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DOUGLAS COUNTY

HEALTH DEPARTMENT

Newsletter

Volume 24

October—December 2025

Edition 4

Health Observances

October

National Dental Hygiene Month

Breast Cancer Awareness Month

Sudden Infant Death Syndrome (SIDS) Awareness Month

Red Ribbon Week, 23rd-31st

November

American Diabetes Month
National Family Caregivers Month
National Alzheimer's Awareness Month

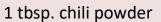
December

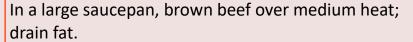
National Handwashing Awareness Week, 5th-11th
National Influenza Vaccination Week, 6th-12th
National Safe Toys & Gifts Month



Lentil Chili

- 1/2 pound extra lean ground beef
- 1 1/2 cups chopped onion
- 1 clove garlic, crushed
- 2 cups cooked, drained lentils
- 1 29 oz. can tomatoes, diced or crushed





Add onion and garlic. Cook until softened.

Add lentils, tomatoes and chili powder. Cook on low heat for an hour until flavors are blended.



Have you heard of *Deterra* bags? They are a safe way to dispose of old prescription medications.

If interested in these, please come by the Douglas County Health Department

Handwashing

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, use soap and available water.

If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When Should You Wash Your Hands

- · Before, during, and after preparing food;
- Before eating food;
- Before and after caring for someone who is sick;
- Before and after treating a cut or wound;
- After using the toilet;
- After changing diapers or cleaning up a child who has used the toilet;
- After blowing your nose, coughing, or sneezing;
- After touching an animal, animal feed, or animal waste;
- After handling pet food or pet treats;
- After touching garbage.

How Should You Wash Your Hands

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.



November is American Diabetes Awareness Month

Types of Diabetes:

Type 1 diabetes occurs when the body makes little or no insulin, a hormone in the pancreas that breaks down carbohydrates into blood sugar or glucose, for energy.

Type 2 diabetes is the most common form of the disease where the body is unable to process internal insulin well enough to keep blood sugar at normal levels.

Risks:

You're at risk for developing prediabetes or type 2 diabetes if you:

- Are overweight
- Are age 45 or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diabetes (diabetes while pregnant) or given birth to a baby weighing more than 9 pounds.

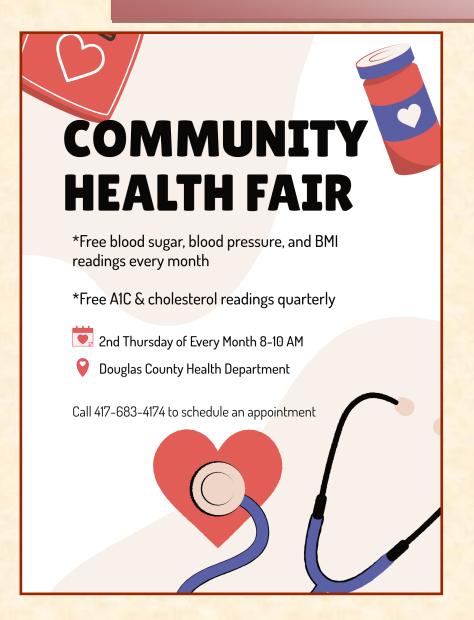
Prediabetes Screening Tool:

You can access the Prediabetes Risk Test online at dchd.org

Women's Preventive Visits



Preventive care is a crucial aspect of women's health throughout all stages of life. Starting in adolescence and continuing across the lifespan, it is recommended that women schedule and attend at least one preventive care visit each year.



SIDS AWARENESS MONTH OCTOBER 2025

