

Public Health Pulse



July 2025



Northeast Nebraska

Public Health
Department

Upcoming Events

July 25th: Sweet Talk
Wayne Community
Activities Center
5:30-6:30

Check for local farmer's
markets in your area this
summer!

Make sure you're following
NNPHD on Facebook for
updates on events and
important public health
information!

Employee Spotlight

Stacy Benne, Public Health Dental Hygienist

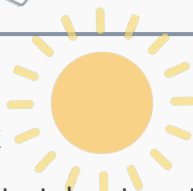


Stacy is a licensed Dental Hygienist with a Public Health Credential and serves NNPHD's Dental Program. She began her career in clinical hygiene after graduating from the University of Nebraska Medical Center's Dental Hygiene Program in 2009. Since joining NNPHD in 2021, Stacy has been passionate about making dental care accessible to underserved populations, including residents in long-term care facilities, children in child care centers, and students in schools across our health district. In her role, she has helped deliver essential preventive services—such as screenings, fluoride treatments, sealants, and basic cleanings. To date, we have provided nearly 4,000 visits across the four-county district.



Seasonal Health & Safety

Staying Safe in the Summer Heat



With summer in full swing, it's important to take steps to protect your health while enjoying the warm weather. Rising temperatures and increased time outdoors can lead to health risks like heat exhaustion, dehydration, and sunburn. To stay safe, try to avoid being outside during the hottest parts of the day - typically between 10 a.m. and 4 p.m. - and take frequent breaks in the shade or air conditioning.

Wearing lightweight, light-colored clothing, wide-brimmed hats, and sunglasses can also help protect you from the sun's harmful rays. Don't forget to apply a broad-spectrum sunscreen with SPF 30 or higher, and reapply it every two hours, or more often if you're swimming or sweating. Staying hydrated is equally important, so keep a water bottle with you and drink regularly.



Water activities are a great way to cool off, but they also come with their own set of safety concerns. Always supervise children closely when they're near water, whether it's a pool, lake, or beach, and make sure inexperienced swimmers use life jackets. It's best to swim in designated areas with lifeguards when possible and to avoid swimming alone.

Please call if you have an event to reserve NNPHD's sunscreen dispenser for free. Ask for JJ or pick up individual packets of sunscreen at the health department.



Fight the Bite



Tips to prevent West Nile, Lyme disease, and more

Summer is a prime season for outdoor fun—but it also brings an increased risk of illnesses spread by mosquitoes and ticks. July is a good time to remind ourselves and our communities how to stay safe from vector-borne diseases like West Nile virus, Lyme disease, and others. These illnesses can range from mild to severe, and prevention is key.

As of June 25th, Nebraska has confirmed its **first human case of West Nile virus for the 2025 season**, a reminder that mosquito activity is on the rise. West Nile is spread by infected mosquitoes and can cause symptoms ranging from mild fever to serious complications. Protect yourself by using insect repellent, wearing long sleeves outdoors, and removing standing water where mosquitoes breed. If you're in grassy or wooded areas, check for ticks and remove them promptly to reduce the risk of Lyme disease.



Program Spotlight

Diabetes On Track

Diabetes on Track is a local initiative to help prevent and manage diabetes in rural Nebraska. With 1 in 5 Nebraskans unaware they have diabetes—and most new cases being Type 2—early screening is key. **NNPHD offers free A1C testing** to detect prediabetes or signs of diabetes, and monitor progress. We can bring screenings to workplaces, events, and community groups.

Through the program, NNPHD also offers Health & Habits, a wellness series for Wayne County residents focused on nutrition, goal setting, and lifestyle changes. Participants use the InBody machine to track body composition and receive personalized support to build long-term healthy habits.

Looking for extra support? Join Sweet Talk, our monthly support group open to anyone with diabetes, prediabetes, or an interest in better health. Meetings are held the fourth Thursday of each month, 5:30–6:30 p.m. at the Wayne Community Activities Center.

For more information, visit nnphd.ne.gov or call NNPHD at (402) 375-2200 and ask for the Diabetes Navigator.

Measles Update

As of July 1st, 2025, there have been **1,267 confirmed cases** of measles reported by 38 jurisdictions across the U.S. There has been **1 confirmed case in Nebraska**.

Measles spreads easily through the air and can remain infectious in the air for **up to 2 hours**.

Symptoms include:

- High fever
- Cough, runny nose
- Red, watery eyes
- Rash that starts on the face and spreads

Unvaccinated children and adults are most at risk.

The MMR vaccine is safe and highly effective. 2 doses of the vaccine provides 97% protection against measles.

Stop by the NNPHD office to get free DEET wipes and mosquito dunks.



Fast Facts!



1 in 3 U.S. adults has prediabetes, and most don't know it.

Type 2 diabetes accounts for about 95% of all diagnosed diabetes cases in adults.

Portion control and balanced meals are key to managing blood sugar and weight.



Scan this QR to take the Diabetes Risk Assessment.



Contact Us!

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