



# PUBLIC HEALTH UPDATE

## What's New in Public Health?

### **DRIVE-THRU FLU CLINICS**

Flu season is just over the horizon and the best way to stay safe is by getting your yearly flu shot! If you're looking for an opportunity to get your flu shot, then check out our upcoming flu clinics!

**September 29** | 2:00pm - 4:00pm

Behind the Winfield Health Department - 320 E 9<sup>th</sup> Ave

**October 8** | 10:00am - 5:00pm

Ark City Ag Building - 712 W Washington Ave

**October 15** | 10:00am - 5:00pm

Winfield Fairgrounds Barn 4 - 1105 W 9<sup>th</sup> Ave

**November 10** | 2:00pm - 4:00pm

Behind the Winfield Health Department - 320 E 9<sup>th</sup> Ave

There's no appointment necessary, just bring your ID & insurance card! Drive in, fill out some paperwork, get your shot, & you're all set!

### **RESPIRATORY ILLNESS SHOTS**

Respiratory illness season will be here soon and the best protection you can get is through immunizations!

**Flu, RSV, & COVID shots are now available at the Health Department!**

After a shot, it can take up to 2 weeks to develop full protection, so make sure you get your shots before respiratory illness season is in full swing.

Give us a call and schedule an appointment today!

**Ark City: (620) 442-3260**

**Winfield: (620) 221-1430**

### **RESPIRATORY ILLNESS - PREPAREDNESS**

Preparedness Month is almost over, and with respiratory illness season nearly here, there's plenty that you can do now to stay safe!

#### **Get Your Shots**

Immunizations provide the best protection, so don't hesitate to set an appointment!

#### **Wash Your Hands**

Your hands carry a lot of germs, so keeping them clean can help you stay safe.

#### **Get Some Sleep**

A regular, healthy sleep schedule will help keep your immune system in good shape.

#### **Eat Healthy**

Your immune system also needs the right nutrition to function properly. So make sure you're eating a healthy & balanced diet.

#### **De-stress**

Stress weakens your immune system, so find some ways to unwind and de-stress!



### **NEW PODCAST EPISODE**

We're back with another episode of our podcast! This week, Tom & Ally are joined in studio by **Amy Jo McWhirt from RISE Cowley**. Check it out and learn about their important work in improving the health of the community!

For more information about RISE Cowley, visit [www.RISECowley.org](http://www.RISECowley.org)

Give this episode a listen on your favorite podcast platform! Or check it out on YouTube at the link: [Youtube.be/xfjU2d63BE8](https://www.youtube.com/watch?v=xfjU2d63BE8)

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)

