

## **Services of The Polk County Health Department**

### **Homemaker/Chore Services**

Services available include bath assistance, light housekeeping, laundry, meal preparation, medication set-up, errands, travel escort, companionship, respite and others by agreement. Fees for these services are covered by private pay or Medicaid waiver.

### **School Nursing**

Nurses are available to schools on an interim basis for a contract fee. The contract fee includes the following services: classroom student CPR classes, student assessments, maturation classes, scoliosis screening, head lice checks, asthma protocol, bus driver drug and alcohol testing, immunization record checks, faculty/staff immunizations and health issues training.

### **Health Screening/Educational Programs**

Public health fairs, screenings and health programs such as CPR/First Aid are available by request to any citizen or group in Polk County. Scheduling for the above must be arranged in advance through the Polk County Health Department.

### **Pedicure Clinics**

Pedicure clinics are held at the Polk County Health Department the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month. An appointment can be arranged by contacting the Polk County Health Department. A fee is charged for this service.

### **Blood Pressure Clinics**

Clinics to monitor blood pressure are held at the Polk County Health Department the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month. No appointment is necessary. Walk-ins are welcome any time during office hours. Clinics are also held each Tuesday at the Senior Centers in Polk County from 9:30 to 11:30 a.m. on a rotating basis.

### **Influenza Immunization**

Immunization against the influenza virus is recommended annually. Public clinics are held throughout the county during peak vaccination dates.

### **Immunization Clinics**

Polio, DTaP, Hib, Rotavirus, Hepatitis B, Prevnar, Hepatitis A, MMR, Chicken Pox, Tdap, Meningitis, and HPV immunizations are available to children age 0 through 18 years. Monthly immunization clinics at Polk County Health Department are:

Polk County – Polk County Health Department, Osceola, NE

- 2<sup>nd</sup> Wednesday of every month
- 3<sup>rd</sup> Monday of every month

### **Drug and Alcohol Testing**

CDL holders need to be randomly tested for drug and alcohol use. Polk County Health Department is a drug testing collection site for both non-DOT and DOT urine, and also has a certified saliva test technician to perform alcohol testing. Companies can contract with Polk County Health Department for these services.

### **Lifeline**

Lifeline is a personal response system that helps individuals to live independently in their home or on-the-go, by providing 24 hour monitoring and emergency assistance. If an individual has a sudden illness or injury, help will be on the way in a matter of minutes, even if they can't move or speak.

### **Tai Chi: Moving for Better Balance**

Tai Chi: Moving for Better Balance is a group program that focuses on improving functional ability, such as balance and physical function, to reduce fall-risks and frequency. The program is delivered by an authorized Master Trainer or instructor over the course of at least 12 weeks, in the spring and fall.

### **Tai Chi For Arthritis**

Tai Chi For Arthritis is a group program that is especially effective for people with arthritis to improve functional ability, such as balance and physical function, to reduce fall-risks and frequency. The program is delivered by an authorized Master Trainer or instructor over the course of at least 12 weeks, in the spring and fall.

***To obtain services from the Polk County Health Department, simply contact our office during normal business hours at 402-747-2211.***