<u>ic Health</u>

What's New in Public Health?

Community Wide Baby Shower

If you're a new or expecting mother, then don't miss the Community Wide Baby Shower on Saturday, February 4th from 9:00am to 12:00pm!

This event is free to attend and features classes in both English and Spanish covering topics from Safe Sleep to infant car seats.

Additionally, all attendees can get 1 FREE professional baby picture taken at the event! With opportunities to win excellent prizes like infant carriers and gift baskets, this is an event you can't miss! See the details below:

Saturday, February 4th, 9:00am to 12:00pm The Brown Center at Cowley College 215 S 2nd St, Arkansas City, KS 67005

Free Radon Test Kits

January is Radon Action Month in Kansas. We are partnering with the County Extension Office to provide FREE radon testing kits to residents during the month of January.

There's still time for you to take advantage of this offer! Contact the Extension Office to get your free radon test kit today!

County Extension Office

311 E 9th Ave #101

Winfield, KS 67156

Phone: (620) 221-5450

February Awareness Months

February is National Heart Month, National Cancer Prevention Month, and National Prenatal Infection Prevention Month.

All month long we will be highlighting the steps you can take to stay safe and healthy. Be sure to follow along on social media or in our mobile app so that uou don't miss out!





Cowley County Data Walk

Another Data Walk will take place next week in Ark City. Through the use of vital data, this project aims to educate and inform the citizens of Cowley County about the factors that shape the health of our community. We encourage everyone to take the time to attend in order to better understand what is happening in Cowley County. See the details below:

Tuesday, January 31, 6:00pm to 8:30pm

Brown Center at Cowley College

215 S. 2nd St. Arkansas City, KS 67005

For those interested in attending, visit the link below to register:

eventbrite.com/e/a-closer-look-at-cowley-kids-data-walktickets-507806301317



Guidance:

The current Community COVID Level is **Low**. We recommend adhering to our usual guidelines for staying safe from illness:

- Stay home if you feel ill. Do not resume normal activities until you have fully recovered.
- If ill, isolate from others to avoid spreading illness.
- If you develop symptoms of illness, get tested to determine if you are infected.
- Wash your hands frequently and use hand sanitizer.
- Clean high touch surfaces (doors, counters, etc.) with disinfecting cleaners.
- If desired, wear a mask that properly covers your nose and mouth while in public.