

For Immediate Release

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Contact: Melissa Propp at nurse@swhealth.ne.gov or call 308-345-4223

Free Health Screening at Hayes County Fair on August 2nd

Hayes Center – Do you know your numbers? Southwest Nebraska Public Health Department (SWNPHD) will be offering a free health screening on Tuesday, August 2nd, 8:00 a.m. until noon at the Hayes County Fairgrounds.

“This is a rare opportunity to get these tests completed free of charge,” states Melissa Propp, Public Health Nurse. “Fasting is encouraged but not required for this finger stick and you receive the results immediately. You will also have your blood pressure taken during the screening.” Funding is provided through the MHI state grant to cover the costs involved with the screening.

SWNPHD will have staff doing finger sticks for the following tests:

- Lipid Profile (Total Cholesterol, HDL Cholesterol, LDL Cholesterol & Triglycerides)
- Glucose

An explanation of test results will be given along with the actual report to help everyone “know your numbers.” “It is important to understand your results and then take preventive actions,” explains Propp. “These test results will address risks for heart disease, diabetes, stroke, some cancers and high blood pressure.”

SWNPHD will also have Tdap boosters available for those needing a tetanus update. Contact Melissa at 308-345-4223 or email: nurse@swhealth.ne.gov with any questions and to ensure that you can receive the Tdap shot.

More information on immunizations is available on the website www.swhealth.ne.gov . You can also follow us on Facebook.com/swnphd and Twitter@swpublichealth. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties.

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