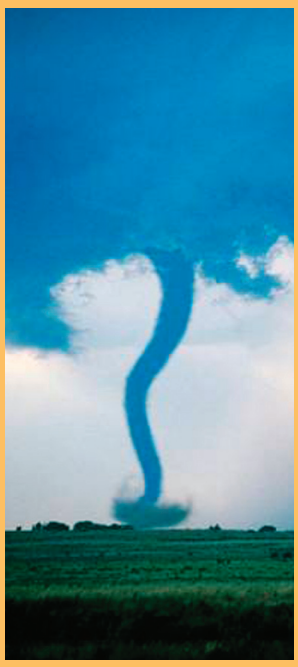
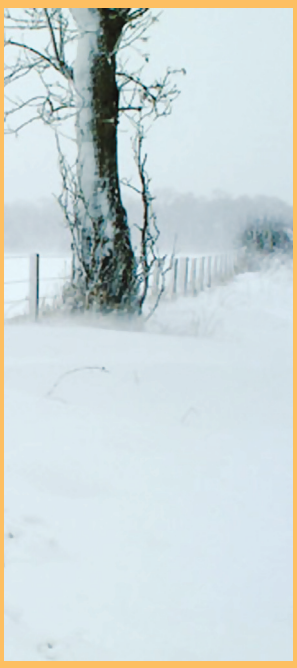


Recommended Procedures for Planning and Recovering from a Disaster



As we have seen in recent emergency situations (floods, tornadoes, winter storms or other disasters), you may be unable to obtain needed resources for some period of time following an event. You may not have access to food, water and electricity for days, or even weeks.

By taking a little time now to prepare, you can provide stored emergency supplies for your entire family. You should be prepared to go without any assistance for at least 48–72 hours.

This guide also contains information on what to do for some other emergency events. Please take some time to read through this guide and begin preparations for you and your family.

Table of Contents

Water Quality • 3

Water for Drinking and Cooking • 4

Disinfecting Private Water Wells – "Shock Chlorination" • 4

Preparations for "Shock Chlorination" (Check for Proper Well Construction) • 4–5

"Shock Chlorination" Procedures • 5

Chlorinating the Water Supply • 6–7

Follow-up Procedures • 7

Septic Tanks and Flooding • 8

Food Safety • 9

Refrigerated or Frozen Foods • 9

Cleaning Your Refrigerator or Freezer • 10

Household Cleanup • 10

Entering Houses or Buildings • 11

Electrical Short Circuits and Gas Leaks • 11

Electrocution Is a Major Killer in Disasters • 11

Structural Damage • 12

Pumping Water Out of Your Basement • 13

Cleanup • 13

General Sanitation and Hygiene • 13

Protect Your Children from the Dangers Floods May Pose • 14

Bleach Solutions for Flood Disinfection • 15

Immunizations • 15

Mosquitoes • 15

Garbage Disposal • 16

Dangers of Swiftly Flowing Waters • 16

Resources • 18–22

Water Quality

Flood conditions pose serious threats to the quality of water supplies. Listen for public announcements on the safety of your community's water supply. Water from flooded private water wells need to be tested for bacteriological purity, and perhaps disinfected after flood waters recede. Water from such wells should be considered NOT SAFE FOR DRINKING until proven otherwise by a certified laboratory. Cloudiness or changes in taste or smell are signs of possible contamination. If there is any indication that the water supply has been breached by flood waters, even without noticeable changes in taste or smell, obtain a water sample kit for testing from the Nebraska Department of Health and Human Services Laboratory by calling (402) 471–3935. These kits may also be available from city or county health departments, or local county extension offices.

Water for Drinking and Cooking

If you suspect your water supply was contaminated, drink only boiled, commercially bottled, or treated water until your supply is tested and found safe. Bacterial contamination may reoccur after a flood, so conduct another water analysis a month or two after the first test.

Listed below are some general guidelines concerning water for drinking and cooking.

- Do not use contaminated water to wash dishes, brush your teeth, wash and prepare food, or make ice.

- Boiling water at a rolling boil for at least 1 minute will kill most harmful bacteria and organisms.

- Rinse containers for storing water with a bleach solution before using them. Always use caution with temporary containers since some may have residual chemicals which may further contaminate water put in them.

- Water may be treated with chlorine or iodine tablets, or by mixing six drops (1/8 teaspoon) of unscented, or ordinary household bleach per gallon of water. Mix the solution thoroughly, and let stand for at least 30 minutes. (This treatment will not kill parasitic organisms.) Very cloudy water may be strained through a clean cloth before disinfecting or boiling, but the disinfectant should be doubled. Store disinfected water in clean, covered containers. A distinct chlorine taste will be noticeable after treatment; this taste is harmless, but indicates that enough of the disinfectant has been used to treat the water.

Disinfecting Private Water Wells – "Shock Chlorination"

If a well has tested positive for coliform or other bacterial contamination, a simple and relatively inexpensive procedure known as "shock chlorination" can be performed. Shock chlorination involves placing a strong chlorine solution into the complete water source and distribution system to kill any harmful bacteria and disease-producing organisms.

Preparations to "Shock Chlorination" (Check for Proper Well Construction)

- Before doing a shock chlorination treatment, it is important to check the integrity or condition of the water supply source. The well must be constructed to prevent entrance of animals, insects, debris, or surface water. The well casing should be sanitarily sealed at the "wellhead" to prevent entrance of contaminants. Private water wells should meet Nebraska's minimum standards of construction. Questions concerning water well construction should be directed to the Nebraska Department

of Health and Human Services at (402) 471–0598.

- If residents or homeowners are not familiar with the mechanics of their water supply system, they should contact a qualified professional to do the job.

It is important to warn everyone who may use the water supply system that it is being disinfected, and that it is not safe to drink at this time.

"Shock Chlorination" Procedures

Mixing a Chlorine Solution

Chlorine is a universal disinfecting agent that is highly toxic to bacteria at concentrations of 200 milligrams per liter and above. "Shock chlorinating" a well involves adding a chlorine solution to the water supply so it reaches a concentration of 200 milligrams per liter and then circulating it to disinfect all parts of the water system.

Chlorine is available in several different forms. The two most often used for well disinfection are granular or "dry" chlorine, and liquid or "hypochlorite" solutions, commonly known as household bleaches. Granular chlorine contains about 65 percent available chlorine (calcium hypochlorite in solution) for bacterial-killing ingredients. Household bleaches contain approximately 5.25 percent sodium hypochlorite solution as active bacterial-killing ingredients. When used properly, both are equally effective for disinfecting private water wells.

To mix an effective chlorine solution, add bleach or granular chlorine to five gallons of water in a clean, non-metallic container. See table below for the specific amounts to add.

Table. Bleach required for private water well disinfection.
(for each 10 feet of water depth in well)

Well Diameter	Amount of Chlorine Granules	Amount of Laundry Bleach
2–8 inches	1 ounce	1 pint
10–14 inches	3 ounces	3 pints
16–20 inches	7 ounces	7 pints
22–26 inches	12 ounces	12 pints
28–30 inches	16 ounces	16 pints
36 inches	24 ounces	24 pints

Chlorinating the Water Supply

Introducing the Solution

Pour the chlorine solution directly into the well, generously splashing the well pump, casing, piping and other well equipment as much as possible. Attach a hose to a nearby faucet and direct it back into the well. Open the faucet and use the hose to thoroughly wash down the interior of the well. Leave the hose running for at least an hour or until the strong chlorine odor can be detected.

Now open all taps (inside and outside faucets, hydrants, etc.) in the system. Leave the taps running until you smell chlorine, then shut them off. This will ensure that chlorinated water reaches all parts of the water distribution system.

Once the well water has been chlorinated and thoroughly recirculated, it should be allowed to remain in the system for at least 24 hours. Reseal the well and wait for a full day before proceeding to “flush” the system.

After the 24 hours, flush the system to rid the water supply of chlorine residual. To do this, open one outside tap (hose bib or hydrant) and with the aid of a garden hose, drain into an open field, ditch or other low lying area. Do not drain into the home’s on-site

septic system, since chlorine will kill bacteria that are essential is breaking down wastes in the septic tank. Chlorine will also harm grasses and shrubs, so avoid draining the chlorinated water onto these areas.

Leave the tap running until you can't smell the chlorine anymore. Open up inside water taps, being careful not to run more than about 100 gallons of chlorinated water through drains and eventually into the septic tank. Wait about an hour and then run the water again to make sure no chlorine odor remains. Your water supply has to be completely free of chlorine residual before it is retested, because chlorine residue will interfere with bacteriological purity analysis.

Follow-up procedures

In serious instances of coliform bacterial contamination, more than one chlorination treatment may be necessary. Always retest your water supply after shock chlorination before using it for drinking or cooking purposes. Laboratory kits are available from the Nebraska Department of Health and Human Services Laboratory at 3701 South 14th, Lincoln, Nebraska 68502 or by phoning (402) 471–3935. Kits may also be available from local health departments, and some county extension offices.

Collect water samples from an indoor faucet with the aerators or filters removed, if possible. Samples should not be collected from water lines that go through a water softener or other treatment device. In most cases, the cold water tap at the kitchen sink is "unsoftened" or "hard" water. Water samples should be collected on a week day and delivered or mailed to the laboratory within 30 hours to be properly analyzed.

Recurrent coliform contamination may indicate a problem with your well construction or location (i.e., a well that terminates in a pit and is subject to low lying run-off). Contact the Nebraska Department of Health and Human Services at (402) 471–0598 or a licensed well driller for advice on your particular private water supply system.

Shock chlorination should also be performed whenever repairs or modifications are made to the water supply system.

Upon receiving results of bacteriologically safe water from the Nebraska Department of Health and Human Services Laboratory, the water supply may be returned to full use. It is recommended that the water be retested after a month or two since bacterial contamination can reoccur after a flood.

Persistent or Difficult Problems

If retesting indicates the presence of bacteria, the shock chlorination process should be repeated. If coliform bacterial persist after several treatments, a direct source of contamination (point source) is suspected. This might include an abandoned well close by, inadequately sealed casing, leaky well cap or vent, livestock waste run-off, or contamination from an on-site waste disposal system nearby. This source of contamination must be found and corrected, or a new water supply system installed. In some instances continuous chlorination treatment is needed to provide drinkable water.

Septic Tanks and Flooding

Septic tanks should not be pumped during periods of high water tables or flooding. If a septic tank is pumped, it may “float” up due to hydrostatic pressure from groundwater. This may cause damage to the pipe connections to the septic tank system. If your septic system is not working, you should use a portable

toilet system or public facilities if feasible. The septic system's drain field needs time to dry out and become functional again.

Food Safety

Discard any food that may have come into contact with flood waters, except for commercially canned foods. Undamaged, commercially canned foods can be saved if you remove the can labels, thoroughly wash the can, and then disinfect with a solution consisting of one cup of bleach per 5 gallons of water. These cans can be relabeled, using a permanent marker. Foods with twist off caps, such as soda pop, juices, etc., should be discarded because these type lids do not keep out floodwaters.

Refrigerated or Frozen Foods

If your refrigerator or freezer was not exposed to flood waters, you may be able to salvage part or all of its contents. Food in a fairly full freezer can be kept safe for up to two days without power if the door is unopened. Check carefully for any signs of spoilage. If meat, poultry, fish or shellfish have been partially or completely thawed, they should not be refrozen. Fruits and vegetables that are still firm to the touch can be refrozen. Any foods that have been at room temperature for more than two hours, or any foods that have an unusual odor, color, or texture should be discarded. A good rule of thumb is "When In Doubt–Throw It Out."

If your refrigerator or freezer may be without power for a long period:

- divide your frozen foods among friends' freezers if they have electricity;
- seek freezer space in a store, church, school, or commercial freezer that has electrical service; or
- use dry ice—25 pounds of dry ice will keep a 10-cubic-foot freezer below freezing for three to four days. (Exercise care when handling dry ice, because it freezes everything it touches. Wear dry, heavy gloves to avoid injury.)

Thawed food can usually be eaten or refrozen if it is still "refrigerator cold," or if it still contains ice crystals. To be safe, remember, "When in doubt, throw it out." Discard any food that has been at room temperature for two hours or more, and any food that has an unusual odor, color or texture.

Your refrigerator will keep foods cool for about 4 hours without power. Add block or dry ice to your refrigerator if the electricity will be off longer than 4 hours. The U.S. Department of Agriculture operates a food safety hotline manned by professional home economists to answer questions about the safety of your food during a flood. This number is 1–800–535–4555. This hotline operates Monday through Friday from 10 a.m. to 4 p.m. Eastern Standard Time.

Household Clean-up

Wait until authorities have declared a flood zone safe before re-entering it. Wear thick, high rubber boots with no cracks or holes, rubber or dry leather gloves and a hard hat when entering a flood area. Always keep a sharp eye out for downed electrical wires that are wholly or partially submerged in water; they are extremely dangerous and you should stay at least 50 feet away from them. Keep a minimum distance of ten feet away from utility wires and poles that are not broken or underwater. NEVER smoke in a flooded area; standing water may contain flammable chemicals.

Watch out for flood debris (broken glass, metal, wood, etc.,) on the ground.

Entering Houses or Buildings

Houses or buildings that are still holding flood water are very hazardous and you should use extreme caution when entering them. Before entering a house or building in a flood area, you should:

- Check with the electric and gas companies to see if power and gas are turned off to prevent electrical shock, fire or explosions. Try to return to your home during the daytime so that you do not have to use any lights. Use battery powered flashlights and lanterns, rather than candles, gas lanterns, or torches. If you smell gas or suspect a leak, turn off the main gas valve or call the gas supplier to shut the supply off.

- Walk around the perimeter, watching for signs of undermining, cave-ins, shifting, or collapse. DO NOT enter the building if it doesn't appear structurally sound.

Electrical Short Circuits and Gas Leaks

Watch carefully for two of the biggest dangers in a flooded house–gas leaks and electrical short circuits. If you smell gas, turn off the main gas valve, open the window and immediately exit the house. DO NOT turn on the lights or do anything else that could cause a spark. Contact your local gas company or the police or fire departments and DO NOT re-enter the house until they tell you it's safe to do so.

Electrocution is a Major Killer in Disasters

Your electrical system may also be damaged. If there is frayed wiring or sparks, or an odor of something burning but no visible fire, immediately turn off the power at the circuit breaker by standing on a dry

wooden stool and using a dry wooden or plastic rod to "trip" the breaker switch. Electrical current can travel through water, so be careful to avoid downed power lines or wading in standing water. The area also may contain glass or metal fragments.

It is advisable to consult your utility company about using electrical equipment, including power generators. DO NOT connect generators to your home's electrical circuits without the proper automatic interrupt devices. If a generator is on line when the power is turned back on, it could represent a major fire hazard.

All electrical equipment and appliances should be completely dry before returning them to service. If possible have a qualified electrician check them before using them. DO NOT operate any gas-powered equipment indoors to avoid carbon monoxide exhaust. The same goes for camp stoves. Fumes from charcoal are especially dangerous.

Whether you use a gas, electric, or wood heating system, make sure it has been thoroughly inspected by a qualified technician before using it again. If such systems have been soaked, replace the blower motor, switches and controls. Flooded forced-air heating ducts and return-duct pans should be cleaned or replaced. Replace filters and insulation inside of the furnace or water heater.

Even if there is no apparent electrical damage, use extreme caution. Do not enter any rooms where outlets are underwater or loose wires are hanging in the water. Under flood conditions, mud deposits, or water impurities can cause short circuits, so an electrical field could exist in standing water even if the main circuit breaker is turned off.

Structural Damage

Determine if there has been any structural damage to your home. Are there any loose or buckled floor boards, or holes in the flooring? Are any of the floors or ceilings sagging? Are there any shifted stairs, slanting floors or walls? You will probably need professional help in making this decision.

Pumping the Water Out of Your Basement

If your basement is flooded, make absolutely sure that the power is shut off before entering it. Don't try to pump out all of the water at once; try pump out about a third of it each day. If water is pumped out too quickly, walls may be pushed in or floors pushed up by the sudden release of pressure. After the water has been removed, any dirt deposited by the flood should be shoveled or swept up. The walls and floor of the basement should be hosed down with water and then washed with a solution of two-thirds cup of bleach per two gallons of water. Open the basement windows to allow for plenty of circulation when using the bleach solution.

Cleanup

Walls, hard-surfaced floors, and many other household surfaces should be cleaned with soap and water and disinfected with a solution of 1 cup of bleach to five gallon of water. You need to be particularly careful to thoroughly disinfect surfaces that may come in contact with food, such as counter tops, pantry shelves, refrigerators, etc. Areas where small children play should also be carefully cleaned. Wash all linens and clothing in hot water, or dry clean them. For items that cannot be washed or dry cleaned, such as mattresses and upholstered furniture, air dry them in the sun and then spray them thoroughly with a disinfectant. Steam clean all carpeting.

If there has been a backflow of sewage into the house, wear rubber boots and waterproof gloves during cleanup. Remove and discard contaminated household materials that cannot be disinfected, such as wall coverings, cloth, rugs, and drywall.

General Sanitation and Hygiene

One result of the flood may be a lapse in basic hygiene during the emergency period. It is critical for you to remember to practice basic hygiene. You must wash your hands with soap and water that has been boiled or disinfected:

- before preparing or eating food;
- after toilet use;
- after participating in flood cleanup activities; and
- after handling articles contaminated with flood water or sewage.

Flood waters may contain fecal material from overflowing sewage systems, and agricultural and industrial byproducts. Although skin contact with flood water does not, by itself, pose a serious health risk, there is some risk of disease from eating or drinking anything contaminated with flood water. If you have any open cuts or sores that will be exposed to flood water, keep them as clean as possible by washing well with soap to control infection. If a wound develops redness, swelling, or drainage, seek immediate medical attention.

In addition, parents need to help children avoid water-borne illness. Do not allow children to play in flood water areas, wash children's hands frequently (especially before meals), and do not allow children to play with flood water contaminated toys that have not been disinfected. You can disinfect toys using a solution of one cup of bleach in 5 gallons of water.

Protect Your Children from the Dangers Floods May Pose

It is important to keep children away from flood affected areas. During flood clean-up and recovery operations, there are many dangers present, i.e., drowning, heavy equipment removing debris, water-borne illness. Wash children's hands frequently; especially before meals. Children should not be allowed to play in flood waters or with toys that haven't been properly disinfected. Toys can be disinfected with a solution of one-eighth cup of bleach per two gallons of water.

Bleach Solutions for Flood Disinfection

The following table is a guideline to use for disinfecting items or areas affected by floodwaters:

Purpose:	Solution:
Canned Food Disinfection	1 cup bleach per 5 gallons of water
Refrigerator/Freezer Disinfection	1/2 cup bleach per gallon of water
Basement Wall and Floor Disinfection	2/3 cup bleach per 2 gallons of water
Household Wall and Floor Disinfection	1/2 cup bleach per gallon of water
Toy Disinfection	1/8 cup bleach per 2 gallons of water

Immunizations

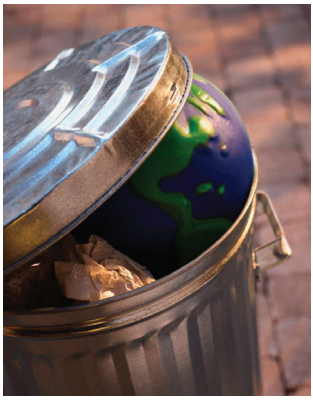
Outbreaks of communicable diseases after floods are unusual. However, the rates of diseases that were present before a flood may increase because of decreased sanitation or overcrowding among displaced persons. Increases in infectious diseases that were not present in the community before the flood are not usually a problem. If you receive a puncture wound or a wound contaminated with feces, soil, or saliva, have a doctor or health department determine whether a tetanus booster is necessary based on individual records. Specific recommendations for vaccinations should be made on a case by case basis. Specific recommendations concerning vaccinations should be referred to the Immunization Program of the Nebraska Department of Health and Human Services at (402) 471–6423.

Mosquitoes

The large amount of pooled water remaining after the flood will lead to an increase in mosquito populations.

The majority of these mosquitoes will be pests, but will not carry communicable diseases. You should protect yourself from mosquitoes through the use of screens on dwellings, wearing long-sleeved and long-legged clothing, and using repellents containing DEET for personal protection. DEET is a common insect repellent chemical found in many repellent products. Products containing DEET are available from retail outlets and through local and state health departments.

Also after the flood, do not forget to drain all standing water left in containers around your home, an effective measure for controlling the mosquito population in the weeks ahead. Local, state, and federal public health authorities will be actively monitoring the situation in order to control the spread of any mosquito-borne diseases. Recommendations for mosquito and related insect control can be obtained by calling the Nebraska Department of Health and Human Services at (402) 471–1374.



Garbage Disposal

A flood will no doubt tax refuse removal efforts in an area. Get rid of food and anything else that could spoil or go bad immediately. Don't let garbage build up; garbage piles will cause yet another health hazard by attracting animals and insects. Contact your local refuse haulers as to special pick-up times, locations, etc.

Dangers of Swiftly Flowing Waters

If you enter swiftly flowing water, you risk drowning regardless of your ability to swim. Swiftly moving shallow water can be deadly, and even shallow standing water can be dangerous for small children. Cars or other vehicles do not provide adequate protection from flood waters. Cars can be swept away or may break down in moving water. DO NOT DRIVE THROUGH FLOODED AREAS; more people drown in their cars

than anywhere else. DO NOT drive around road barriers, or traffic barricades – the road or bridge may be washed out.

Although government agencies at every level and many disaster-relief organizations work to reduce the risks of floods, the first line of defense always rests with the individual. Each of us has a responsibility to protect our homes and families to the greatest extent possible. By planning ahead and taking sensible precautions, and by following basic public health practices, we can each do our part to minimize disasters.

Resources

The following list of government agencies and Disaster Relief Organizations and phone numbers may be contacted for disaster recovery efforts.

Nebraska Department of Health and Human Services
301 Centennial Mall South
P.O. Box 95007
Lincoln, Nebraska 68509–5007
(402) 471–2541

District Offices

Omaha Office
1801 North 73rd Street
Omaha, Nebraska 68114
Phone: (402) 595–2123
Cellular: (402) 679–7214

Grand Island Office
1137 South Locust Street
Grand Island, Nebraska 68801
Phone: (308) 385–5180
Cellular: (308) 390–0336

Gering Office
1600 10th Street
Gering, Nebraska 69341
Phone: (308) 436–6948

Norfolk Office
304 North 5th Street, Suite C
Norfolk, Nebraska 68701
Phone: (402) 370–3284
Cellular: (402) 649–5263

North Platte Office
200 South Silber
North Platte, Nebraska 69101
Phone: (308) 535–8132
Cellular: (308) 530–3329

Public Health Departments

Central District Health Department
1137 South Locust Street
Grand Island, Nebraska 68801
Phone: (308) 385–5175 x178; Cell: (308) 379–1903
Fax: (308) 385–5181
(Hall, Hamilton, & Merrick counties)

Dakota County Health Department
1601 Broadway Street/Box 155
Dakota City, Nebraska 68731
Phone: (402) 987–2164; Cell: (712) 223–1204
Fax: (402) 987–2163

Douglas County Health Department
1819 Farnam Street/Room 401
Omaha, Nebraska 68183
Phone: (402) 444–7471; Cell: (402) 669–1603
Fax: (402) 444–6267

East Central District Health Department
2282 East 32nd Avenue
Columbus, Nebraska 68601
Phone: (402) 563–9224 x 210; Cell: (402) 910–5340
Fax: (402) 564–0611
(Boone, Colfax, Nance, & Platte counties)

Elkhorn Logan Valley Public Health Department
2104 21st Circle, Box 779
Wisner, Nebraska 68791
Phone: (402) 529–2233; Cell: (402) 841–8110
Fax: (402) 529–2211
(Burt, Cuming, Madison, & Stanton counties)

Four Corners Health Department
2101 N. Lincoln Avenue
York, Nebraska 68467–1027
Phone: (402) 362–2621; Cell: (402) 440–5045
Fax: (402) 362–2687
(Butler, Polk, Seward, & York counties)

Lincoln-Lancaster County Health Department
3140 N Street
Lincoln, Nebraska 68510
Phone: (402) 441–8000; Cell: (402) 440–5462
Fax: (402) 441–8323

Public Health Departments continued

Loup Basin Public Health Department
295 North 8th
Box 995
Burwell, Nebraska 68823
Phone: (308) 346–5795; Cell: (308) 750–3500
Fax: (308) 346–9106
(Blaine, Custer, Garfield, Greeley, Howard, Loup, Sherman, Valley, & Wheeler counties)

North Central District Health Department
422 East Douglas Street
O'Neill, Nebraska 68763
Phone: (402) 336–2406; Toll Free: (877) 336–2406;
Cell: (402) 340–3086
Fax: (402) 336–1768
(Antelope, Boyd, Brown, Cherry, Holt, Keya Paha, Knox, Pierce, & Rock counties)

Northeast Nebraska Public Health Department
117 West 3rd Street
Wayne, Nebraska 68787
Phone: (402) 375–2200
Fax: (402) 375–2201
(Cedar, Dixon, Thurston, & Wayne counties)

Panhandle Public Health Department
808 Box Butte Avenue/Box 337
Hemingford, Nebraska 69348
Phone: (308) 487–3600
Fax: (308) 487–3682
Cell: (308) 760–2415
(Banner, Box Butte, Cheyenne, Dawes, Deuel, Garden, Kimball, Morrill, Sheridan, & Sioux counties)

Public Health Solutions
Suite 1/975 East Highway 33
Crete, Nebraska 68333
Phone: (402) 826–3880; Toll Phone: (888) 310–0565
Fax: (402) 826–4107
(Fillmore, Gage, Jefferson, Saline, & Thayer counties)

Public Health Departments continued

Sarpy/Cass Department of Health and Wellness
701 Olson Drive/Suite 101
Papillion, Nebraska 68046
Phone: (402) 339–4334; Cell: (402) 681–6888
Fax: (402) 339–4235
(Cass & Sarpy counties)

Scotts Bluff County Health Department
1825 10th Street
Gering, Nebraska 69341–2445
Phone: (308) 436–6636; Cell: (308) 631–6074
Fax: (308) 436–6638

South Heartland District Health Department
914 West 4th Street
Hastings, Nebraska 68901
Phone: (402) 462–6211; Toll Free: (877) 238–7595;
Cell: (402) 469–1223
Fax: (402) 462–6219
(Adams, Clay, Nuckolls, & Webster counties)

Southeast District Health Department
601 J Street
Auburn, Nebraska 68305
Phone: (402) 274–3993; Toll Free: (877) 777–0424;
Cell: (402) 274–8158
Fax: (402) 274–3967
(Johnson, Nemaha, Otoe, Pawnee, & Richardson counties)

Southwest Nebraska Public Health Department
322 Norris Avenue/Suite 8
McCook, Nebraska 69001
Phone: (308) 345–4223; Toll Free: (888) 345–4223;
Cell: (308) 340–0610
Fax: (308) 345–4289
(Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock,
Perkins, & Red Willow counties)

Public Health Departments continued

Three Rivers Public Health Department
33 West 4th Street
Fremont, Nebraska 68025
Phone: (402) 727–5396; Toll Free: (866) 727–5396;
Cell: (402) 676–5396
Fax: (402) 727–5399
(Dodge, Saunders, & Washington counties)

Two Rivers Public Health Department
701 4th Avenue/Suite 1
Holdrege, Nebraska 68949
Phone: (308) 995–4778; Toll Free: (888) 669–7154;
Cell: (308) 991–6313
Fax: (308) 995–4073
(Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, & Phelps counties)

West Central District Health Department
111 North Dewey Street
North Platte, Nebraska 69101
Phone: (308) 696–1201; Cell: (308) 530–7194
Fax: (308) 696–1204
(Arthur, Grant, Hooker, Keith, Lincoln, Logan, McPherson, & Thomas counties)

DHHS

Nebraska Department of Health and Human Services

PRINTED WITH SOY INK printed on recycled paper

PHA-PAM-5 (24504) Rev. 6/08
Previous version 1/07 should be used