



## What's New in Public Health?

### BOAT & LAKE SAFETY

Fishing at the lake is a great way to enjoy the summertime! But, before you pack up your gear and hit the water, take these tips to stay safe!

#### BE INFORMED

- Know your local boating & fishing regulations.
- Be aware of any health advisories, such as those for blue-green algae.
- Check your local forecast and avoid heading to the lake if there's inclement weather.

#### BE PREPARED

- Check your equipment and make sure it's in good working order.
- Bring plenty of supplies and keep your boat well stocked.
- Wear the right clothing for the body of water.

#### BE CAUTIOUS

- Wear a properly fitted lifejacket.
- Regularly apply sunscreen with an SPF of at least 30
- Avoid swimming in any waters that may be beyond your skill level.

### NEW PODCAST EPISODE

It's time for part 2 of our special Health & Safety Fair episodes!

This episode was recorded at the Winfield Fairgrounds, where Tom & Ally set up the studio to interview some of our community partners and event attendees.

Check it out and learn more about the resources available in the community as well as how we're working hard to keep Cowley County healthy!

Give this episode a listen on any of your favorite podcast platforms! Or check it out on YouTube at the link below:  
[youtu.be/HugEf\\_eU8Js](https://youtu.be/HugEf_eU8Js)

Don't forget to check the episode notes to find out more about this week's guests!

Interested in hearing about particular topics? Let us know by visiting the link below:

[survey.alchemer.com/s3/7394023/For-The-Health-Of-It-Survey](https://survey.alchemer.com/s3/7394023/For-The-Health-Of-It-Survey)



### WORLD PHOTO DAY CONTEST

Send us your best snaps from around Cowley County & you could win a prize! Plus, your photo will be featured on the cover of our annual report & in our mobile app!

The contest ends on August 29th & the winner will be announced on September 2nd.

Use the link below to submit your pics:

[survey.alchemer.com/s3/6981960/Mobile-App-Photo-Submission](https://survey.alchemer.com/s3/6981960/Mobile-App-Photo-Submission)

### BACK TO SCHOOL IMMUNIZATIONS

While the new school year may seem far off, it'll be here before you know it! Save yourself the stress and take care of your child's immunizations and check-up early!

**We offer the full schedule of vaccines and can administer your child's yearly check-up too!**

Give us a call and set your appointment today!

Ark City: (620) 442-3260

| Winfield: (620) 221-1430