



1 Lucille Neustrom
2 Esther Nielsen
3 Dorothy Hammer
4 Arthur Hubert
5 Howard Boisen
6 Alvin Bjorklund
7 Walter Nielsen
8 Virgil Benson

9 Ernst Arnold
10 Vyril Swan
11 Naomi Richmond
12 Milton Nielsen
13 Arthur Petersen
14 Ganis Richmond
15 Alice Boisen
15 Gwendolyn Ashby

16 Doris Gray
17 Vera Nelson
18 Martha Hubert
19 Ruth Andersen
20 Lavern Rudd
21 Katie Duering
22 Minnie Fritz
23 Viola Bjorklund
24 Maurine Neustrom
25 Edna Duering



March

2024

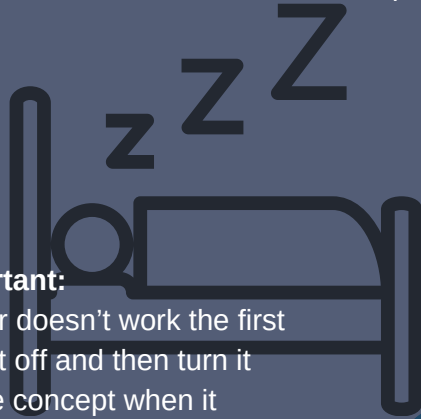




Sleep Awareness



National sleep awareness week comes after daylight savings every year, and we observe it to remind ourselves that sleep is a necessity.



- **Why is sleep important:**
- When your computer doesn't work the first thing you do is turn it off and then turn it back on right? Same concept when it comes to people. Sleep is the time your body:
 - heals and repairs itself
 - balances your hormones
 - sleep affects how your body reacts to insulin
 - it's needed for healthy growth and development
 - affects your body's ability to fight germs and sickness
 - decreases your risk of health problems

- **What happens when you don't sleep**
 - People who are sleep deficient are less productive at work and school.
 - take longer to finish tasks
 - have a slower reaction time
 - make more mistakes
 - After several nights of losing sleep — even a loss of just 1 to 2 hours per night
 - may lead to microsleep
 - Uncontrolled brief moments of sleep that happen when you're awake
 - Impaired memory
 - Behavioral changes
 - driving is considered dangerous
 - it's the same as driving with a blood-alcohol level of 0.1
 - the legal blood-alcohol limit is .08. This is like driving drunk



Employee Highlight

Zander Wells is the Two Rivers Public Health Department's Data Analyst. In this position, he collects, interprets, and analyzes large datasets related to population health trends, disease outbreaks, and healthcare access. In 2023, he graduated from the University of Nebraska Kearney with a Bachelor of Science degree in Health Sciences. He is currently attending the University of Nebraska Medical Center for his Master's in Public Health with a concentration in Epidemiology.

His favorite parts of being on the Two Rivers team are facilitating collaborations between departments and learning more about the community. When he isn't working, Zander enjoys traveling, watching movies, going out for runs, and spending time with his family and cats.





Community Connections

TRPHD has had a deep and enduring relationship with UNK that has strengthened over the last 3 years. In 2021 and 2022, around 30 UNK undergraduate students, enrolled for the "Introduction to Public Health" course over the Fall Semester, interned with TRPHD as part of the public health practicum component. Students volunteered with TRPHD for 15-20 hours over the course of the semester.



For the last two years, TRPHD has worked with Dr. Roderick Bartee at the Biology Department (Public Health and Kinesiology) for the practicum component of the "Introduction to Epidemiology" course offered during the Spring Semester.



TRPHD designed and implemented an adult population-level survey in the 7-county area it oversees. Undergraduate students approached residents of TRPHD and administered the questionnaire after obtaining due informed consent. 23 undergraduate students interviewed between 17-20 residents each in 2023, and a similar number of students enrolled for the course this year also. Results from both years as well as key conclusions will be pooled with other surveys results with partners to inform TRPHD's Community Health Needs Assessment and Strategic Planning exercises in 2024.

Measles

Right now, a large number of measles cases are reported in the United States.

As of March 28, 2024, a total of 97 measles cases were reported by 18 jurisdictions: Arizona, California, Florida, Georgia, Illinois, Indiana, Louisiana, Maryland, Michigan, Minnesota, Missouri, New Jersey, New York City, New York State, Ohio, Pennsylvania, Virginia, and Washington.



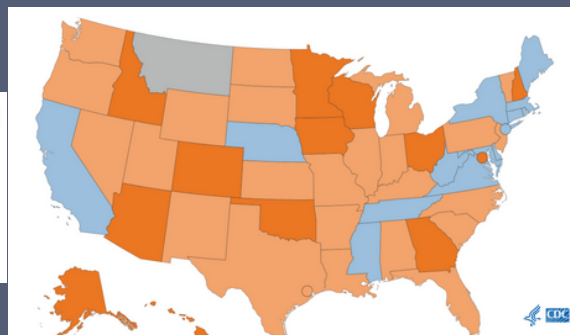
Pictured above, measles on a young child

The large number of cases are a cause for concern because measles is an acute viral respiratory illness. During this current outbreak, over half of the individuals infected have been hospitalized for isolation or to treat complications of measles symptoms.

Nebraska's vaccination rate for measles will help decrease the likelihood that measles will be transmitted locally. The map below shows Nebraska's vaccination rates against measles compared to other states.

Legend - Coverage (%)

- Less than 90%
- 90-94.9%



- 95%+
- Not available

DYNAMIC DREAM TEAM

LOCAL PARTNERS

- NEBRASKA EMERGENCY MANAGEMENT AGENCY (NEMA), RED CROSS, LOCAL HEALTH DEPARTMENTS (LHD), AND EMERGENCY MANAGERS (EM) MEET TO DISCUSS EMERGENCY TRAINING IN THE COMMUNITY
- LOCAL HEALTH DEPARTMENTS AND EMERGENCY MANAGERS DISCUSS THREAT AND HAZARD IDENTIFICATION RISK ASSESSMENTS (THIRA) USED FOR COMMUNITY EXERCISES
- LOCAL HEALTH DEPARTMENTS PARTNER WITH LONG-TERM CARE FACILITIES FOR N95 FIT TESTING
- LOCAL HEALTH DEPARTMENTS COLLABORATE WITH LOCAL SCHOOLS FOR DISTRICT SECURITY MEETINGS
- COMMUNITY ORGANIZATIONS ACTIVE IN DISASTER (COAD) MEETS TO DISCUSS RESPONSE AND AID DURING EMERGENCIES

HEALTHCARE COALITION

- PLANNING MEETINGS BETWEEN HEALTHCARE COALITION COORDINATORS (HCC) AND EMERGENCY RESPONSE COORDINATORS (ERC)
- COLLABORATIVE MEETINGS WITH LONG TERM CARE FACILITIES AND HOSPITALS ON A QUARTERLY BASIS TO RECEIVE UPDATES AND RESUPPLY PERSONAL PROTECTIVE EQUIPMENT (PPE)
- HEALTHCARE COALITION COORDINATORS MEET 1 ON 1 WITH LOCAL HEALTH DEPARTMENTS, EMERGENCY MANAGERS, AND HOSPITALS FOR UPDATES ON TRENDS ACROSS JURISDICTIONS
- TRI-CITY MEDICAL RESPONSE SYSTEM (TRIMRS) MEET QUARTERLY TO SUPPORT LOCAL HOSPITALS IN THEIR PLANNING FOR POTENTIAL EMERGENCIES

REGIONAL

- LOCAL HEALTH DEPARTMENTS DISCUSS AND IMPLEMENT POLICIES, PROCEDURES, AND PLANS
- LOCAL HEALTH DEPARTMENTS PLAN AND EXECUTE PREPAREDNESS EXERCISES TOGETHER FOR POTENTIAL EMERGENCIES
- LOCAL HEALTH DEPARTMENTS WORK WITH COMMUNITY ORGANIZATIONAL PARTNERS TO PREPARE, PLAN, AND COLLABORATE POTENTIAL EMERGENCIES
- REGIONAL EMERGENCY RESPONSE COORDINATORS MEET QUARTERLY TO DISCUSS STATE REGULATIONS AND IMPLEMENTATION OF PUBLIC HEALTH EMERGENCY PREPAREDNESS (PHEP) ROLES DURING DISASTERS

STATE

- STATE EMERGENCY PREPAREDNESS PROGRAM MANAGER AND LOCAL HEALTH DEPARTMENTS HAVE 1 ON 1 CONTACT QUARTERLY FOR PUBLIC HEALTH EMERGENCY PREPAREDNESS UPDATES AND REGULATIONS
- STATE AND LOCAL HEALTH DEPARTMENTS PARTNER FOR DISTRIBUTION OF STRATEGIC NATIONAL STOCKPILE (SNS) SUPPLIES AND EQUIPMENT
- STATE WILL PUT ON ANNUAL WORKSHOPS FOR HEALTHCARE COALITION COORDINATORS AND EMERGENCY RESPONSE COORDINATORS
- MONTHLY COMMUNITY OF PRACTICE MEETINGS WITH LOCAL HEALTH DEPARTMENTS TO EXECUTE CHANGES IN POLICIES, PROCEDURES, AND UPDATES

NETWORK TIPS!

- 1 ON 1 MEETINGS
- FOLLOW-UP WITH PARTNERS
- TURN CAMERA ON IN VIRTUAL MEETINGS
- MAKE INTRODUCTIONS
- LISTEN MORE - TALK LESS
- BE WILLING TO BE UNCOMFORTABLE
- PAY ATTENTION TO DETAIL
- HAVE ACHIEVABLE GOALS
- BE AWARE OF BODY LANGUAGE

Erica Carpenter attended the National Association of City and County Health Officials' Preparedness Summit in Cleveland, Ohio to present the poster pictured above in collaboration with Loup Basin Public Health Department. This summit gathers preparedness professionals from across the country to share best practices when responding to emergencies. The theme of this year was Aligning to Address Cascading Challenges. Presentations, like Erica's above, focused on the importance of developing working relationships among many entities to create coordination when facing an emergency.



Erica attended a presentation highlighting the experiences of individuals who are deaf and/or blind in emergencies. The presenter gave advice and tips for organizing response to a disaster that meets the needs of these individuals. Erica will review existing emergency plans to ensure all of our community is able to access help in times of disaster.

Fun Health Fact of the Month.



Your colon, or large intestine, is about five feet long and forms an inverted U-shape around your abdomen.

