

MEASLES IS PREVENTABLE

- The MMR vaccine is safe and has protected Nebraskans for generations.
- Don't wait—contact your doctor today to schedule the MMR vaccine.
- No doctor? Your local health department can help you find a free or low-cost vaccine clinic near you.



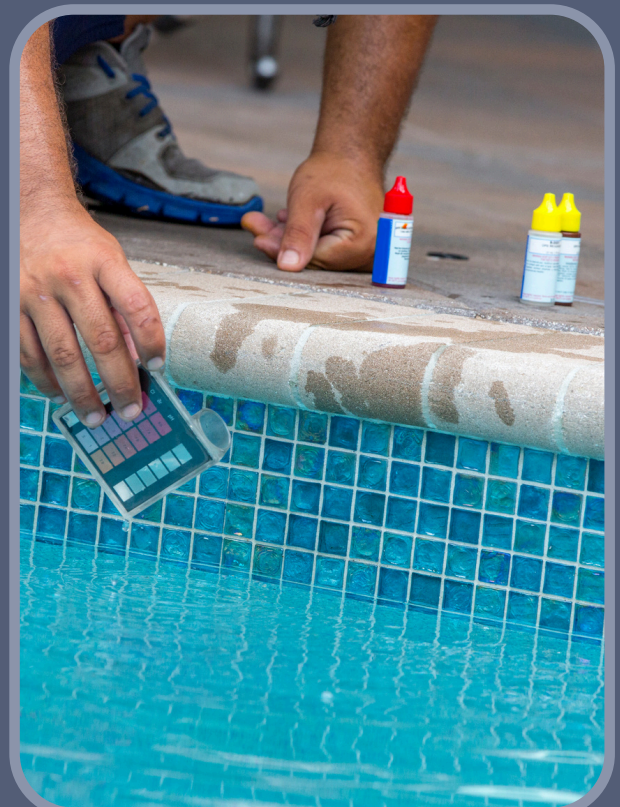
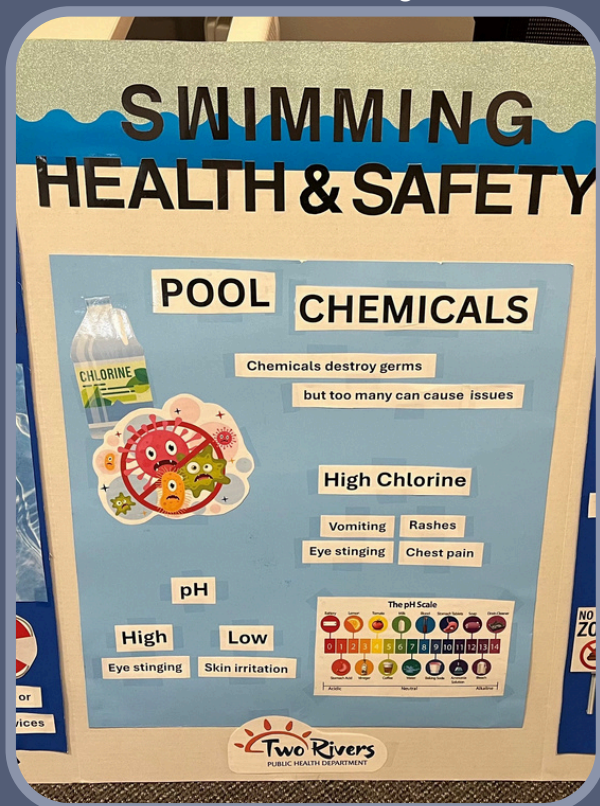
The MMR vaccine protects you, your family, and your community.



May
2025

Safe Swimming

Summer on the Way





Coming Up in June



Office Closed
Thursday, June
19th, in observance
of Juneteenth.

June Clinics 2025



**LEXINGTON: Dawson
Co. Annex Building**

**KEARNEY: TRPHD
office**

**KEARNEY: TRPHD
office**

**HOLDREGE: City
Auditorium**

**COZAD: First United
Methodist Church**

**KEARNEY: TRPHD
office**

June

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Clinics not in the TRPHD office are
by appointment only.
In Office Clinics stop at 4:30, unless
appointment has been made.
To make an appointment please
call: 888-669-7154

• Wednesday
06/04/2025
3pm - 5 pm

• Thursday
06/05/2025
9 am - 5 pm

• Thursday
06/12/2025
9 am - 5 pm

• Wednesday
06/18/2025
4 pm - 6 pm

• Wednesday
06/25/2025
11:30 am - 1:30 pm

• Thursday
06/26/2025
9 am - 7 pm

Catch TRPHD in the Community!

Get ready for a fun-filled evening the whole family will enjoy! Join us at the BBQ Parking Lot Party on June 13, 4-7 PM at 516 W 11th Street, Kearney for delicious food, exciting prizes, and summer fun. Come celebrate community, family, and sunshine hosted by the Healthy Families Nebraska Two Rivers Program!



Two Rivers Public Health Department conducts the home visitation program through Healthy Families of America, an evidence-based program that supports families as they work toward a singular vision: all children receive nurturing care from their family that leads to a healthy, long, and successful life.

This program is a FREE and VOLUNTARY in-home relationship-based service, designed to promote positive parent-child interactions, healthy attachment, and partner with parents to feel more confident.



May Recap In the Community

TRPHD's Expanding Team: Fatuma Nebi

Fatuma Nebi is a first-year college student majoring in Biology and following the Pre-Physician Assistant (Pre-PA) track. She has been involved in a variety of events on campus, including participating in fundraisers hosted by Kearney Bound Scholarship. One of Fatuma's proudest moments was sharing her Somali culture and heritage by helping organize a Somali Night event in Lexington, Nebraska and creating an educational presentation about it.

Fatuma's goal in life is to help people in need—especially those in the Somali community. She discovered TRPHD while searching for a job that aligned with her passion for healthcare and community service and is proud to be a Family Support Specialist at TRPHD.



Building Partnerships



Two Rivers Public Health Department recently inspected the Lexington Aquatic Center to kick off the outdoor pool season. The TRPHD nursing team was able to assist by providing information on a blood clean up kit and triangle bandage.

This was a great opportunity to build partnerships within the TRPHD district for Katie Mulligan as she was meet and talk to several Parks and Rec workers from Lexington. This pool would be a beneficial location to utilize to train our own team because of the unique features such as having two pools in one location, a bath house, and recent efforts to improve the setting by local pool staff.

Pool Season Success

Two Rivers Public Health Department has completed 15 pool inspections since transitioning to the primary inspection entity on April 1st, 2025.

Of those, 9 pools are indoor and 6 are outdoor pools. Two Rivers has worked closely with operators to provide reference and educational materials, and is scheduling trainings for large facilities who feel they need more practice and information on chemical testing and recording.



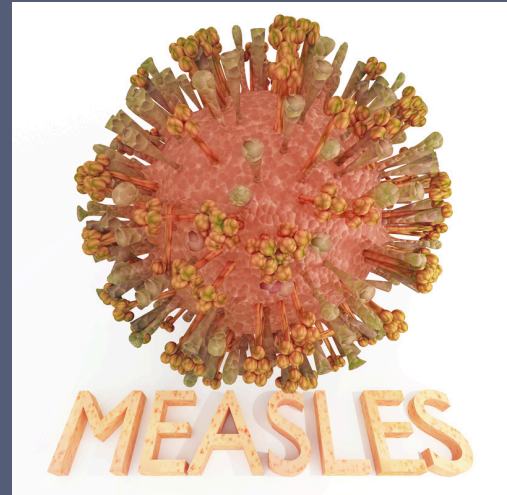


Education

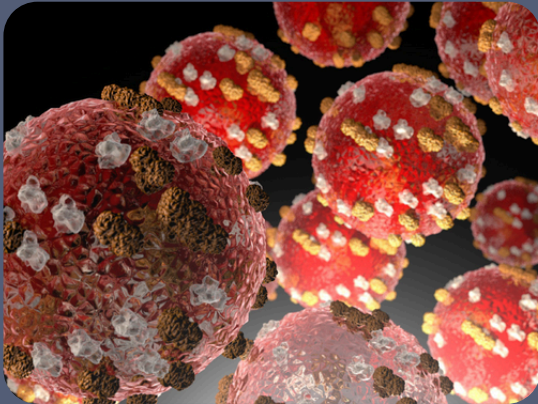
Measles

Measles was officially eliminated from the United States in 2000, meaning there is no measles spreading within the country and new cases are only found when someone contracts measles abroad and returns to the country.

However, as of May 29, 2025, a total of 1,088 confirmed measles cases were reported by 33 states, including Nebraska. There have been 14 outbreaks reported in 2025, and 90% of confirmed cases are outbreak-related. For comparison, 16 outbreaks were reported during 2024 and 69% of cases were outbreak-related.



Fast Facts



- Measles is the **MOST CONTAGIOUS** human virus
- Spreads through the air & surfaces
- The Virus can live up to **2 hours** in the air & on surfaces
- **90%** of unvaccinated people exposed will get sick
- Early symptoms look like the common cold
 - These symptoms will worsen over time
- Measles can cause serious complications, including death
- The best way to protect yourself is to get the MMR vaccine

Signs & Symptoms

Recognizing measles symptoms and getting appropriate medical care is important to help prevent spread of the virus and to prevent severe complications. Measles symptoms can take **7-21 days** to appear after exposure.

Day 1-2 (early symptoms)

- Fever
- Cough Runny nose
- Red, watery eyes

Day 3-5

- Rash will start at the hairline or ears, spreading down the body
- White spots inside the mouth (not everyone gets this)
- Symptoms may worsen over time.

Severe Symptoms for Young Children

- Blue color around the mouth
- Crying without tears
- Low energy or appetite

Severe Symptoms for everyone:

- Trouble Breathing or Rapid Breathing
- Signs of severe dehydration
 - Dry nose
 - Dry mouth
 - Low Urination
- Confusion
- Low Energy/Weakness

Measles can cause severe health problems, including:

- Pneumonia
- Swelling of the brain (encephalitis)
- Possibly even death



FEVER



COUGH



RUNNY NOSE



RED AND/OR
WATERY EYES



RASH



Education Measles

What to do:

If someone in your family has measles symptoms:

- Keep them away from family members who are not sick.
- Everyone in the house should stay home to not get your neighbors or people outside of your home sick.
- Call a doctor or hospital right away to let them know someone in your home may be sick with measles. They will give you instructions.

When to go to the emergency room:

If the person who is sick gets rapidly worse, or has any of the symptoms listed below, take them to the emergency department of a hospital immediately. **DO NOT WAIT.**

- Trouble breathing (or breathing faster than normal)
- Pain when breathing or coughing
- Dehydration (dry nose and mouth, urinating less, crying without making tears)
- Fever or headache that will not stop
- Confusion, decreased alertness, or severe weakness
- Blue color around the mouth, low energy, or difficulty feeding (for young children)

Vaccinations

Measles is preventable

Routine Measles Vaccine Recommendations

0 to 6 months and pregnant women



- Vaccine is NOT recommended

4 to 6 years



- Receive second dose at least 28 days after the first dose

6 to 11 months



- If you are traveling to an outbreak area or internationally, consult your doctor on an early dose

6 years to adult



12 to 15 months



- Receive first dose of MMR vaccine

0

Previous Vaccine Dose

- Receive first dose immediately
- Receive second dose at least 28 days later
- If born before 1957, you are considered immune

Fun Health Fact of the Month.



Did you know?

Swimming can improve mood and that people are able to exercise longer in water without increased joint or muscle pain.

