



Southwest Nebraska Public Health Department

PREVENT

PROMOTE

PROTECT

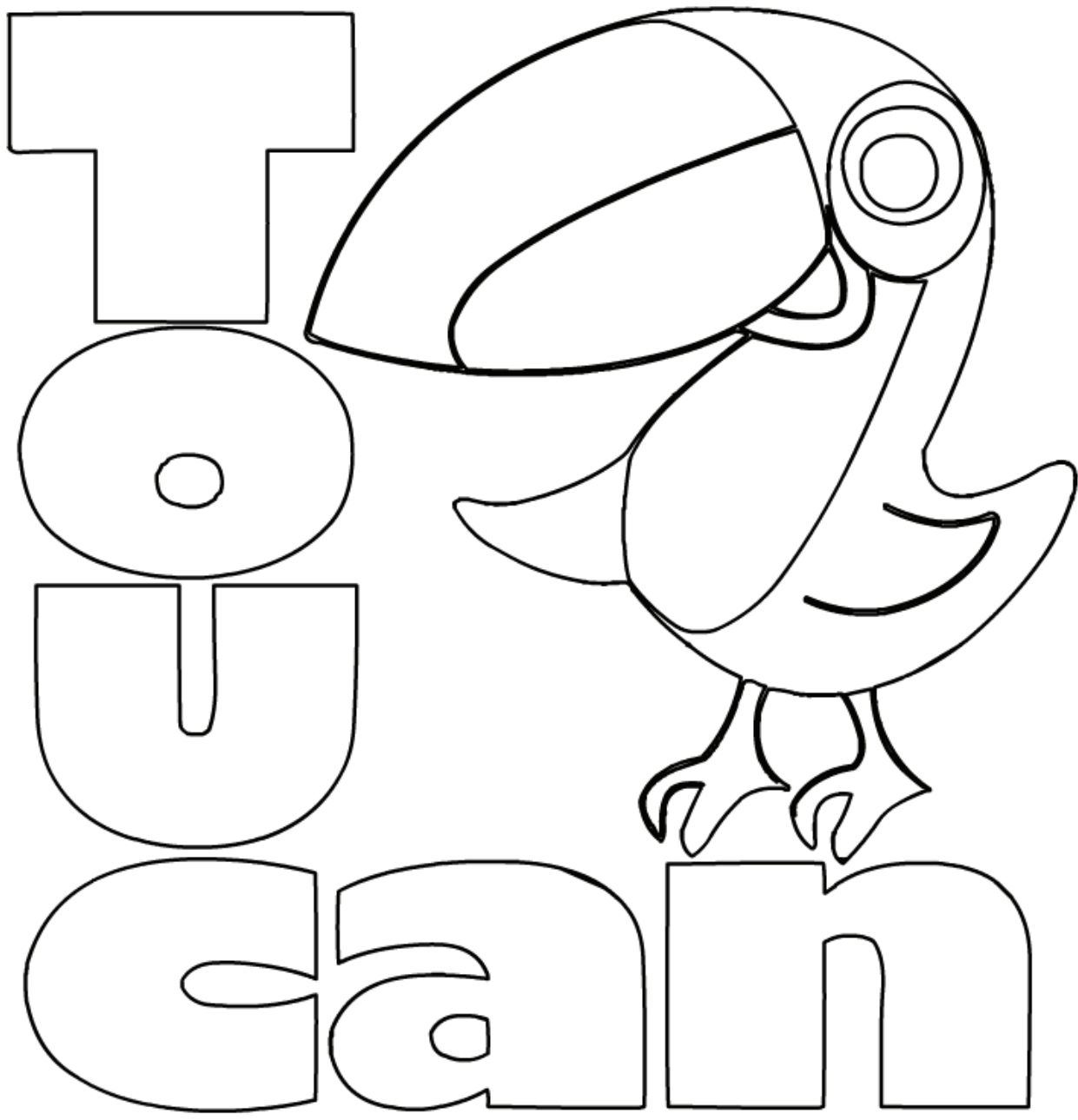
Color



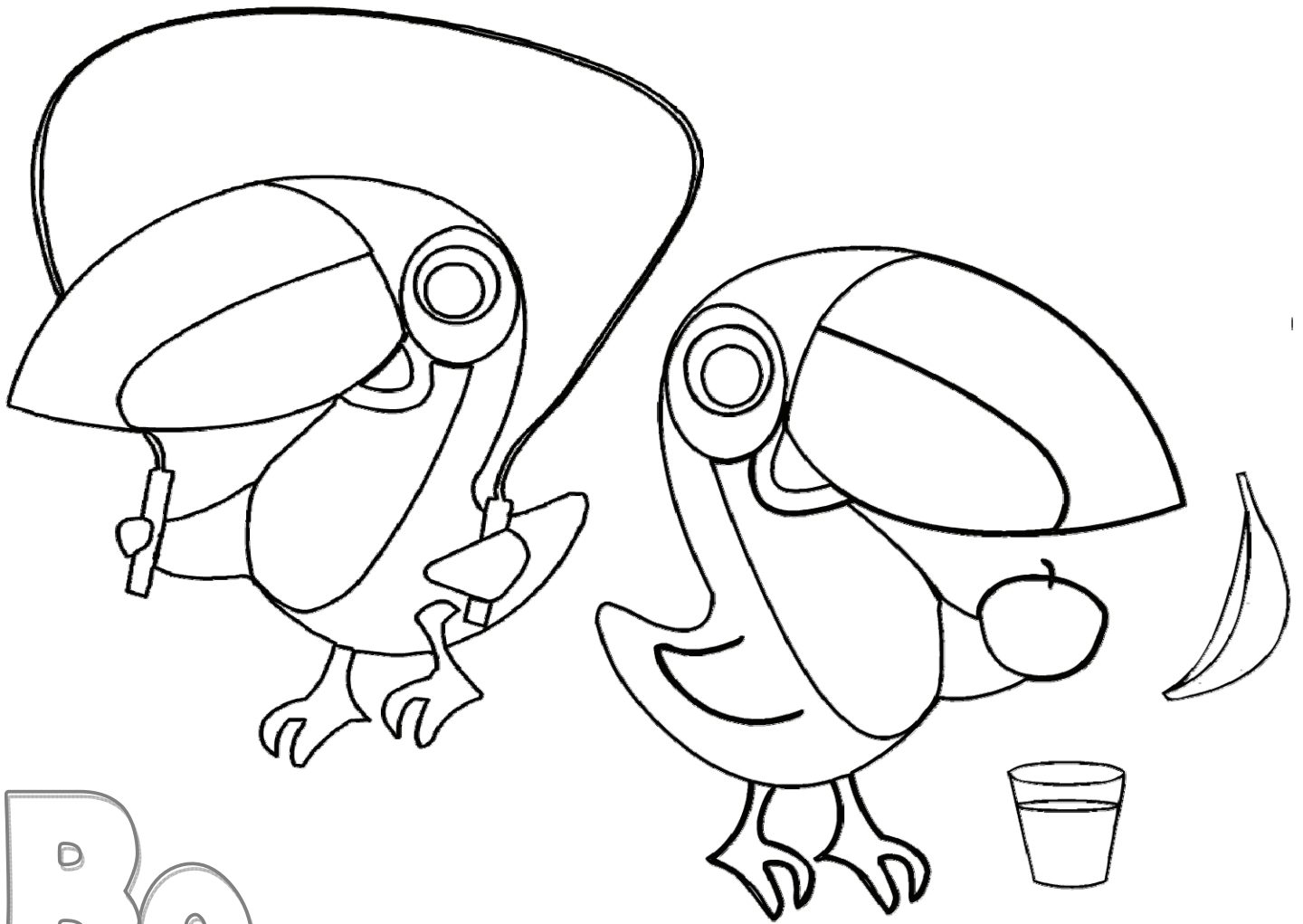
me



Healthy



teaching our youth choices:
activities and nutrition



Be Active
& Eat
Smart

WORD SEARCH

V S U N S H I N E R C A T
E A N A J B F E V E R O E
G C M U W I G Y D S B K S
E T H E T C O S H P F B M
T I N A D R K L A I E M R
A V U S P T I N W T G V E
B E H P I P T T V E I N G
L B Y U O G Y P I D L K A
E L R W T E L R C O N U M
S F H E A L T H P A N D R

ACTIVE

FRUIT

GO KIT

HEALTH

SUNSHINE

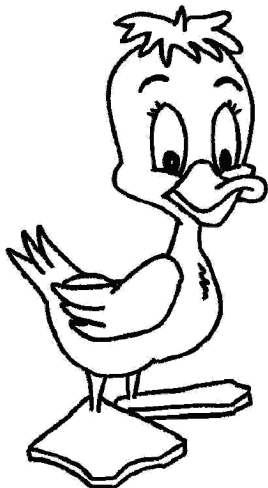
FEVER

GERMS

HAPPY

NUTRITION

VEGETABLES



Did you find
them all?

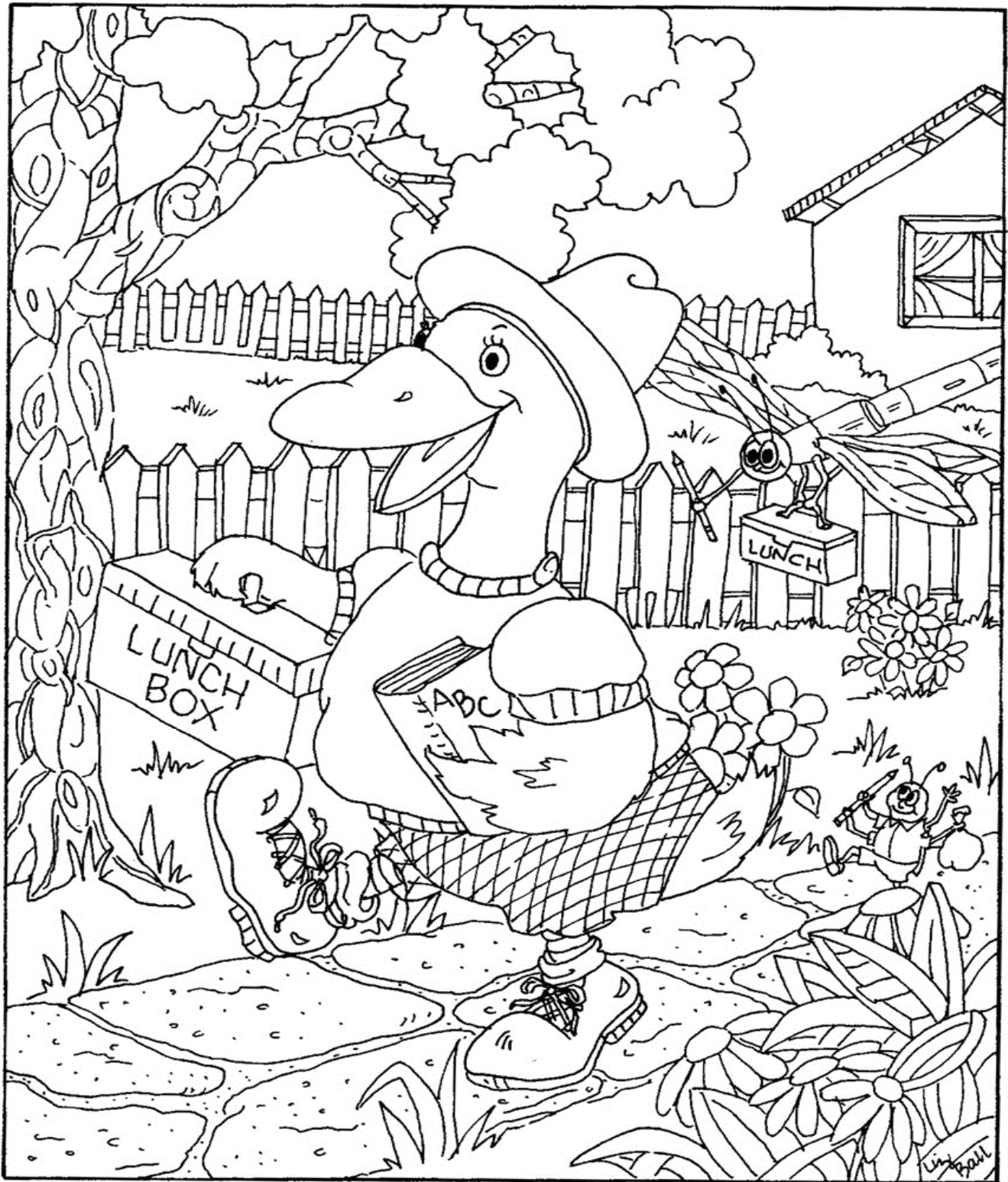
V S U N S H I N E R C A T
E A N A J B F E V E R O E
G C M U W I G Y D S B K S
E T H E T C O S H P F B M
T I N A D R K L A I E M R
A V U S P T I N W T G V E
B E H P I P T T V E I N G
L B Y U O G Y P I D L K A
E L R W T E L R C O N U M
S F H E A L T H P A N D R

Stay
Home
with a
Fever

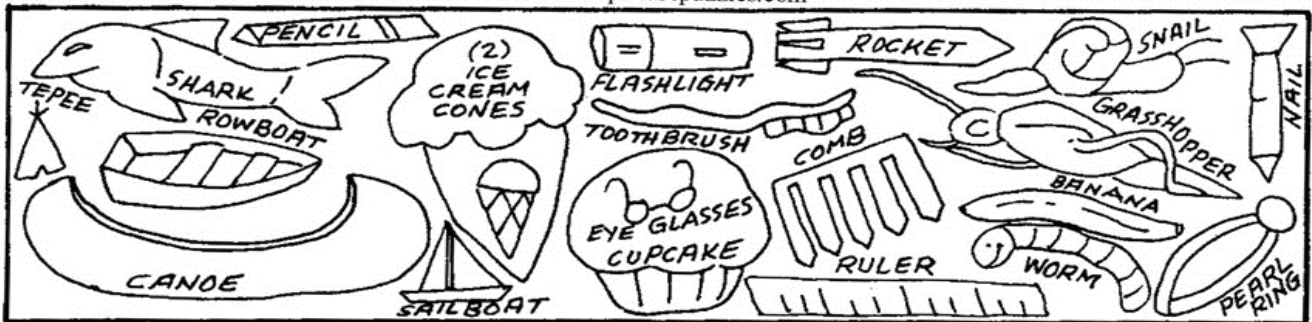


Wash
your
hands
with

Soap & Water



www.hiddenpicturepuzzles.com



Guide for Proper Hand Washing

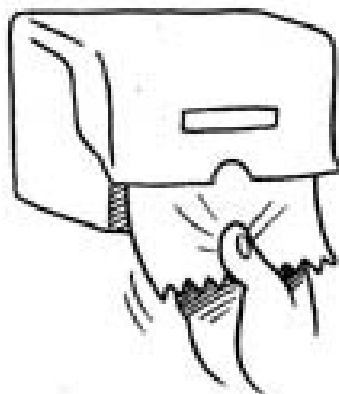
START →



1. Wet hands



6. Turn off taps with towel



5. Towel dry

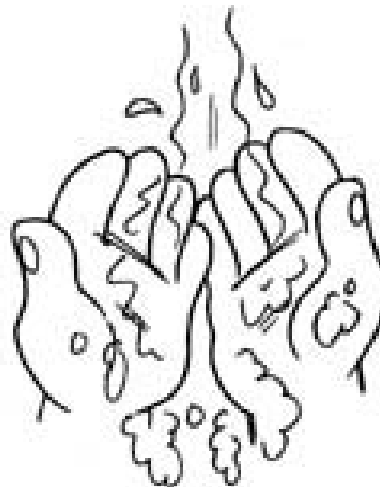
HAND WASHING STEPS



2. Soap
(20 seconds)

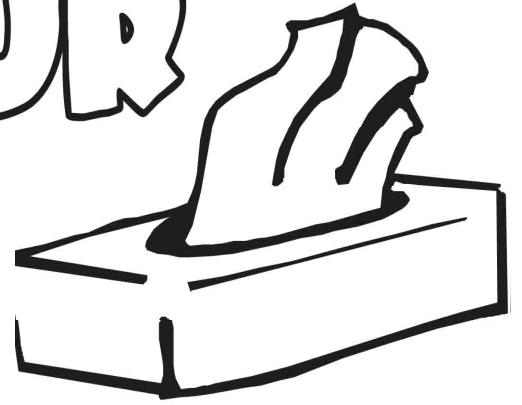


3. Scrub backs of hands, wrists, between fingers, under fingernails.



4. Rinse

COVER YOUR COUGH



It is nice to share your toys, but do not share your germs.

Cover your cough and sneezes with a tissue. Be sure to throw away your dirty tissue right away or cough into your sleeve.



Stop the Spread of GERMS!



Fight the Bite

West Nile Virus

Remember the
3-R's



REDUCE

the area where
mosquitoes can lay eggs

REPEL

mosquitoes, use DEET

Report

dead birds to
Southwest Nebraska
Public Health Department



Fitness Reaching Older Gen's
Southwest Nebraska Public Health Department

**At any age,
Be Active!**

I was wise

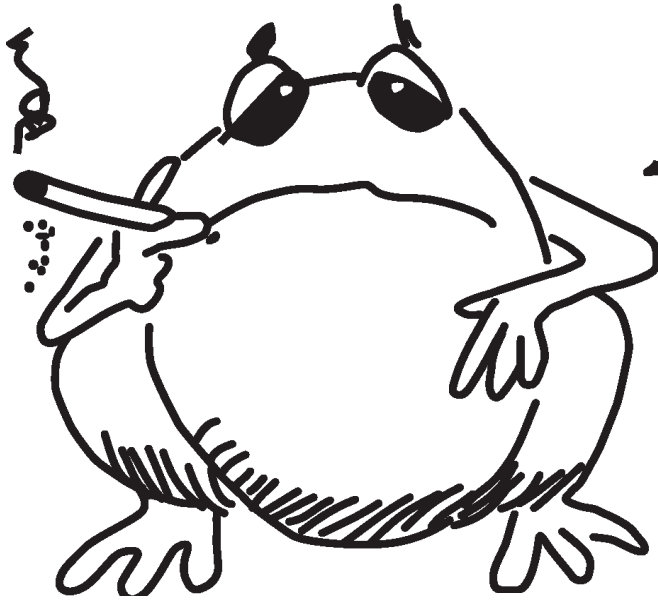


and got immunized!

Get your shots on time. Protect yourself from diseases that can be prevented.

Be Prepared
Make a "GO KIT"





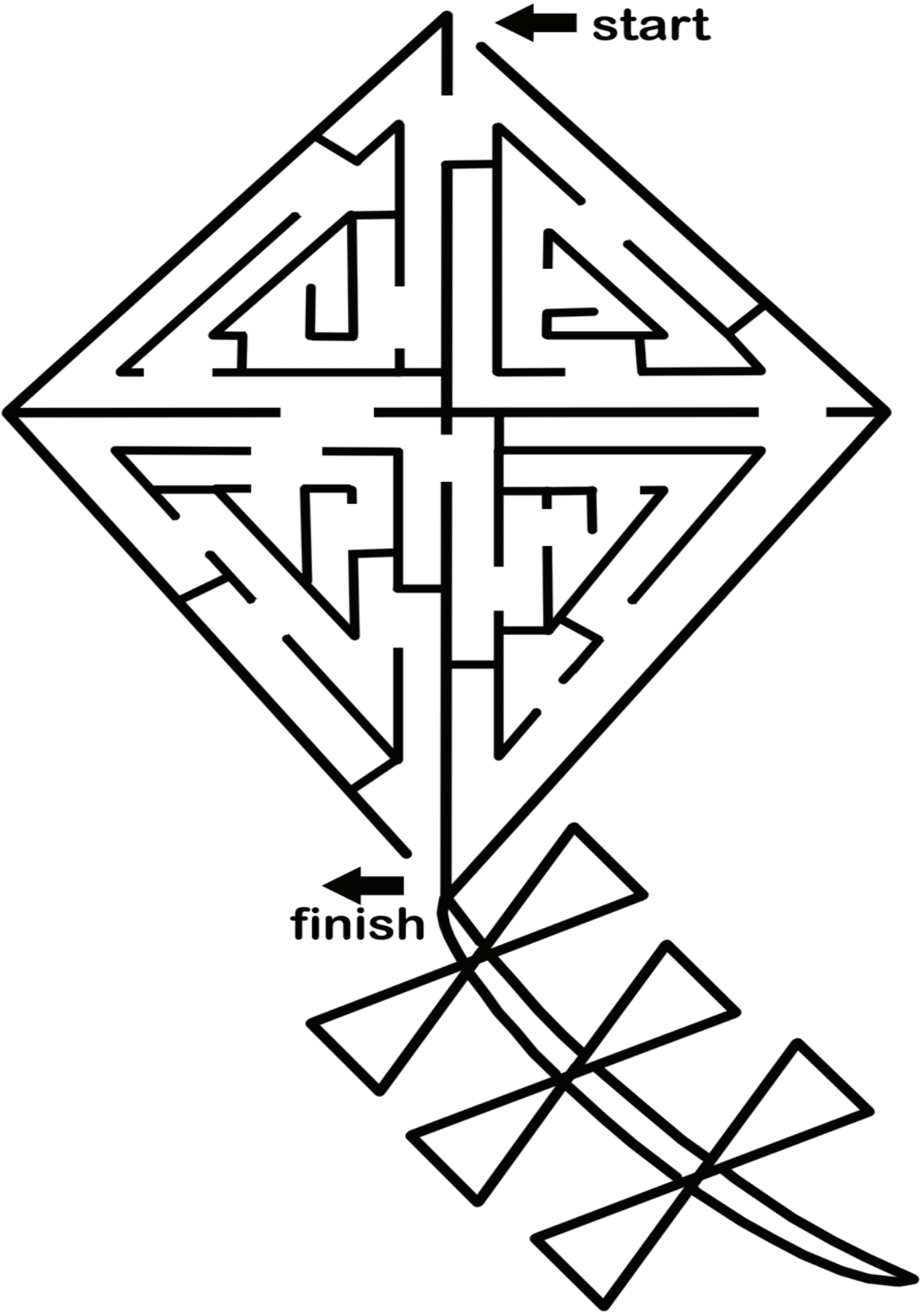
SMOKE

CHOKE



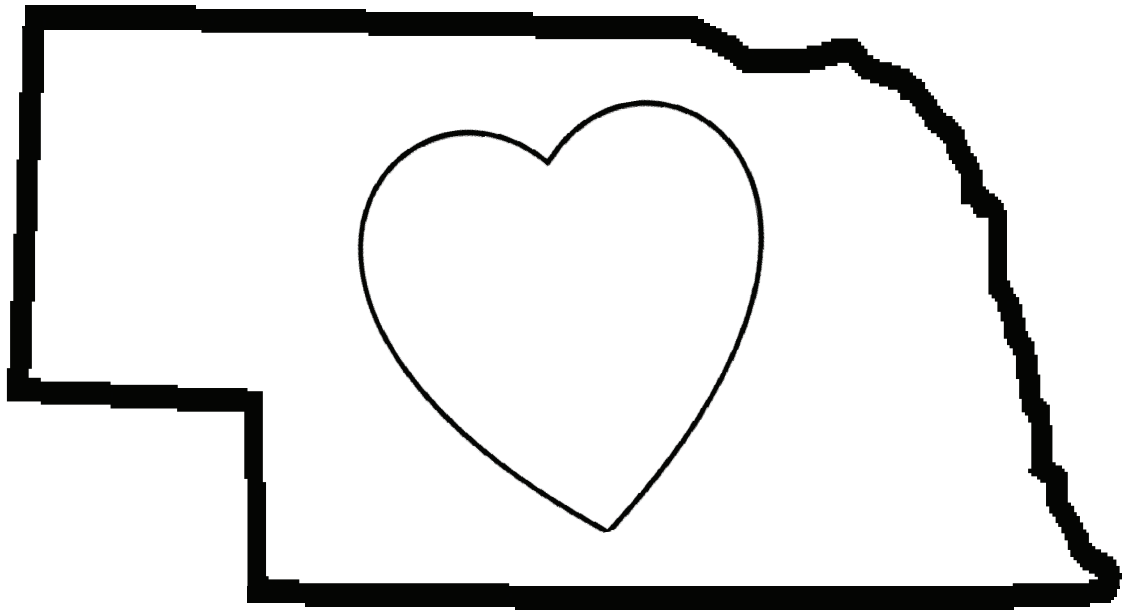
CROAK

Smoking and other tobacco use can cause cancer. DO NOT START TOBACCO USE!



start

finish



NEBRASKA
RESPITE NETWORK

1-866-RESPITE

We give Caregivers a break.