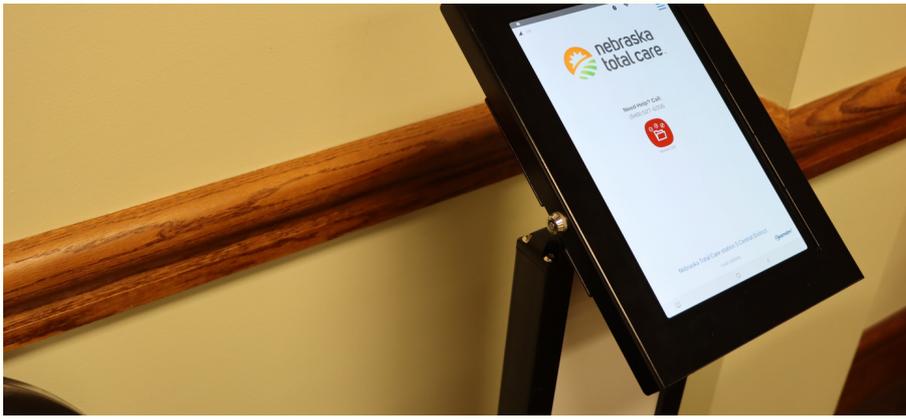
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Sign Up With iServe Nebraska at CDHD

CDHD is making it easier for those in Hall, Hamilton and Merrick Counties to apply for benefits through the iServe Nebraska program with a kiosk in our office and another one coming soon to the Grand Island Public Library.

iServe Nebraska is a convenient new way for Nebraskans to apply to receive benefits such as food, utilities, healthcare, childcare, and other essential needs. Nebraskans can apply for a single benefit, or several at the same time.

While you can apply through iServe Nebraska online, not everyone has access to devices and a dependable internet connection. To that end, the kiosks in our area will allow everyone to take advantage of this service. The kiosks provide information in English and Spanish.

If you have questions, please contact us at (308) 385-5175.

CDHD is seeking a Public Health Registered Dental Hygienist to be part of our Healthy Smiles program that serves children who do not have a dental home.

If you or someone you know has is a Public Health Registered Dental Hygienist (PHRDH) with a current Nebraska license and has an Associate's Degree in Dental Hygiene, we'd love to hear from you. The Healthy Smiles program is an important need in our community and your work will make a difference.

Learn more at www.cdhd.ne.gov.



NOTES FOR FEBRUARY

-CDHD is closing at 2 pm on Friday, February 16 and will be closed on Monday, February 19 for the President's Day holiday.

-Radon Action Month is over but CDHD still has no cost Radon tests for your home.

-CDHD is offering support for those seeking COVID-19 tests. Please call us at (308) 385-5175 for information on how you can receive tests at no cost.

-Have a great February!