

# PUBLIC HEALTH UPDATE

## Coming Soon.

City-Cowley County Health Department, KS



Built by:



## What's New in Public Health?

### Health Department Smart Phone App

The Health Department smart phone app is entering the final stages of development and is slated for release later this month for both Apple and Android phones.

This feature-rich app will allow Cowley County residents to receive the latest updates in public health as well as NWS weather alerts!

Another function of the app will be the ability to request appointments at the Health Department. The app will also be loaded with information about the Health Department's services as well as local resources within Cowley County.

Be sure to follow us on Facebook and Twitter for the latest updates on the app's release!



## Mosquito Season

Mosquitos are found in every state and, due to their ability to spread disease, kill more people each year than any other animal! They can carry serious diseases including malaria, Zika, West Nile Virus, and others. Take care this summer to avoid getting bitten. Here are some tips for dealing with mosquitos:

- Avoid mosquito habitats - any places with stagnant or slow-moving water
- Avoid peak mosquito hours during dawn and dusk
- Wear light-colored pants and long-sleeve shirts
- Apply insect repellent such as DEET or natural repellants like oil of lemon eucalyptus.
- Dispose of any standing water around your home and regularly change water in bird baths, fountains, and other receptacles.

## National Hydration Day & Extreme Heat Safety

June 23rd is National Hydration Day, and with the latest heat wave, now is the time to start taking steps to stay safe from the extreme heat! Don't forget that heat illness and heat exhaustion can be deadly. Here are some tips to beat the heat:

- Stay hydrated!
  - Water plays a key role in regulating body temperature. The more you sweat, the more water you should drink!
- Stay inside during the hottest time of the day.
  - Limiting your time spent in the heat can ensure that your body has sufficient time to cool off.
- Seek shade when outside.
- Pace yourself if you are working or exercising outside.
- Apply sunscreen regularly.
- If you don't have air conditioning, find someplace cool to stay when it's hot outside.
- Don't forget about your pets!
  - Bring them inside during the day as well.
  - Avoid going for walks during the hottest part of the day. Asphalt and concrete can be hot enough to burn their paws!

## COVID and Illness

### Data

Month to month new case information

New Cases	2021	*=month to date 2022
Month	2021	2022
January	828	2675
February	304	321
March	90	61
April	47	44
May	59	112
June	28	55*
July	153	
August	488	
September	592	
October	386	
November	606	
December	653	
TOTAL	4159	3268

The month of June has seen a similar case count to May with 55 confirmed COVID cases as of June 15th.

This elevated number of cases is likely the result of an increase in social gatherings and travelling as summer begins.

The pandemic situation is far from over, and despite more relaxed attitudes towards the virus, COVID continues to circulate in Cowley County. As always, we encourage everyone to exercise caution in order to prevent the spread of illness within the community.

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

Year Total	2021	2022
Total Cases	4159	3268
% of cases	100%	~79%

## 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.