



The Maine CDC Rural Health and Primary Care Program will join the National Organization of State Offices of Rural Health (NOSORH) and other state/national rural stakeholders in commemorating National Rural Health Day on Thursday, November 19, 2020.

National Rural Health Day is an important, once-a-year opportunity to showcase rural America while focusing on the unique healthcare challenges facing an estimated 57 million rural citizens. Events recognizing National Rural Health Day and commemorating the power of rural are being planned throughout the nation.

Schools in rural and underserved areas play an important role in the health of students and the community. Unfortunately, COVID-19 has made a school nurse's role even more challenging. We hope you will take some time on November 19th to recognize your unsung heroes and commemorate National Rural Health Day as well.

Looking for ideas? Attached is a poster of COVID-safe activities.

Please make every effort to share your activities and/or consider making your facility a supporter of National Rural Health Day by completing our online form:

<http://www.123formbuilder.com/form-5053392/form> or <https://bit.ly/2GFUHFc>

Thank you for your attention and do not hesitate to contact our office at (207) 287-5504 should you have any questions or would like additional information.

Rural Health and Primary Care Program
286 Water Street, 5th Floor
11 State House Station
Augusta, ME 04333-0011
(207) 287-5524
www.mainepublichealth.gov/ruralhealth



WAYS TO Commemorate



National Rural Health Day is November 19, 2020. Here are a few ideas!

Schools



Use the hashtag
#powerofrural
in all of your social
media on 11/19/2020



Show appreciation to your school nurses and local health professionals by providing them with a free lunch or snacks.

Link the National Rural Health Day website to your website



Sign up to become a supporter of National Rural Health Day

<https://bit.ly/2GFUHFc>



Present awards to honor your provider and community heroes

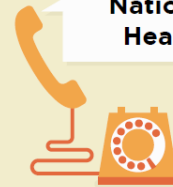
Teach special rural-themed courses on National Rural Health Day (rural history, rural economics, etc.)

Host a rural health themed poster or essay contest

Do something healthy -- eat more vegetables or bike to work that day



"Hello! Happy National Rural Health Day"



Answer the phone with a custom NRHD greeting

Rural Health and Primary Care Program
286 Water Street, 5th Floor
11 State House Station
Augusta, ME 04333-0011
(207) 287-5524
www.mainepublichealth.gov/ruralhealth

