

NEWS RELEASE

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For immediate release

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Celebrate National Public Health Week with Southwest Nebraska Public Health Department

McCook – Celebrate National Public Health Week, April 2-8, 2012 with Southwest Nebraska Public Health Department (SWNPHD). Join the SWNPHD staff and board members in promoting preventive measures to help produce healthier communities in southwest Nebraska.

“National Public Health Week helps educate Nebraskans about ways to live healthier lives. Health care costs are rising and in many cases, these costs are increasing because preventive measures are not being taken to eliminate future costs,” stated Myra Stoney, SWNPHD Director. “This week we are encouraging residents of southwest Nebraska to use good handwashing skills, reduce secondhand smoke, and be prepared for disasters.

Visit our website and find excellent tips on handwashing. Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Thank your local restaurants, schools, and public places for their commitment to providing a smoke free environment. Post a photo of you, your friends or family at your favorite smoke free location in southwest Nebraska on our Facebook page. If you “like” our page you will be in the drawing for a \$100 VISA gift card.

SWNPHD encourages residents to Be Prepared with a family emergency plan and Personal Disaster Kit. Emergency Coordinator, Heidi Wheeler is also assisting County Emergency Managers in promoting the Functional Needs Registry throughout southwest Nebraska. They are asking community members to identify persons who will require more help or are likely to be disconnected from critically important support after a disaster. The database is shared with emergency management officials, public health and first responders who will aid search and rescue and the provision of emergency care. Go to our website to connect with the Southwest Nebraska Functional Needs Registry.

We need to remember that our residents in southwest Nebraska can make small changes to their daily routines that will make a difference in helping them live healthier, safer and longer lives.

More information is also available at www.swhealth.ne.gov or on Facebook and Twitter. Southwest Nebraska Public Health Department (1 block north of Arby's) serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties.

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