



# PUBLIC HEALTH UPDATE

## What's New in Public Health?

### Thanksgiving Kitchen Safety

With Thanksgiving next week, it's important to remember to keep your kitchen safe while you're cooking! Check below for some tips you can use to make sure you cook your Thanksgiving dinner safely!

#### Keep a Safe Kitchen

- Keep your kitchen clean to prevent cross contamination.
- Install a working smoke detector and keep it maintained.
- Keep your stovetop clear of any flammable materials or objects.

#### Cook Cautiously

- Give cooking your undivided attention
  - Stay in the kitchen if you are boiling, broiling, frying, or grilling.
  - Set timers and regularly check on food if you are baking, simmering, roasting, or otherwise slow-cooking.
- Wear appropriate clothing while cooking.
  - Wear closed-toed shoes and avoid overly loose clothes.
- Avoid cooking if you are tired or have consumed alcohol.
- Keep kids out of the kitchen when you are cooking.

#### In Case of a Fire...

- Have a fire escape plan in place before you start cooking!
- Don't hesitate to evacuate! Once you are safe, call 911.
- If you do use a fire extinguisher:
  - Only use fire extinguishers rated for kitchen fires.
  - Aim for the base of the fire and use a side-to-side sweeping motion.

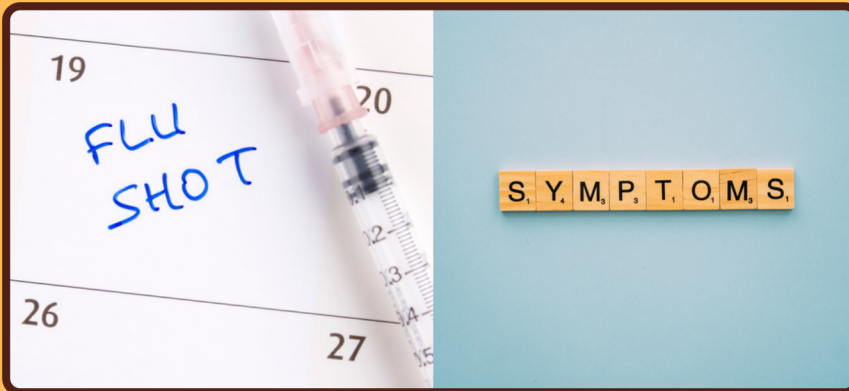


### COVID, Flu, & RSV

Winter always brings higher rates of respiratory illness. Many of these illnesses share similar symptoms and it can be difficult to tell the difference between them. Below is a chart comparing 3 of the more common illnesses and their symptoms. However, remember that if you do get sick, **the only sure way to tell is to get tested!**

COVID	Flu	RSV
Fever	Fever	Fever
Runny Nose	Runny Nose	Runny Nose
Coughing	Coughing	Coughing
Chills	Chills	Sneezing
Congestion	Congestion	Wheezing
Muscle/Body Aches	Muscle/Body Aches	Decrease in Appetite
Fatigue	Fatigue	
Headache	Headache	
Sore Throat	Sore Throat	
Nausea/Vomiting	Nausea/Vomiting*	
Diarrhea	Diarrhea*	
Loss of Taste/Smell		

\*More common in children



### Confirmed Flu Cases in Cowley County

The first confirmed flu cases have been reported in Cowley County recently. We highly recommend everyone get their yearly flu shot. After receiving a flu shot, it typically takes around 1 to 2 weeks for your body to develop full protection, and with flu currently circulating in the community, **now is the best time to get your flu shot!** Contact the Health Department to get your appointment scheduled and make sure you're protected this winter!

### Free COVID Testing Kits & Hand Sanitizer

If you are in need of at-home COVID test kits, stop by either location of the Health Department and pick some up today. These tests, along with bottles of hand sanitizer, are **available for free!**

### Feeling Sick?

If you do become ill, please do not participate in any group events until after you have fully recovered from your illness. For as long as the pandemic persists Cowley County residents are advised to take all necessary precautions to prevent the contraction and spread of ANY illness.

- Stay home if you feel ill.
- If you develop symptoms of illness, be tested to determine if you are infected.
- Wash your hands frequently and use hand sanitizer.
- Clean high touch surfaces with disinfecting cleaners (doors, counters etc.).
- Wear a mask that properly covers your nose and mouth while in public.
- When ill stay home and isolate from others so you will not spread illness.

### COVID & Illness Data

November has shown an uptick in COVID cases throughout the county with **100** cases reported as of November 16th.

While the number of cases has not reached the levels seen during the months of July and August, it is still notable that COVID cases are increasing throughout the county. Additionally, the first flu cases have been confirmed in Cowley County, which is why we highly recommend all residents to get their yearly flu shot as soon as possible.

If you are ill, please stay home and recover fully before you resume your normal routine.

Taking necessary precautions and using the best practices available will help ensure that you and your family stay safe from respiratory illness.

Month to month new case information

New Cases	2021	*As of November 16th 2022
Month	2021	2022
January	828	2675
February	304	321
March	90	61
April	47	44
May	59	112
June	28	174
July	153	528
August	488	526
September	592	264
October	386	114
November	606	100*
December	653	
TOTAL	4159	4919

Comparison of previous year, 2021, with current year to date

Year Total	2021	2022
Total Cases	4159	4919
% of cases	100%	118%