



# PUBLIC HEALTH UPDATE

## WHAT'S NEW IN PUBLIC HEALTH?

### TORNADO PREPAREDNESS

It's Tornado Season, so NOW is the time to prepare!

#### BEFORE A TORNADO

- **Be Aware** – Stay informed through notifications, local news, or a NOAA Weather Radio.
- **Have a Plan** – Know what to do before disaster strikes. Designate a room in your house to shelter such as a basement or interior room. Identify nearby safe buildings and public shelters that you can use.
- **Be Ready** – If a tornado watch is issued, be prepared to evacuate to a safe shelter.

#### DURING A TORNADO

- **Stay Weather-Ready** – Continue listening to local news or a NOAA Weather Radio to stay informed.
- **At Your House** – Get to your basement, safe room, or an interior room away from windows.
- **At Work or School** – Follow your tornado drill and proceed to your tornado shelter quickly and calmly. Stay away from windows and do not shelter in large open rooms.
- **Outside** – Seek shelter inside a sturdy building immediately if a tornado is approaching. Sheds and storage facilities are NOT safe.
- **In a Vehicle** – Vehicles are NOT safe during tornadoes. The best course of action is to drive to the closest shelter. If you are unable to make it to a safe shelter, either get down in your car and cover your head, or abandon your car and seek shelter in a low lying area such as a ditch or ravine.

Learn more about staying safe from tornadoes by visiting [Ready.gov/Tornadoes!](https://www.ready.gov/Tornadoes!)

### WORLD MALARIA DAY

April 25th is World Malaria, a day for recognizing the danger of mosquitoes and the serious diseases that they can transmit! While Kansas may not be home to malaria, the mosquitoes here can still spread some pretty serious illnesses like West Nile virus. So take these tips and keep yourself safe from mosquito bites!

#### APPLY INSECT REPELLANT

Insect repellants with ingredients like DEET are extremely effective at preventing mosquito bites.

#### AVOID PEAK MOSQUITO HOURS

Sunrise and sunset are the times when mosquitoes are most active.

#### PRACTICE MOSQUITO CONTROL

Eliminate any standing pools of water or other mosquito habitats around your home.

Visit [CDC.gov/Mosquitoes](https://www.CDC.gov/Mosquitoes) to learn more!



### FINANCIAL PREPAREDNESS

An overlooked part of severe weather preparedness is the financial aspect. Here are some tips to help prepare!

#### GATHER IMPORTANT DOCUMENTS

Having key documents on hand can be very helpful. Be sure to gather copies of important documents including:

- Identification Documents • Financial & Legal Documents
- Medical Information • Contact Information

#### THE IMPORTANCE OF INSURANCE

Insurance coverage can help provide the funds to repair, rebuild, & replace property after a disaster! Here are some key things to keep in mind:

- **Keep the essentials covered:** Property, Health, & Life
- **Know your risk** for different types of disaster.
- **Document your property** now! This can help immensely in filing claims after a disaster.
- **Purchase additional coverage** if necessary.

#### EMERGENCY KIT

- Besides necessities, you should also **include copies of the important documents** mentioned above
- Keep your documents in a **waterproof & fireproof container** and store it in a secure location!
- Include a **small amount of cash** in small bills (1s, 5s, 10s).

### HEALTH & SAFETY FAIR

Cowley County's annual Health & Safety Fair will be here soon! With over 40 participating organizations, there will be plenty to see and much to do! Plus, we'll be featuring some new attractions & freebies!

Be sure to follow the Facebook page for event updates:  
[Facebook.com/CowleyCountyHealthFair](https://Facebook.com/CowleyCountyHealthFair)

See the event details below:

**Saturday, May 17th, 9:00am to 12:00pm**  
**Winfield Fairgrounds, Barn 4 – 1105 W 9th Ave**