



Public Health Update

What's New in Public Health?

COMMUNITY HEALTH NEEDS SURVEY

What do you think about health & wellness in Cowley County? Well, now's the chance to let your voice be heard! The Community Health Needs Survey is now live!

Your feedback is integral to helping us improve the services available in the community. The survey is anonymous and covers topics including public health, education, and the community environment.

Plus, the first 4,500 households to take the survey will receive \$10 in Chamber Bucks! So, now's the time to act!

For more information or to take the survey, visit RISECowley.org/HealthCounts

MARY L. BENTON MEMORIAL SCHOLARSHIP

Applications for the Mary L. Benton Memorial Scholarship close on **March 31st!**

This scholarship was established in honor of our longest serving Board of Health member, Mrs. Mary Lou Benton, and is open to graduating Cowley County high school students pursuing an education in a healthcare-related field.

Make sure to get your applications in before the end of the month!

For more information about the scholarship or to apply, please visit the link below:

survey.alchemer.com/s3/7265726/Mary-L-Benton-Memorial-Scholarship

YOUR HEALTH MATTERS.
Tu salud importa.

TO TAKE THE SURVEY, GO TO:
PARA REALIZAR LA ENCUESTA, VAYA A:

risecowley.org/healthcounts

GET \$10 IN CHAMBER CHECKS*
OBTENGA UN VALE DE \$10 PARA GASTAR EN NEGOCIOS LOCALES*



*One per household, while supplies last.
Uno por hogar, hasta agotar existencias.



HEALTH COUNTS
in Cowley County

FOR THE HEALTH OF IT: HEALTH COUNTS

The latest episode of our podcast, is available now! In this episode, "Health Counts in Cowley County", Tom & Ally sit down with Sara Johnson from William Newton Hospital to discuss the Community Health Needs Survey.

You can find our podcast on all major podcast platforms!

Use the following link to listen to this episode on YouTube:

youtube.com/watch?v=OAOFR8uTqll

For more information or to take the survey, visit

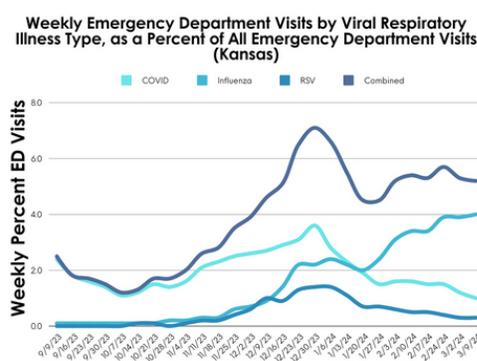
RISECowley.org/HealthCounts



Respiratory Illness Report

Respiratory illnesses continue to circulate throughout the community, with RSV, in particular, being quite active and having an especially large impact on the senior population within Cowley County. For those who are eligible, we highly recommend the new RSV immunizations. These can provide potent protection from severe illness.

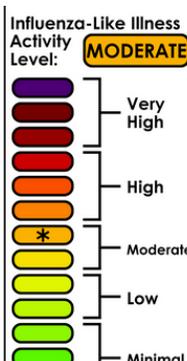
If you are interested in receiving a RSV immunization, call the Health Department & get your appointment scheduled today!



Findings for each respiratory virus type are presented individually and combined for all three as a percent of total emergency department visits. Additional information, including on participating states and jurisdictions, available at www.cdc.gov/ncird/surveillance/respiratory-illnesses/index.html#companion-guide

Data Current to: March 9, 2024

Source: data.cdc.gov/Public-Health-Surveillance/2023-Respiratory-Virus-Response-NISP-Emergency-Dep/vtn-jzwm/about_data



Data Current to: March 9, 2024

Source: gis.cdc.gov/grasp/fluview/main.html

Illness Guidance

Stay Home - Make sure to get plenty of rest and take it easy. Your body needs time to fight off the infection and recover.

Isolate - Avoiding social or group activities until you have fully recovered will help ensure that you do not spread your illness to others.

Get Tested - Many illnesses have flu-like symptoms. Getting tested will help ensure that we know what you are infected with.

Wash Your Hands - Keeping your hands clean can help to stop the spread of illness.

Clean & Disinfect - Use an effective disinfectant to keep high-touch surfaces like countertops & door knobs clean.

Drink & Eat - Being sick can take its toll, so make sure you are staying hydrated and getting plenty of nutrition.

Take Medicine - Use over-the-counter medicines to help alleviate your symptoms.