



Public Health Update

What's New in Public Health?

HEALTH & SAFETY FAIR

The Health & Safety Fair is this weekend! This community favorite returns to Ark City on Saturday, May 18th from 9:00 AM to 12:00 PM.

With over 50 participating organizations, this fun-filled & educational event will have plenty to see and much to do! Attend this year and you can:

- Learn CPR from the staff of William Newton Hospital
- Ride the K-State R&E Blender Bike
- Explore emergency vehicles from Ark City Fire & EMS
- Check out EagleMed's Helicopter

Plus, there'll be a chance for you to win some awesome door prizes such as:

- A New Bicycle from Walnut Valley Outpost
- A Self-Care Gift Basket from Four County Mental Health
- A NOAA Weather Radio from the Health Department
- And more!

So, save the date and stop by the Ag Building this Saturday morning on May 18th!

Follow the Health & Safety Fair Facebook page at the link below for more details and updates!

facebook.com/CowleyCountyHealthFair

SUMMER SAFETY

The extreme heat of summertime poses its fair share of dangers, including heat stroke & heat exhaustion, both of which can be fatal!

So, this summer make sure you're taking the necessary precautions to stay safe from heat-related illness.

KNOW THE SYMPTOMS

- | | |
|-----------------------------|-----------------------------------|
| • Pale, ashen or moist skin | • Rapid heart rate |
| • Muscle cramps | • Rapid breathing |
| • Fatigue or weakness | • Irrational/belligerent behavior |
| • Body temperature over 103 | • Convulsions/unresponsiveness |
| • Nausea or vomiting | • Dizziness, or fainting |

If you or anyone else is experiencing these symptoms, then contact emergency services and get someplace cool immediately!

PACE YOURSELF

- If you are spending time outside, take it easy and be sure to take frequent breaks in the shade.
- Avoid spending too much time in the sun during the hottest part of the day.

HYDRATE

- Your body needs water to cool itself down, so be sure to replenish often!

Visit CDC.gov/Disasters/ExtremeHeat to learn more!

Health and Safety Fair Cowley County



MEMORIAL DAY CLOSURE

Both locations of the Health Department will be closed on **Monday, May 27th.**

Normal business hours will resume on **Tuesday, May 28th.**

WILDFIRE AWARENESS MONTH

Those hot & dry summer days are just over the horizon, so now is the time to be aware of the dangers of wildfires! Here are some steps you can take to stay safe:

BE INFORMED

- Check your local forecast and be aware of fire weather.
- Fire weather refers to hot, dry, & windy conditions where fires can grow out of control.

BE PREPARED

- Make your home a safer place by keeping the space around your home clear of debris and flammable materials.
- Trim overhanging branches and keep your yard watered.

BE RESPONSIVE

- If there are wildfires near you, be prepared to evacuate.
- Once the order to evacuate is given, don't hesitate! Leave as soon as you can.

Visit Ready.gov/Wildfires to learn more about what you can do to stay safe!