HEALTHY NEWS

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

ISSUE 5 | MAY 2024



COMMUNITY CALENDAR

<u>May 2-</u> Give Hastings Day- South Heartland and South Heartland's Healthy Beginning program are participating.

<u>May 16-</u> Adult COVID Vaccine Clinic (Tetanus and flu shots available) for Uninsured and Underinsured. Call for an appointment 402-462-6211

<u>May 21-</u> Circle of Security Parenting[™] class starts-Call the Health Department to Register or more information



402-462-6211
606 N MINNESOTA AVE., HASTINGS, NE
SOUTHHEARTLANDHEALTH.NE.GOV

HTTES/WWW.HHELBHLGOV/EDUCATION/HIGH-BLOOD-PESSURE/HIGH-BLOOD-PESSURE Z. EDUCATIONMORPHIE—TEXT-EN-EX-DELEAPEN/SECTION/CEX-EX-SECTION HELD SECTION H

HEALTHY PEOPLE IN HEALTHY COMMUNITIES

PREVENT

May is High Blood Pressure Education Month High blood pressure, or hypertension, is a major risk factor for heart disease. Half of Americans have high blood pressure, and many don't know they have it. Have yours checked and talk to a healthcare provider about what your numbers mean for you. For more information click here or scan the QR code. Check our website for locations to take your blood pressure at no cost.

PROMOTE

May is Mental Health Awareness Month, 1 in 5 U.S. adults experience mental illness each year, and only half of them receive treatment. 50% of all lifetime mental illnesses begin by age 14, and 75% by age 24. If you are experiencing a mental health crisis: Call, chat or text 988 to speak with a trained crisis counselor 24 hours a day, 7 days a week. Your mental health matters and your mental health journey starts with a single moment. Take it!

PROTECT

CDC estimates that Salmonella causes more foodborne illnesses than any other bacteria. Chicken is a major source of these illnesses.

Steps to Prevent Food Poisoning

Wash hands with soap and water before handling raw chicken; Use a separate cutting board for raw chicken; Wash cutting board, utensils, dishes, and countertops with soapy water before you prepare the next item; Cook to a safe internal temperature (165 degrees); Refrigerate or freeze leftover within 2 hours