

Flu Facts RCHC Service Awards

If you experience an abrupt onset of fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue you may have the flu. If you think you have the flu, **do not** go to school, go to work or run errands. Stay home and drink plenty of fluids. Visit Rawlins Clinic or call (785)626-3241 if you have questions.

To avoid getting the flu make sure you wash your hands often, cover coughs and sneezes, stay away from those that are sick and get a flu shot.

Rawlins County Health Center is pleased to inform all patients that 100% of its employees have received a flu vaccine, ensuring staff and patient protection against the flu virus. According to the CDC, the national average of healthcare workers that received a flu shot is 67.6%.

Remember, for everyone’s safety; Visitor Restrictions are in effect at RCHC. Do not visit the hospital unless you are seeking medical attention.

Avera eCare

Avera eCare Emergency Services will soon provide Rawlins County Health Center providers and nurses with an extra set of eyes and ears during emergency situations. At the push of a button, RCHC personnel will have immediate, virtual access to a team of physicians who specialize in emergency medicine. eCare services give ER staff the ability to quickly and effectively treat patients while a provider or transport is on the way. It also adds additional support during multiple emergency situations. Avera eCare Emergency Services launch at RCHC in February.

RCHC Specialty Clinic

Cardiologists	Urologist
Dr. Denney: Feb. 1 & 21	Dr. Catanese: Call to schedule
Dr. Markiewicz: Feb. 12	
Dr. Freund: Call to schedule	
Orthopedist	Surgeon
Dr. Sears: May 9	Dr. Kopriva: Feb. 7
Hearing Specialist	
Precision Hearing • Ken Drag: Feb. 22	
Mental Health	
High Plains Mental Health: Feb. 8 & 22	
Wound Care Center	
Kyle Herspring, PA-C: Feb. 6, 13, 20, 27	

Compliments

A patient would like to thank Allie Keller, PA-C, Darla Lovelady, RN and RCHC Staff for the great care she received during her stay.

Thank you to the family of Kenny Wilkinson for a donation of a microwave and cabinet LED light for the family room. RCHC appreciates your kindness!



Congratulations to these employees for their Service Milestones!

- Patrick Conrad - 5 years
 - Sara Hatfield - 5 years
 - Laura Howland - 5 years
 - Emily Kastens - 5 years
 - Ryan Marvin - 5 years
- Penny Pedersen - 5 years
 - Suzanna Koel - 10 years
 - Brenda Peterson - 10 years
 - Diana Solko - 15 years
 - Gail Smith - 20 years

Points to Ponder... During Snowstorms & Extreme Cold

Winter weather can make everyday activities dangerous. Follow the tips below to stay safe and warm during snowstorms and extreme cold.

- Stay indoors during the storm
- Drive only if it is **ABSOLUTELY** necessary. If you must drive do so during the day, don’t travel alone and stay on main routes.
- Walk carefully on snowy, icy walkways
- Avoid overexertion when shoveling snow. Overexertion can cause a heart attack. Use caution, take breaks and push snow instead of lifting it, if possible.
- Keep dry. Change wet clothing frequently to prevent loss of body heat.
- If you must go outside, wear several, warm loose-fitting layers. Try to wear water repellent outerwear.
- Wear mittens, which are warmer than gloves
- Wear a hat and cover your mouth with a scarf to reduce heat loss

Source: ready.gov/winter-weather

Stubborn Wounds Healed

From January to September 2017, Rawlins County Health Center’s Wound Care clinic has healed over 30 wounds. On average, stubborn wounds that require extra attention can be healed in about four weeks! If you have a wound that just won’t go away call (877) 295-2273 to set up an appointment with the Wound Care Clinic.

Remember!

Allie Keller’s Farewell Reception will be February 8 from 1 to 3pm in the Education Room. Visitors may park in the back Physical Therapy parking lot.