

Our Mission

Three Rivers Public Health District Established 2002

"Our mission is to facilitate personal responsibility while promoting health and preventing disease among the residents of Dodge, Saunders and Washington Counties."

Lead Screenings

Lead can be found in all parts of our environment. Exposure to lead can happen from breathing workplace air or dust, eating contaminated foods, or drinking contaminated water. Children can be exposed from eating lead-based paint chips or playing in contaminated soil. Lead can damage the nervous system, kidneys, and reproductive system.

To schedule your Lead screenings, call: 727-5860.

CPR Training For Parents

Cardiopulmonary resuscitation (CPR) is a combination of rescue breathing and chest compressions delivered to victims thought to be in cardiac arrest. When cardiac arrest occurs, the heart stops pumping blood. CPR can support a small amount of blood flow to the heart and brain to "buy time" until normal heart function is restored.

To join one of our CPR Classes, call: 727-5860.

Car Seat Checks

According to the National Highway Traffic Safety Administration (NHTSA), child safety seats can reduce fatal injury by 71 percent for infants and by 54 percent for toddlers, ages 1-4. The problem is most parents and caregivers are unaware of the risk to children when they are not properly restrained in child safety seats. Ninety-six percent of parents and caregivers believe their child safety seats are installed correctly, but NHTSA research shows that seven out of 10 children are improperly restrained, putting them at risk for serious injury or death in a crash. Have your child's safety seat inspected!

To schedule your Car Seat Check, call: 727-5396.

Call Care

"We do it all in one call"

727-6050

- Medical advice from a local registered nurse.
- Assistance in finding a physician or dentist close to your home.
- Information on local health agencies and programs.

This FREE service is available Monday thru Friday from 7am to 7pm

Paid for and provide by:

 **THREE RIVERS**
DISTRICT HEALTH DEPARTMENT
Dodge, Saunders & Washington Counties

Visit Us Online!

We are your one stop for information you need regarding you and your family's health. Please visit us online at www.threeriverspublichealth.org

Services For New Parents



 **THREE RIVERS**
DISTRICT HEALTH DEPARTMENT
Dodge, Saunders & Washington Counties

Fremont Office

33 West 4th Street
Fremont, NE 68025
(402) 727-5396

Wahoo Office

1102 N Chestnut
Wahoo, NE 68066
(402) 443-4603

www.threeriverspublichealth.org



Hartford Designs			
Client	Three Rivers	Trim	8.5 in H - 11 in W
Project	New Parent Service - Tri Fold Brochure	Bleed	8.75 in H - 11.25 in W
		Slug	Bottom - 1.5 in

Molly Hartford
600 Surfside Dr Apt 188
Lincoln, NE, 68528
402.474.7436

Nebraska Kids Connection

If your child has no health insurance, below are the current income guidelines for the Nebraska Kids Connection Health Insurance Program. Please refer to the steps below and income guidelines to determine if your children qualify.

Please note the current income guidelines released by the U.S. Department of Health and Human Services effective September 9, 2009.

1. First, take your gross income (before deductions are taken out), subtract \$100 per month for each employed adult and then subtract actual day care costs.
2. Add in your unearned income, such as child support, alimony, unemployment compensation, Worker's Compensation, Social Security benefits, dividends, ect.
3. Then, compare this number, along with your family size, with the adjusted income figures shown in this chart. If your adjusted income falls at or below the appropriate amount on the chart your children may be eligible for Kids Connection.

Number of family members (include parents & children)	Adjusted Monthly Income	Adjusted Annual Income
1	\$1,806	\$21,672
2	\$2,430	\$29,160
3	\$3,052	\$36,624
4	\$3,676	\$44,112
5	\$4,300	\$51,600
6	\$4,922	\$59,064

For more information about the Nebraska Kids Connection program, contact your local HHS office or call the toll-free number (877) 632-5437.



Immunizations

Low cost immunizations for infants, children and some adults who are uninsured, whose insurance does NOT cover immunizations, or those who are unable to access services.

No Child is denied immunizations for inability to pay.

Adult Vaccines Available

Tdap – Tetanus, Diphtheria, & Pertussis
 PPSV - Pneumococcal (Pneumonia)
 Hepatitis A
 Hepatitis B
 Influenza

Children's Vaccines Available

DTaP – Diphtheria, Tetanus, & Pertussis
 PCV7 - Pneumococcal (Pneumonia)
 Hepatitis A
 Hepatitis B
 Hib - Haemophilus Influenza Type B
 Polio
 MMR – Measles, Mumps & Rubella
 Varicella - Chickenpox
 Meningococcal
 Rotavirus
 HPV – Human Papillomavirus
 Influenza

Call your local office for more details or to set up an appointment.

Dodge County: **727-5860**
 Saunders County: **443-4603**
 Washington County: **529-3513**

The Poison Center

Call 1-800-222-1222 for 24-hour telephone guidance on poisoning emergencies, free of charge, by Certified Specialists in Poison Information, with back-up by board-certified physician toxicologists. The Specialist continues to follow each case, with frequent calls back, until all symptoms have resolved and parents and patients are reassured. It is the combination of experienced Certified Specialists in Poison Information and frequent telephone follow-up which makes treatment at home possible and safe. About 70% of poisonings are managed entirely at home with telephone guidance from the Poison Center.

Immunization Schedule

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
Hepatitis B	HepB		HepB				HepB				
Rotavirus			RV	RV	RV ²						
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP		DTaP	DTaP			DTaP
Haemophilus influenzae type b			Hib	Hib	Hib ⁴	Hib	Hib				
Pneumococcal			PCV	PCV	PCV	PCV	PCV			PPSV	
Inactivated Poliovirus			IPV	IPV	IPV	IPV	IPV				IPV
Influenza								Influenza (Yearly)			
Measles, Mumps, Rubella						MMR	MMR				MMR
Varicella						Varicella	Varicella				Varicella
Hepatitis A							HepA (2 doses)				HepA Series
Meningococcal											MCV

Range of recommended ages for all children except certain high-risk groups

Range of recommended ages for certain high-risk groups