

Public Health Pulse



May 2025



Northeast Nebraska

Public Health
Department

Upcoming Events

May 22nd: Free A1c Screenings & CRCA information at the Hartington Library 3-6pm

May 28th: Annual Health Fair in Winnebago at WCHS 9:30am-2:30pm

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

Employee Spotlight

Lindsey Hallgren, Services Coordinator



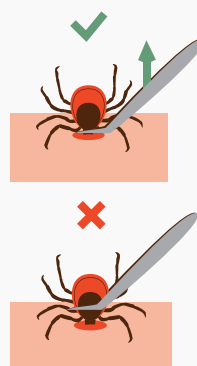
Lindsey has been a dedicated team member since 2022. Her role as Services Coordinator plays a key part in several of the programs NNPHD offers. She helps provide community response services, Fatal Vision Alcohol/Distracted Driving and vaping prevention classes, and more! She also represents NNPHD at Kiwanis and serves on their board.



Tick Talk: Stay Safe This Spring!

May is Lyme Disease Awareness Month

As the weather warms up, so do the ticks! Whether you're hiking, gardening, or just enjoying time outside it's important to protect yourself and your loved ones from tick bites. Some ticks can spread diseases like Lyme disease, which has been detected in our health district and tends to be more active during the warmer months.



To protect yourself, wear light-colored, long-sleeved clothing and stay on clear trails. Use EPA-approved repellents with DEET, picaridin, or oil of lemon eucalyptus. After being outside, do a full-body tick check and shower within two hours to reduce risk.

If you find a tick, remove it with tweezers by pulling straight up, then clean the area with soap and water. Watch for symptoms like fever, rash, or fatigue, and contact your healthcare provider if needed.

NNPHD will begin conducting tick surveys this month to help track local tick activity and the presence of tick-borne illnesses. Your awareness helps keep our community safe!



Staying Ahead of Measles



Stay informed. Stay protected.

Measles is the most contagious virus known to infect humans; infectious viral particles can survive in the air for 2 hours after someone with measles has left the room. While many people associate it with a rash, measles is primarily a respiratory disease which presents with cough, runny nose, and itchy watery eyes.

Research from the last decade has shown that many people who get infected with measles develop “**Immune Amnesia**”. Simply put, measles can wipe out portions of a person’s immune system. This means that previous immunity to any infection is compromised, leaving the person vulnerable to getting sick with diseases they previously had immunity to, even prior vaccine-induced immunity.



Program Spotlight

WRAP - Wellness Recovery Action Plan

Taking care of your mental and emotional well-being is just as important as your physical health. That’s where **WRAP**, or the **Wellness Recovery Action Plan**, comes in.

WRAP is a structured, self-designed wellness tool that helps individuals identify what keeps them well, what triggers stress, and how to respond in healthy, personalized ways. It’s for anyone - whether you’re managing a mental health condition, navigating life changes, or simply wanting to stay balanced and resilient.

At NNPHD, we’re proud to support this approach to wellness. We have **two certified WRAP facilitators** on staff who are trained to guide individuals through the WRAP process in a supportive, empowering way. Participants learn how to create their own wellness plan, build daily routines, and develop practical steps to handle challenges.

WRAP is flexible, confidential, and strength-based. It’s not a treatment - it’s a tool you create for yourself, with support if you need it.

If you are interested in the WRAP Program or would like more information, please contact Lindsey or Georgina at 402-375-2200.

About **1 in 5 unvaccinated people** in the U.S. who get measles is hospitalized

As many as **1 out of every 20 children** with measles gets pneumonia, the most common cause of death from measles in young children.

About **1 child out of every 1,000** who get measles will develop encephalitis (swelling of the brain). This can lead to convulsions and leave the child deaf or with intellectual disability.

Nearly **1 to 3 of every 1,000 children** who become infected with measles will die from respiratory and neurologic complications.

If you are pregnant and have not had the MMR vaccine, measles may cause birth prematurely, or have a low-birth-weight baby.



Did You Know?

May is Skin Cancer Awareness Month. Skin cancer is the most common type of cancer in the U.S.



New Office Hours!

Monday-Thursday: 8-5:30

Friday: Closed