



## COUNTRYSIDE PUBLIC HEALTH

### Our Mission:

*Facilitating a safe and healthy future for the residents of Big Stone, Chippewa, Lac qui Parle, Swift, and Yellow Medicine counties.*

### How to Reach Us:

#### Office Locations:

We have office locations in Ortonville, Montevideo, Madison, Benson, and Granite Falls.

#### By Phone:

Toll Free 800-657-3291  
or 320-843-4546

*Reaches all office locations*

#### Website:

[www.countrysidepublichealth.org](http://www.countrysidepublichealth.org)

#### E-mail:

[info@countrysidepublichealth.org](mailto:info@countrysidepublichealth.org)

#### Follow us on Social Media:



@CountrysidePublicHealth

CountrysidePublicHealth

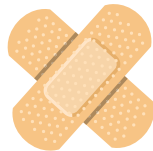
SCAN ME



COUNTRYSIDE PUBLIC HEALTH'S

# Community Health Connection

Fall 2023

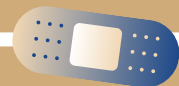


## Get up-to-date on Vaccinations this Fall!

With the start of cold & flu season approaching, it is a perfect time to get up-to-date on your recommended vaccinations to stay healthy this winter! **Here are some vaccines that you may be due for:**

### Influenza:

The Minnesota Department of Health recommends that everyone over the age of 6 months get a flu vaccine each year. Getting a flu vaccine helps protect you from getting the flu and prevents you from passing it to people who could get very sick.



### COVID-19:

The new vaccines are approved by the FDA for all people 6 months of age and older, as of September 2023. For specific details on the most recent vaccine recommendations for you and your family members, visit the [Centers for Disease Control \(CDC\) website](https://www.cdc.gov) or call your healthcare provider for details.

### Where can I get vaccinations?

You can ask about and receive vaccinations from your local healthcare provider, many local pharmacies, or your local Countryside Public Health office location.

Countryside Public Health offers monthly in-office Vaccine Clinics in each office location, call us or [visit our website](http://www.countrysidepublichealth.org) for a list of dates and to register for an appointment.

## Updates on Covid-19: Important Things to Know

- The end of the federal public health emergency last spring brought us into a new phase of our response to COVID-19.
- While we have resumed our normal operations and programs, COVID-19 is still present within our communities and we are available to offer resources to our communities as needed.
- We encourage you to follow the [Minnesota Department of Health \(MDH\)](https://www.mn.gov) and the [Centers for Disease Control \(CDC\)](https://www.cdc.gov) websites for COVID-19 updates.



### Countryside Public Health continues to offer:

*Free KN95 Masks, while supplies last*

*Free COVID-19 At-Home Test Kits in our office locations, while supplies last*

*COVID-19 Vaccinations, as available*

*Intake Nurse to assist with your questions*

## PROGRAM SPOTLIGHT:

### *School Health Services staff offer healthy choices and decision-making skills to area youth*

Our Countryside Public Health School Health staff are hard at work kicking-off the 2023-2024 school year in many of our area school districts, providing preventative health services in school districts across our counties.

Our **SHIP Coordinators**, Ashlie Wubben & Hannah Maanum, (pictured top-right) support Statewide Health Improvement Partnership community-driven solutions to expanding opportunities for active living, healthy eating, and commercial tobacco-free living in our schools and communities. Projects include: Safe Routes to School, Smarter Lunchrooms, Farm to School, and more.

Our **Primary Prevention School Health Nurse**, Nicole Erickson (pictured middle-right) works in school districts across our counties educating students of all ages in their classrooms on various health and safety topics to help prevent or decrease harm and illness. Nicole provides interactive and educational presentations on a variety of monthly topics throughout the school year.

In a new position at Countryside Public Health, our **Opioid Prevention Nurse Educator**, Ashley Hibma (pictured bottom-right), is focusing on bringing prevention education into our area school districts with the goals of helping students acquire coping mechanisms, improved decision making skills, and heightened self-awareness. Our Opioid Prevention Nurse Educator is a new program providing prevention education as a result of opioid settlement funds.



## Get to Know Us!

*Proudly serving our communities!*

### Countryside Public Health staff can assist you with:

- Routine Vaccinations
- Height & weight checks
- Blood pressure checks
- Pregnancy testing
- Free condoms and educational materials
- WIC Services
- Child & Teen Checkup Program
- Car Seat Checks & Education
- Breastfeeding education & Support
- Water, radon, & lead test kits
- DNA testing offered through CPH or Family Services
- COVID-19 Test Kits (as available)
- KN95 Masks (as available)
- Environmental Health services
- Connecting you to community resources

Program areas including:

