

KCHS NEWSLETTER

SEPTEMBER 2026

KCHS.ORG



KEARNEY COUNTY
HEALTH SERVICES
Exceptional Family-Centered Care |

FALL PREVENTION

Clear The Way-Keep floors, stairs and walkways free of clutter.

Light It Up-Make sure stairs, hallways and bathrooms are well lit.

Stay Strong-Build strength and balance with regular activity.

MEDICATION

Follow Directions: Take medications exactly as prescribed

Store Safely: Keep medications secure and away from children.

Keep A Current List: Update your med list and keep it handy.

SPOTLIGHT ON *health* SAFETY

EMERGENCY KITS

Having emergency and first aid kits ready can help you respond quickly when the unexpected happens. Keep supplies in an easy-to-access location, and consider having kits at home, in your vehicle and anywhere you spend significant time.

Check your kits regularly, replace expired or used items, and make sure everyone in your household knows where they are. A little preparation now can make a big difference when you need it most.

Find a supply list at
www.kchs.org/emergency-kits

Check Your Alarms:
Test all alarms regularly.

Plan Your Escape: Know two ways out of your home

Prevent Fires: Keep heat sources away from anything that can burn

FIRE SAFETY



3 QUICK TIPS

Choose The Right Seat-
Use the correct seat for age and size

Buckle Up Correctly-Make sure the harness is snug & secure.

Get It Checked-Have your seat checked by a KCHS tech.

CAR SEATS

KNOW YOUR *health* INFORMATION

Having important health information handy can help you and your healthcare team act quickly in an emergency.

Keep an up-to-date record for each household member and make sure someone you trust knows where to find it.

KEEP THIS INFORMATION HANDY:

- | | |
|---|--|
| ☐ Current Medications & Doses | ☐ Primary Care Provider |
| ☐ Medication & Other Allergies | ☐ Specialty Providers |
| ☐ Medical Conditions | ☐ Health Insurance Info |
| ☐ Past Surgeries or Procedures | ☐ Preferred Pharmacy |
| ☐ Emergency Contact Info | ☐ Blood type, if known |

Join us for a morning focused on health, safety and community at the

KCHS *Community* Day

Kearney County Health Services
Saturday, September 26
9AM -1PM

Visit Hospital Booths | Kid-Friendly Fun
Free lunch from 11-1 | Fun Giveaways
and More

Bring the whole family and spend the morning learning, connecting and having fun!



www.kchs.org



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