

# **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, long term care insurance 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**

Some group insurance providers require a progressive health maintenance/prevention program. Health fairs conducted by Polk County Health Department at the job site can help a company meet their requirements. 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. The Educational Service Unit (ESU) contracts with the Polk County Health Department to conduct annual school health screenings for all Kindergarten through 12<sup>th</sup> grade students in the school district.

## **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.

## **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 are at the following locations:

Polk County (rotating sites between Osceola, Polk, Shelby and Stromsburg)

- 2<sup>nd</sup> Wednesday of every Month

Butler County, Hruska Library, David City, NE

- 3<sup>rd</sup> Tuesday 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**

A personal response system that helps individuals to live independently in their home 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.

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