

# Public Health Update

## What's New in Public Health?

### Fireworks Safety

With Independence Day coming up, remember that while fireworks can be quite the spectacle, they can also be very dangerous! There will be plenty of excellent fireworks shows in the area from the professionals! This is a great way to enjoy the show without the risks!

However, if you are going to set off your own fireworks, here's a few tips to make sure that you and your loved ones are as safe as possible:

- Never allow children to use fireworks unattended – especially young children!
- Never use fireworks while impaired by drugs or alcohol.
- Never use fireworks indoors.
- Never point or throw fireworks at another person.
- Use fireworks away from people, houses, and flammable materials.
- Always maintain a safe distance.
- Keep a bucket of water nearby to fully extinguish fireworks that fail to go off or in case of a fire.

Keep these tips in mind this weekend, and have a happy Fourth of July!



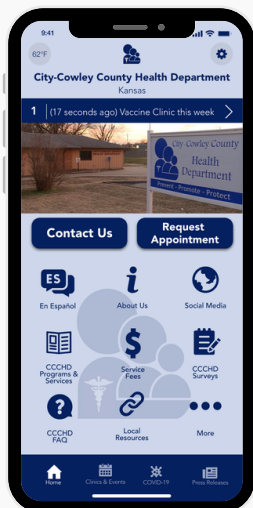
### Pool Safety

Having a dip into the pool is a great way to beat the heat and have a bit of summer fun! Check below for some tips on making sure your time in the water is safe!



- **Learn to Swim:** Never enter a body of water without knowing the basics! Lessons are available for any and all ages.
- **Supervise Children:** Never leave children unattended! Make sure they have your undivided attention. Distractions can turn into tragedies.
- **Look Out for Lifeguards:** Swim in places supervised by lifeguards trained for rescue and CPR.
- **Know Your Limits:** Stay away from waters that may be beyond your level.
- **Don't Swim Alone:** Having someone nearby to help could make the difference between life and death!

### Health Department Mobile App



Mark your calendars, our mobile app will officially be available for download from the Apple and Android stores on **July 15th!**

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.

Follow us on Facebook and Twitter for all the latest updates!

New Cases		*=month to date
Month	2021	2022
January	828	2675
February	304	321
March	90	61
April	47	44
May	59	112
June	28	174
July	153	
August	488	
September	592	
October	386	
November	606	
December	653	
TOTAL	4159	3387

### COVID & Illness Data

The month of June ended with a substantial increase in COVID cases – 174 cases total!

This rise can be attributed to an increase in residents travelling and engaging in social activities. We advise all citizens to exercise the best practices to avoid spreading illness. If you are sick, please stay home and avoid gatherings. Do not return to normal activities until you have fully recovered.

Much like the virus itself, the pandemic situation will continue to change and it is

Year Total	2021	2022
Total Cases	4159	3387
% of cases	100%	81%

far from over. We all have our part to play in safeguarding the health of the community.

Month to month new case information

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

### 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.