



PUBLIC HEALTH UPDATE

WHAT'S NEW IN PUBLIC HEALTH?

POOL SAFETY

Summer is here and the temperatures are rising. One of the best ways to beat the heat is heading to the pool for a refreshing swim. But before you hit the water, take some of these tips to stay safe!



Learn to Swim

Before entering any body of water, make sure you know how to swim! Swimming lessons are available for all ages and skill levels.

Don't Swim Alone

Make sure there's someone nearby whenever you go for a swim. Drownings can occur in minutes, so having another person nearby, especially a lifeguard, can help you stay safe from drowning.

Know Your Limits

Know your limits and stay out of waters that may be beyond your skill level.

Supervise Your Kids

Children can drown in seconds, so be sure to give them your undivided attention. Remember, distractions can quickly turn into tragedies.

SUMMER SCHOOL MEALS

This summer, several Cowley County school districts will be offering Summer Food Service Programs. These programs provide free meals for children ages 1-18 and are offered Monday through Thursday each week.

See the list below for dates, meal times, and locations.

USD 462 - Central

Jun 2 - Jul 3

Central Elementary School - 11a-11:30a
Cambridge Presbyterian Church - 12p-12:30p
Cornerstone Church - 11a - 11:30a
Grenola Christian Church - 12:30p - 1p

USD 463 - Udall

May 27 - Aug 7 | 11a-12p

Udall Elementary Cafeteria

USD 465 - Winfield

Jun 2 - Jul 31 | 11:30a-12:30p

Winfield High School | Lowell Elementary | Winfield Early Learning Center

USD 470 - Ark City

Jun 2 - Jun 27

Breakfast: 7:30a - 8a | Lunch: 11a - 11:30a
Ark City High School | Ark City Middle School | Roosevelt Elementary



CPR & AED AWARENESS

Cardiac arrest is one of the leading causes of death in the US, with 70% occurring in the home. **90% of people who experience cardiac arrest outside of a hospital die.**

Knowledge of cardiopulmonary resuscitation (CPR) and automated external defibrillators (AEDs) can provide crucial assistance during a time of need. In fact, **administering CPR can double or even triple a person's odds of survival!**

We encourage everyone to take the steps to learn these lifesaving skills. In-person and online CPR & AED courses are available year-round and often locally.

Visit [RedCross.org/Take-A-Class](https://www.redcross.org/take-a-class) or [CPR.Heart.org](https://www.cpr.heart.org) to see which classes are available in your area.

FRESH FRUITS & VEGETABLES MONTH

June is Fresh Fruits & Vegetables Month, and there's no place better to get your fresh produce than the local farmers markets! Check out the details below and visit their Facebook pages to learn more!

Ark City Farm & Art Market

Wilson Park - 701 N Summit St.
Tuesdays | 5:00 PM - 7:00 PM
[facebook.com/ArkansasCityFarmAndArtMarket](https://www.facebook.com/ArkansasCityFarmAndArtMarket)

Walnut Valley Farmers Market

Island Park - 200 Main St.
Saturdays | 8:00 AM - 11:00 AM
[facebook.com/WalnutValleyFarmersMarket](https://www.facebook.com/WalnutValleyFarmersMarket)