

Public Health Pulse



June 2025



Northeast Nebraska

Public Health
Department

Upcoming Events

June 19th: Juneteenth
Celebration at Bressler
Park 6-8pm

Free health screenings all
month long! Get a mini gift!

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

Employee Spotlight

Jill Belt, Director of Operations/HR




Jill is a Licensed Independent Mental Health Practitioner and Certified Social worker who has worked in that industry for 38 years. She joined the team at NNPHD in 2024 as the Director of Operations and HR. As the Director of Operations and HR, she ensures day-to-day activities run smoothly and oversees organizational processes. With her extensive background in mental health, Jill brings a unique perspective to operational leadership.


Campfire Fun, Not Foodborne Illness

Keep meals safe outdoors

As the weather warms up and camping, grilling, and picnicking become more common, it's important to be mindful of food safety. Warmer temperatures can increase the risk of foodborne illnesses like Salmonella and E. coli, especially when food isn't kept at the right temperature.

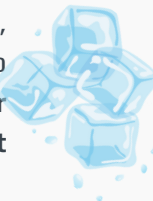


Cold foods aren't safe after 2 hours, or 1 hour if it's over 90°F.

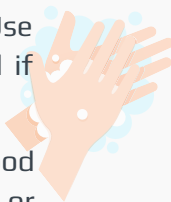


Bacteria grow fastest between 40°F and 140°F, known as the "**danger zone**".
That's why timing matters!

Perishable foods should be kept cold in a cooler with plenty of ice or ice packs, and a thermometer should be used to ensure the temperature **stays at or below 40°F**. Hot foods should be **kept at 140°F or higher until served**.



Always use separate utensils and plates for raw and cooked meat to avoid cross-contamination. Clean your hands often - especially when preparing food outdoors or at a campsite without running water. Use soap and water if it's available and if not, use an alcohol-based hand rub.



As a general rule, don't leave food sitting out for more than two hours, or just one hour if it's over 90°F outside. When in doubt, throw it out. These simple steps can help keep your summer meals safe and your gatherings enjoyable.

Strong Minds Matter



Highlighting Men's Mental Health Month

June is Men's Mental Health Month, a time to raise awareness and break the stigma surrounding mental health challenges that many men face. While mental health affects everyone, men are often less likely to talk about their struggles or seek help.

Common barriers include stigma, societal expectations, and the belief that asking for help is a sign of weakness. In reality, taking care of your mental health is a sign of strength. Whether it's through therapy, talking to a friend, exercising, or practicing mindfulness, support is available - and it works.

This month, we encourage men in our community to check in with themselves and those around them. Your mental well-being is just as important as your physical health.



Program Spotlight

Environmental Capacity Building

Environmental public health plays a critical role in protecting the health and safety of our communities. The environment we live in - our air, water, and homes- can significantly impact our well-being. That's why our environmental Public Health grant focuses on four key area: lead, air quality, water quality, and environmental hazards.

One of our primary goals is to develop local capacity to prevent childhood lead poisoning, helping to eliminate associated health impacts and learning deficits. We also work to raise awareness and provide education around environmental health risks that may otherwise go unnoticed. Through this grant, we aim to support residents with tools and resources that empower them to take action and protect their families.

Private well owners can pick up free nitrate test strips to check their drinking water, and we can assist them in accessing comprehensive water testing kits. We provide free radon test kits so residents can test their homes for radon gas, a naturally occurring substance and the second leading cause of lung cancer in the U.S. In addition, we've installed a Purple Air monitor in our district to track local air quality. This real-time AQI (Air Quality Index) data helps residents—especially those with asthma, COPD, or other respiratory conditions—make informed decisions about outdoor activities. By identifying and addressing these environmental health concerns early, we're working toward safer, healthier environments for everyone in our communities.

Measles Update

As of June 13th, 2025, there have been **1,197 confirmed cases** of measles reported by 35 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 a free radon test kit! If you're a private well owner ask about free nitrate test strips and water test kits!

Fast Facts!

1 in 15 homes in the U.S. has elevated radon levels



Nitrate in drinking water is especially harmful to infants and pregnant people



Poor air quality can trigger asthma attacks and worsen COPD symptoms



To view the air quality index in your area, visit the Fire and Smoke Map on AirNow.gov or scan this QR code!

