



# HEALTHY PEOPLE

## healthy communities

December 2019

### Are you Radon Safe?

ELVPHD has Radon test kits available for purchase in each of our offices (Norfolk, Wisner and Tekamah). The kits cost \$8 plus tax. Radon is a naturally-occurring, colorless and odorless radioactive gas that is the second leading cause of lung cancer in the United States. Test your home now to find out if the Radon level is safe.



### It's Not Too Late to get your Flu Shot

We have a limited supply left of regular and high dose Influenza vaccine available in each of our office locations (Norfolk, Wisner, Tekamah). Call us today to schedule your flu shot so the flu doesn't get you down this holiday season! It takes about two weeks for the immunity to develop to full strength. Call 402-529-2233 to schedule a time to get your shot. We accept most insurance plans and have vaccine available for those who do not have coverage.

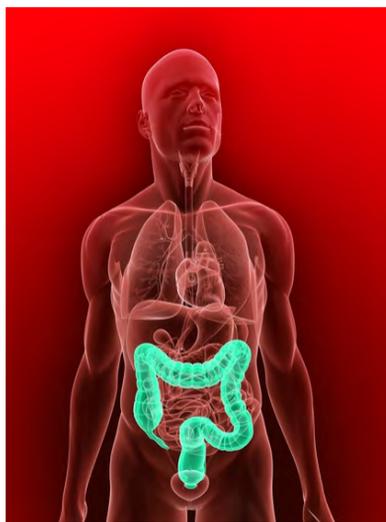


From the staff and the Board of Health of Elkhorn Logan Valley Public Health Department, we wish you a Happy Holiday season and a New Year full of health and vitality.



### Scheduling for 2020 Now

Have you recently been diagnosed with a chronic disease and are wondering how to live with that diagnosis? Living Well is a six week workshop for adults who have one or more chronic conditions or are living with someone with a chronic condition. These sessions are led by trained instructors but are interactive and meant to be supportive. Take control and learn how to live healthier with your chronic condition. For more information about Living Well, please call 402-529-2233 or email: [jody@elvphd.org](mailto:jody@elvphd.org)



### Colon Cancer Kits

Colon Cancer is Preventable, Beatable and Treatable! We have FREE colon cancer screening kits (FOBT) available at most pharmacies throughout our service area. We can also mail them to those who complete the screening form online: <https://www.surveymonkey.com/r/QBDGXQZ>. Kits are available for those who are 50-74 years old. Protect your health and complete this simple at home screening kit!



### Smile In Style Dental Health

Oral health is important to overall health. Dental decay in children can affect school performance and result in failure to thrive, impaired speech development and sleep loss. Our Smile in Style dental program promotes children's oral health by offering dental services and education on-site at local schools and childcare centers. Kerri Dittrich, Registered Public Health Dental Hygienist, is also available by appointment to provide fluoride varnish and sealant services to children.

During this current school year, our Smile In Style program has visited 14 preschool / childcare locations and 9 schools providing services to 378 children. For more information, please contact: 402-529-2233 or email [kerri@elvphd.org](mailto:kerri@elvphd.org)

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