



Approximately 100 people attended the annual Chase County Community Hospital Health Fair on Saturday at the Chase County Clinic in Imperial.

Individuals who had participated in the lab draws offered by CCCH over the previous two weeks were able to obtain results as well as a variety of health-related information. According to CCCH Lab director Sue Peterson, over 500 lab draws for community residents were completed leading up to the health fair.

Participants in the health fair also had the opportunity to receive blood pressure checks, height, weight and body mass index measurements, along with free skin checks.

A number of booth displays were present and provided information on nutrition, importance of health care records and health care finance options.

Many individuals attending also had the opportunity to learn about the Five Wishes Program. Five Wishes lets your family and doctors know information such as who you want to make health care decisions for you when you can't make them, the kind of medical treatment you want or don't want, how comfortable you want to be, how you want people to treat you and what you want your loved ones to know. Once completed, this information is kept on record at the hospital. Forms for Five Wishes can be picked up at the hospital.

Southwest Nebraska Public Health provided an informational display related to the importance of hand hygiene in preventing spread of disease. People stopping by the booth had the opportunity to inspect their hands under a black light before and after treatment with hand cleansing solutions. Participants also had the opportunity to learn differences between symptoms of having a cold verses having the flu.

Individuals who participated in the lab draws previous to the health fair but were unable to attend can pick up their results in person through the end of August at the following locations: Residents from the Wauneta and Palisade areas can pick their reports up at the Wauneta Clinic; Imperial area residents can come to the hospital lab to receive their reports.

All lab reports not picked up by Sept. 1 will be mailed to individuals. For more information, contact Sue Peterson, CCCH Lab Director, at 308-882-7283.