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### **Southeast District Health Department Celebrates Public Health Month**

While local health departments work diligently year round to protect the community from health threats, many people are unaware of this resource and how it benefits their quality of life. To raise awareness of the value of public health, the Southeast District Health Department will celebrate National Public Health Month throughout April.

“Everyday, each person in our community benefits from public health activities - from drinking water made safe by regulating well construction to childhood vaccinations that protect our children from long-lasting consequences of diseases,” said Kay Oestmann, Health Director.

To celebrate Public Health Month we invite you to go to our website, [www.sedhd.org](http://www.sedhd.org) and complete the confidential Personal Health Assessment to see what you need to do to achieve a healthier way of life. You can also download a Household Preparedness Plan to help your family plan for disaster from the site.

The Southeast District Health Department has served residents’ public health needs for 6 years in Otoe, Nemaha, Johnson, Richardson and Pawnee Counties providing clinical, environmental and health education programs that are critical to the well-being of the community.

Over the past year the Southeast District Health Department has provided immunizations in each county on a monthly basis, worked with communities to develop household preparedness plans, responded to natural disasters, and given back to the communities by providing mini-grants in each of the counties.

For more information about how public health is working for you, please visit us at [www.sedhd.org](http://www.sedhd.org).



**Public Health**  
Prevent. Promote. Protect.