



Left: Jean Korth and Pam Stomer set up a closed-circuit TV at the Hastings Public Library – 1 of 8 TVs in the health district that SHDHD maintains with public health information and updates.



Above: At Kool-Aid Days in Hastings. SHDHD's Jean Korth at a booth shared with Mary Lanning Healthcare to promote sun safety and cancer prevention.



Below: Liz Chamberlain and Erik Meyer at National Night Out in Hastings promoting diabetes screening and family emergency preparedness kits.

Above: Devi Dwarabandam, SHDHD's Health Surveillance Coordinator, attended the *FBI Epidemiological Investigations Workshop Plant & Animal Health Joint Training* in Lincoln.



Above: Liz Chamberlain (and Tam Pauley) shared diabetes prevention information and opioid/Narcan information at the CCC-Hastings new student days event.



Above: Louisa Najera-Torres, Julia Sarmiento and Aida Evans share health information at a worksite health fair for Western Reserve employees.

Below: Minority Health event – Zumba activity and ideas for how to keep physically active once school begins.



Above: Five Hastings College freshmen and 2 HC Biology Department faculty helped put together about 450 mental wellness kits for area high school 9th graders. The volunteers were visiting SHDHD for their Service-Learning project. The mental wellness kits are a South Heartland project funded by the Kim Foundation.





Above and Left: 6 SHDHD staff met with 10 CCC-Hastings leaders/administrators to discuss sharing health information, emergency preparedness and partnership opportunities.



Above: Led by UNMC facilitator Marisa Rosen, the Hastings Diabetes on Track Coalition plans August "launch activities" for a diabetes screening promotion to encourage taking a risk test to know your risk for diabetes and taking steps to reduce that risk.

Right: Michele Bever at the 2023 *Recovery in the Park* event with organizer Dan Rutt and his wife Sue. SHDHD promoted "Fight the Bite" by handing out insect repellent wipes to attendees.



Right: Sign in SHDHD's parking lot, promoting diabetes awareness.



HEALTHY SENIORS

JULY 2023

Brought to you by the South Heartland District Health Department



Heat-related illness

High temperatures and high humidity that we experience in the summer months can not only be miserable, but can also cause a range of heat-related illnesses, including heat stroke and heat exhaustion.

Take these steps to prevent heat-related illness:

- Drink plenty of water to keep your body hydrated. Stay away from alcoholic and high sugar drinks, which can actually increase your body's fluid loss.
- Wear appropriate clothing including loose-fitting, lightweight, light-colored clothing.
- Apply sunscreen of SPF 30 or higher (sunburn interferes with your body's ability to cool itself).
- Schedule outdoor activities carefully to limit activity during the hottest part of the day.
- Pace yourself, especially if you are not used to working or exercising outside. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity, get into a cool place (at least into the shade) and rest. Watch for symptoms of light-headedness, confusion, or feeling weak or faint.
- Use a Buddy System when working or exercising in the heat to monitor your co-worker's or teammate's condition and for them to do the same for you. Heat related illness can cause a person to become confused or lose consciousness.
- Protect your pets. Be sure your pets have access to plenty of water and shady places to go when outdoors. Test sidewalks with your hand. If it's too hot for your hand, it's probably too hot for your pet. Avoid exercising with your pet outside on extremely hot days.

Heat Stroke

- High body temperature (103°F or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

Heat Exhaustion

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

Heat Cramps

- Heavy sweating during intense exercise
- Muscle pain or spasms

Heat Rash

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin or in elbow creases)

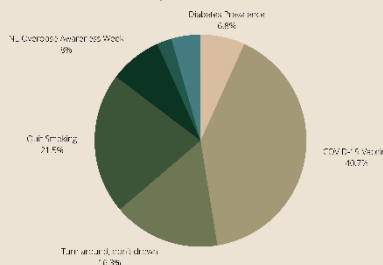
Facebook Statistics

Since Aug. 25

1,202
People Reached

521
COVID-19 Vaccine
Highest Engagement

Topics & Post Reach



Likes & Shares
COVID-19 Vaccine - 1 like
Turn around, don't drown - 1 like
Quit smoking - 2 likes
Drug Overdose Prevention - 1 share

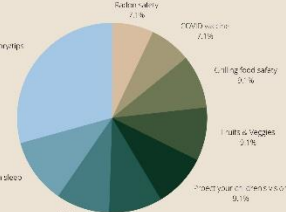
Instagram Statistics

Since Aug. 9

23
Accounts Reached

78
Total Followers

99
Impressions



Top Content (based on reach)

Above: Facebook and Instagram statistics. Highest engagement on Facebook for a selected period during July/August were posts on COVID-19 vaccine information, followed by quit smoking. On Instagram – Dangerous Heat Advisory/Tips garnered the most attention.

Left: One of several newsletters we create for different target audiences (Seniors, EMS, Home School/School). This one for older adults was distributed in July and focused on heat-related illness.