

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 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

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 12th grade students in the school district.

Pedicure Clinics

Pedicure clinics are held at the Polk County Health Department the 1st and 3rd 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 1st and 3rd Wednesday of every month. No appointment is necessary. Walk-ins are welcome any time during office hours. Clinics are also held each Tuesday at the Senior Centers in Polk County from 9:30 to 11:30 a.m. on a rotating basis.

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 at Polk County Health Department are:

- Polk County – Polk County Health Department, Osceola, NE
 - 2nd Wednesday of every month
 - 3rd Monday 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

Lifeline is a personal response system that helps individuals to live independently in their home or on-the-go, 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, even if they can't move or speak.

Tai Chi: Moving for Better Balance

Tai Chi: Moving for Better Balance is a group program that focuses on improving functional ability, such as balance and physical function, to reduce fall-risks and frequency. The program is delivered by an authorized Master Trainer or instructor over the course of at least 12 weeks, in the spring and fall.

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