



# PUBLIC HEALTH UPDATE

## What's New in Public Health?

### BACK TO SCHOOL - STREET SAFETY

The new school year is almost here! Today we've got some tips to help kids stay safe as they return to the classroom!

#### Driving Safely

- Don't Drive Distracted! Keep your eyes on the road.
- Watch for children near schools, buses, sidewalks, & crosswalks.
- Slow down, stay alert, and be prepared to stop.
- Watch for crossing guards and obey their signals.
- Drive extra carefully through school zones and always obey the posted speed limits.

#### Walk Carefully

- Stay alert and avoid distracted walking
- Walk on the sidewalk, if one is available; when on a street with no sidewalk, walk facing the traffic
- Before crossing the street, look both ways for cars.

#### School Bus Safety

- Never pass a bus loading or unloading children
- Stop far enough back to allow children to safely enter and exit the bus

### BACK TO SCHOOL IMMUNIZATIONS & CHECKUPS

The school year is almost here, and that means time is running out to get your child ready for the classroom!

Your Health Department is here to help! We offer the full schedule of immunizations and can even administer your child's yearly check-up too!

But, time is running out! Give us a call and set your appointment today!

**Ark City: (620) 442-3260 | Winfield: (620) 221-1430**

### WORLD PHOTO DAY CONTEST

Our World Photo Day Contest is back! 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.

Scan the QR code or 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)



### NEW PODCAST EPISODE

We're back with a new episode of our podcast, **For The Health Of It!**

This week, Tom and Ally sit down for another Trail Mix episode, discussing a variety of topics including back to school month, the upcoming flu season, and more!

Give this episode a listen on any of your favorite podcast platforms! Or check it out on YouTube at the link below:  
[youtu.be/RI2x7BoVwRo](https://youtu.be/RI2x7BoVwRo)

### NATIONAL BREASTFEEDING MONTH

Since it's National Breastfeeding Month, we'll be highlighting the many benefits of breastfeeding for mothers and infants alike!

Plus, we've got several programs that can help moms with breastfeeding, including:

#### WIC (Women, Infants, & Children)

The WIC program provides supplemental food assistance and education for new moms. Plus, moms who exclusively breastfeed get more benefits!

#### Healthy Start Home Visiting

Our Health Start Home Visitor is here to help new & expecting moms through support & education.

Interested? Give us a call today!