



PUBLIC HEALTH UPDATE

WHAT'S NEW IN PUBLIC HEALTH?

COMMUNITY HEALTH IMPROVEMENT PLAN

Do you want to help shape the future of health in Cowley County? Then join us at our **Community Meetings!**

These sessions are a key part of developing the Community Health Improvement Plan, which will guide health improvement efforts over the next 3 years. At the meetings, we'll be gathering participant feedback to further refine and align our Action Plans.

The first one will be held in Ark City on March 24th and the second will be in Winfield on March 25th.

Visit the link below for more information and to RSVP:

https://docs.google.com/forms/d/e/1FAIpQLScImDmPqw0jY0WVA9D2LR_59W_H-lr_Ru9y8ZGPcUmfnZsyqw/viewform

TICK BITES

With the coming of spring, not only are more people heading outdoors, but ticks are also becoming more active! Ticks can carry some pretty serious illnesses including Lyme disease and tularemia. So, before you head outside, use these tips to keep yourself safe from tick bites!

- **Avoid tick habitats** like overgrown areas & tall grasses.
- **Use insect repellent** with DEET or another effective ingredient.
- **Wear sleeves & pants** to protect from bites.
- **Wear light-colored clothing** to make ticks easier to see.
- **Perform regular tick checks** when spending time outdoors.

For more information, visit [CDC.gov/Ticks](https://www.cdc.gov/Ticks)

LEAD POISONING PREVENTION

Lead exposure is extremely hazardous especially for young children, leading to:

- Brain & nervous system damage
- Slowed growth & development
- Learning & behavioral problems
- Hearing & speech problems

Getting your child's blood lead levels tested is the best way to find out if exposure has occurred and to then determine what steps to take to prevent further exposure.

Call the Health Department and schedule your appointment today! To learn more, visit our lead poisoning prevention webpage:

[CowleyCountyKS.gov/LeadPoisoningPrevention](https://www.cowleycountyks.gov/LeadPoisoningPrevention)

SHAPE THE FUTURE OF HEALTH *in Cowley County*

COMMUNITY HEALTH IMPROVEMENT PLAN



MARY L. BENTON MEMORIAL SCHOLARSHIP

Applications for the Mary L. Benton Memorial

Scholarship close at the end of this month! This scholarship is available for graduating Cowley County high school students pursuing an education in a healthcare-related field.

Two scholarships of \$500 each will be paid directly to the awardees' school of choice. For eligibility, requirements, or to apply visit the link below:

survey.alchemer.com/s3/8188238/Mary-L-Benton-Memorial-Scholarship-2025

FEELING SICK?

STAY HOME

Make sure to get plenty of rest & take it easy. Your body needs time to fight off the infection & recover.

ISOLATE

Avoiding social or group activities until you have fully recovered will help ensure that you do not spread your illness to others

GET TESTED

Many infections have similar flu-like symptoms. Getting tested will help determine what illness you may have.

WASH YOUR HANDS

Keeping your hands clean can help to stop the spread of illness.

CLEAN & DISINFECT

Use an effective disinfectant to keep high-touch surfaces like countertops & door knobs clean.

DRINK & EAT

Being sick can take its toll, so make sure you are staying hydrated and getting plenty of nutrition.

TAKE MEDICINE

Use over-the-counter medicines to help alleviate your symptoms.