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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 4-9 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 reminds Nebraskans to live healthier lives. Public health can be very helpful, yet so many do not understand its many aspects,” stated Myra Stoney, SWNPHD Director. “During National Public Health Week we are encouraging residents of southwest Nebraska to view movies and read a book to better understand what we do. So many times we are behind the scenes to keep the public healthy and safe.”

To help residents in this understanding, Stoney had her staff identify several movies and media as examples of public health situations. Some suggestions include: [Outbreak](#), [Contagion](#), [Erin Brockovich](#) and [The Deadly Fever: A Documentary on America’s Yellow Fever Disaster](#). See our website [www.swhealth.ne.gov](http://www.swhealth.ne.gov) for more ideas. “Different roles of public health are featured in all of these recommendations,” Stoney explains. “You will see surveillance, investigation, emergency preparedness, environmental health, immunizations, and education. Our core preventive actions are also included, such as, use good handwashing skills, stay home when you run a fever, cover your cough and be prepared for emergencies”.

Staff also recommended numerous apps that apply to public health issues: [Quealth](#), [TravWell](#), [FEMA](#) and [Kids get a plan](#). YouTube video staff suggestions include: [Should you get vaccinated?](#) [What is Public Health?](#) [Are you breathing Radon?](#) and [Disaster Preparedness Episode 2](#). Our most used staff resource is the Center for Disease Control website.

To kickoff National Public Health Week, SWNPHD is introducing Public Health Pete. You may be familiar with schools that incorporate Flat Stanley by having him travel to different locations and a log kept with a photo of this travels. Public Health Pete will be traveling locally, regionally, nationally and the globe to learn about public health issues. SWNPHD will share photos and highlights of his adventures on our website [www.swhealth.ne.gov](http://www.swhealth.ne.gov), Facebook page and Twitter to educate the public.

SWNPHD encourages residents to also improve their wellness by participating in our free Walk to Health program, which begins Sunday, April 3rd. To register, go online, call 308-345-4223, walk-in at 404 West 10<sup>th</sup> Street (block north of Arby’s) or email: [info@swhealth.ne.gov](mailto:info@swhealth.ne.gov) for a registration form. Southwest Nebraska Public Health serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties.

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