

March 24, 2017

For immediate release

Contact: Myra Stoney, Director director@swhealth.ne.gov 308-345-4223

Celebrate National Public Health Week with Southwest Nebraska Public Health Department

McCook – Celebrate National Public Health Week, April 3-9 with Southwest Nebraska Public Health Department (SWNPHD). Join the SWNPHD staff and board members in promoting preventive measures to help produce healthier communities in southwest Nebraska.

“National Public Health Week reminds Nebraskans to live healthier lives. Public health can be very helpful, yet so many do not understand its many aspects,” stated Myra Stoney, SWNPHD Director. “During National Public Health Week we are encouraging residents of southwest Nebraska to view movies and read a book to better understand what we do. So many times we are behind the scenes to keep the public healthy and safe.”

To help residents in this understanding, Stoney had her staff identify several movies and media as examples of public health situations. Some suggestions include: [Outbreak](#), [Contagion](#), [Erin Brockovich](#) and [World War Z](#). “Different roles of public health are featured in all of these recommendations,” Stoney explains. “You will see surveillance (disease follow-up), investigation, emergency preparedness, environmental health, immunizations, and education. Our core preventive actions are also included, such as, use good handwashing skills, stay home when you run a fever, cover your cough and be prepared for emergencies”.

We also recommend numerous apps that apply to public health issues: [Quealth](#), [TravWell](#), [FEMA](#) and [Kids get a plan](#). YouTube video suggestions include: [Should you get vaccinated?](#) [What is Public Health?](#) [Are you breathing Radon?](#) and [Disaster Preparedness Episode 2](#). Our most used staff resource is the Center for Disease Control and Prevention website.

To celebrate National Public Health Week, SWNPHD is reviewing the travels of Public Health Pete. He is our version of Flat Stanley that has traveled with staff to different locations throughout the year. We are sharing photos and highlights of his adventures on our Facebook page and Twitter account.

To get your photo taken with Public Health Pete, stop by one of our offices at 404 West 10th Street (block north of Arby’s) in McCook or 501 Broadway (Moreland Building 5th Street entrance) in Imperial. Our website is www.swhealth.ne.gov. For more information call 308-345-4223 in McCook or 308-882-4269 in Imperial. You can follow us on Facebook.com/swnphd and Twitter@swpublichealth.

Southwest Nebraska Public Health serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties.

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