PUBLIC HEALTH UPDATE

What's New in Public Health?

EXTREME HEAT SAFETY

The extreme heat of summertime can be very hazardous! So make sure you use the best practices to beat the heat!

STAY INFORMED

Stay informed with your local forecast! If there are any **heat advisories or warnings**, then adjust your plans to stay safe!

STAY HYDRATED

Your body needs water to cool down. Make sure to **drink plenty of water**, especially if you're working up a sweat.
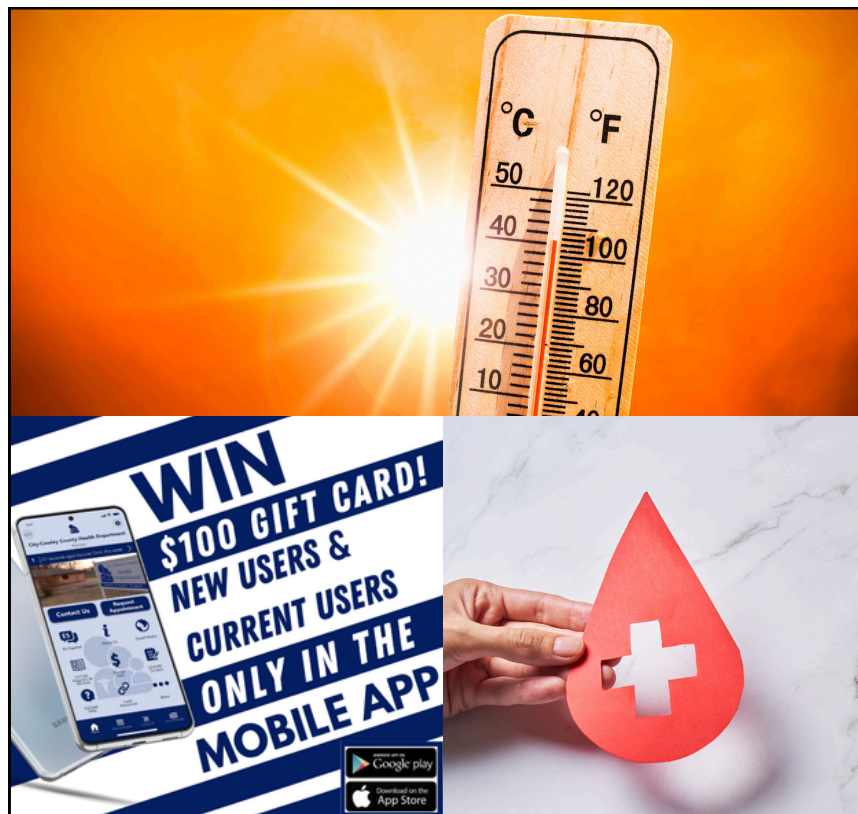
PACE YOURSELF

The heat can take its toll. So, if you're working or engaging in any vigorous activity in the heat, be sure to **pace yourself and take frequent breaks** to catch your breath.

STAY COOL

Avoid going outside during the hottest part of the day. **Sticking to the shade** or **getting to a cool, air-conditioned place** can help you stay safe.

USE SUNSCREEN

Another big risk with the heat of summertime, is exposure to the sun's harmful UV rays. Sunburn can increase your risk of skin cancer, so stay safe by applying an **effective sunscreen with an SPF of at least 30**. Just don't forget to reapply every 2 hours!

JUNE 19 - HEALTH DEPARTMENT CLOSURE

Both locations of the Health Department will be closed on Thursday, June 19th.

Normal business hours will resume Friday, June 20th.

BLOOD DONOR DAY

Tomorrow is World Blood Donor Day! Blood donations are a vital part of modern medicine.

Countless lives have been saved by blood donors and there is always a need for blood donations.

Visit **RedCrossBlood.org** to find your nearest blood donation opportunity!

MOBILE APP CONTESTS - WIN $100!

Right now there're two contests underway on our mobile app! Both come with a prize of a **$100 Gift Card!**

Our first contest is a **big THANK YOU to our Current App Users!** Our next contest is for **New Users!** So, don't worry if you haven't downloaded it yet! Just search for "Cowley County" in the Google Play or Apple store and download the app for free!

You can find these prize drawings **only in the mobile app**. It's easy to enter! Just open the app, check the notifications, open the Prize Drawing Posts, click the links, and enter your information!