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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 6-12, 2014 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.

“During National Public Health Week we are encouraging residents of southwest Nebraska to like us or post on our Facebook page or follow us on Twitter to be entered in our drawing,” explains Stoney. From April 6th – 12th SWNPHD will also include names of people who stop at the McCook office in the drawing, which will be held the following Monday. Prizes include a shelter in place bucket, discounts on lab tests, radon backpack, t-shirts and goodie bags.

SWNPHD encourages the public to get active, be prepared for emergencies, use good handwashing skills, stay home when you run a fever and cover your cough as core preventive actions.

To kickoff National Public Health Week, SWNPHD encourages residents to participate in the free Walk to Health program, which begins Sunday, April 6th. To register, go online to our website at www.swhealth.ne.gov, call, walk-in, or email: info@swhealth.ne.gov for a registration form. Deadline to register is April 4th.

Visit our website to find emergency preparedness checklists to help your family make a disaster plan or use the following link <http://www.ready.gov/>. You can register for a drawing of a Shelter in Place (Crisis) bucket by following us on twitter, liking or posting on our facebook page.

During the week we will be offering free blood pressure checks and thermometers if you stop by our office at 404 West 10th Street, one block north of Arby’s. We will also provide a free bag if you get an immunization, lead testing or use our preventive lab services at our office. Call to make an appointment at 308-345-4223.

SWNPHD starts their lab services from 7:00 – 9:00 a.m. every morning during National Public Health Week. For questions, contact Melissa Propp, RN or Tami Herskowitz, RN at 308-345-4223. Schedule your time slot for a quicker process.

Visit our website to find excellent tips on handwashing, emergency preparedness, radon testing, immunizations, sun safety, tobacco cessation, West Nile Virus, Respite, Walk to Health, our Healthy Meetings Checklist and numerous preventive programs.

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. You can also follow us on Facebook and Twitter. Southwest Nebraska Public Health serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties.

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