



# Public Health Update

## WHAT'S NEW IN PUBLIC HEALTH?



### HOLIDAY SAFETY

Christmas trees, decorations, lights, and gifts make the holiday season such a memorable one! However, the joys of this time of year can also bring along some hazards. Check below for some safety tips so that you can enjoy the yuletide season safely this year!

#### Christmas Tree Safety

- Hydrated trees are less likely to catch fire, so be sure to water your tree everyday!
- Make sure you place your tree at least 3 feet away from fireplaces, space heaters, radiators, or any other source of heat/flame.

#### Fire Safety

- Test your smoke detectors regularly and keep them maintained!
- Keep lit candles in places where they can't be knocked over by children and pets.

#### Gift Safety

- Make sure the gifts you give are appropriate for your child's age.
- Make sure all gifts are in good condition and are composed of nontoxic materials
- Avoid gifts with choking hazards such as small parts, batteries, and magnets.

#### Electrical Safety

- Test and examine all lights before decorating.
- Replace any burnt-out or damaged bulbs and discard any lights with frayed or damaged cords

### COWLEY COUNTY DATA WALK

The Legacy Regional Community Foundation in partnership with RISE Cowley recently organized the Cowley County Data Walk: A Closer Look at Cowley Kids. This event uses data, evidence, and information to help further the understanding of the factors that shape the health of the community.

The data gathered shows the reality of health conditions for many in Cowley County. We invite everyone to examine the data themselves by visiting the link below:

[legacyregionalfoundation.org/apply-for-funding/cowley-kids-data](https://legacyregionalfoundation.org/apply-for-funding/cowley-kids-data)

If possible, we invite everyone to also participate in the Data Walk as well. To be notified of the next Cowley County Data Walk, use the link below:

[survey.alchemer.com/s3/7149926/Cowley-County-Data-Walk](https://survey.alchemer.com/s3/7149926/Cowley-County-Data-Walk)

### MOBILE APP HOLIDAY REFERRAL CONTEST

Until December 21st, if you refer a friend to download our mobile app, you could both be entered to each win a \$50 gift card!

The more people you refer, the more entries you'll get in next Wednesday's drawing!

Check the app notifications and look for the Mobile App Holiday Referral Contest for more information on how to enter!

Don't delay, refer a friend today!

### PROPIO ONE

We are excited to announce an improvement to our interpretation services. Both Health Department locations now have Propio ONE. Propio ONE is a telehealth, video-based interpretation service. With access to 350 languages including sign language and dialects, Propio ONE will be a valuable tool in connecting the community with vital health department services. This service promises to provide a better client experience. If you know someone in need of Health Department services but who may speak English as a second language, let them know that the Health Department has the tools to ensure that they get the services and resources that they need!



### 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.

### FREE COVID TESTS & HAND SANITIZER

If you are need of home COVID test kits or hand sanitizer, stop by a Health Department location and pick some up FREE of charge! Stay prepared for winter and respiratory illness by stocking up today!

### COVID & ILLNESS REPORT

So far 90 COVID cases have been reported in the month of December, continuing the trend from November. The data shows only part of the picture however.

In addition to COVID, other respiratory illnesses are circulating within the community including influenza A and RSV. These illnesses share similar symptoms, so determining the illness can often be difficult. The only sure way to determine the illness is through testing. If you do become ill, we highly recommend you seek testing to determine what illness you may have. We urge everyone to use the best practices to prevent illness. Protect yourself and others by washing your hands, getting your flu shot, and staying home when ill. Together we can all help to make the holidays a little safer!

Month to month new case information

New Cases	2021	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	164
December	653	90*

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

Year Total	2021	2022
Total Cases	4159	5073
% of cases	100%	122%
TOTAL	4159	5073

\* Current case count as of Dec 14