

PUBLIC HEALTH UPDATE

WHAT'S NEW IN PUBLIC HEALTH?

SUMMER SAFETY & HEAT DANGERS

It's summertime! Vacations, backyard BBQs, and lots of outdoor activities! However, keep in mind that too much heat and too much sun can pose serious threats:

Sunburn & Skin Cancer:

Sunburns are painful reminders to always apply and reapply sunblock whenever you venture outdoors! However, sunburns can also serve a strong indicator of skin cancer. Skin cancer is the most common type and can be deadly if left untreated. Remember to always wear sunblock, be mindful of how much time you spend in the sun, and get yourself checked by a doctor!

Visit skincancer.org for more information.

Heat Exhaustion & Illness:

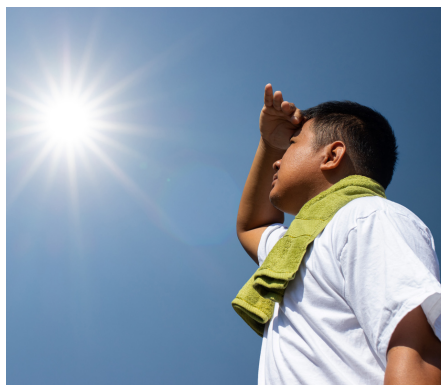
Heat exhaustion and heat illness can be deadly! Stay hydrated, stick to the shade, and remember to pace yourself if you're working or exercising outside!

Visit medlineplus.gov/heatillness.html for more information

Child Heatstroke:

One of the biggest dangers of the summer can happen when children are left in hot cars. The interior temperature of a car can raise by 40 degrees within minutes! Children heat up faster than adults and are especially vulnerable to heatstroke. Remember to always check your car before locking it and walking away. Look Before You Lock!

Visit nhtsa.gov/child-safety/you-can-help-prevent-hot-car-deaths for more information.



TICKS & TICKBORNE ILLNESS

As more people head outdoors for hiking, camping trips and other outdoor activities, more people become exposed to ticks and the diseases they carry. These diseases can cause lifelong debilitating illnesses and conditions. The first step in ensuring that you and your loved ones are protected from ticks is to learn how to avoid ticks and prevent bites! Knowing where ticks live, wearing an appropriate insect repellent, and regularly checking for them can help protect you and your loved ones.

Visit cdc.gov/ncezid/dvbd/media/stopticks.html for more ways to prevent and avoid tick bites today!

COVID & ILLNESS DATA

May has seen a marked increase in COVID cases compared to both March and April. As of Wednesday, May 18th, there have been 70 confirmed cases in Cowley County. With graduation ceremonies, summer gatherings, and vacations, we can expect case counts to grow and

Month to month new case information

New Cases	2021	*month to date 2022
January	828	2675
February	304	321
March	90	61
April	47	44
May	59	70*
June	28	
July	153	
August	488	
September	592	
October	386	
November	606	
December	653	
TOTAL	4159	3171

for more people to become ill. While the case counts may not be as bad as during the month of January, the numbers show that the COVID situation is far from over.

If you are feeling sick, please stay home and avoid large gatherings. By using the best practices, we can all do our part in preventing the spread of disease within the community.

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

Year Total	2021	2022
Total Cases	4159	3171
% of cases	100%	76%



HEALTH & SAFETY FAIR

The Health and Safety Fair draws near! Pre-K Preview, Door Prizes, a Live Broadcast from 1025 The River, the Vehicle Petting Zoo and more at this year's fair. Mark the date on your calendar and attend this year to win one of many awesome prizes! Follow us on Facebook and Twitter as we highlight many of the awesome sponsors and prizes!

The Health & Safety Fair will be held at the Agri-Business Building in Arkansas City on Saturday June 4th, from 9:00am to 12:00pm.

For more information or to participate in the Health & Safety Fair, email dvildasol@cowleycountyks.gov

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.