

# PUBLIC HEALTH UPDATE

## WHAT'S NEW IN PUBLIC HEALTH?

### HEALTH DEPARTMENT MOBILE APP OUT TODAY!

The Health Department's new mobile app goes live today!

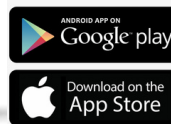
The app allows Cowley County residents to request appointments and is loaded with information about the Health Department's programs and services. By downloading the app, users will be able to connect with resources from all over the county!

The app also features custom notifications, ensuring that users can receive the latest news, updates, and guidance from the Health Department, as well as NWS weather alerts.

With the app's release, the Health Department will also be hosting several fun interactive activities in the app with a chance to win prizes for those who participate!

Don't hesitate! Download the app today by scanning the QR code to the right or searching for "Cowley County Health Department" in the app store!

DOWNLOAD FOR FREE NOW!



## CHILD HEALTH ASSESSMENTS & IMMUNIZATIONS

The next school year will be here before you know it! Many schools and daycares require health assessments and immunizations for your children. Don't wait until the last minute! Call the Health Department today to get your child's assessment and immunizations scheduled!

Arkansas City: (620) 442 3260

Winfield: (620) 221 1430



## SUNBURNS & SKIN CANCER

With the heat rising, too much sun can result in painful sunburns or deadly skin cancer! Here are some tips to make sure you don't fry when outside!

- **SEEK SHADE:** Cool off by spending some time in the shade.
- **AVOID PEAK HOURS:** Avoid going outside during the hottest part of the day.
- **WEAR SUNSCREEN:** Wear a broad-spectrum sunscreen with an SPF of at least 15.
- **WEAR PROTECTIVE CLOTHING:** Wide-brim hats, long-sleeve shirts, pants, and sunglasses are excellent ways to limit your skin's exposure to sunlight.
- **REGULAR CHECKUPS:** Make sure to get regular checkups with your doctor to make sure you don't develop skin cancer.



## COVID & 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	174
July	153	177*
August	488	
September	592	
October	386	
November	606	
December	653	
TOTAL	4159	3564

Cowley County has seen a substantial increase in the number of COVID cases, with 177 so far in the month of July. More than the entire month of June!

This rise in cases can be attributed to more contagious variants and increases in social activities.

We are continually monitoring the pandemic situation and will issue updated guidance as the pandemic evolves.

We advise all residents to use the best practices in order to prevent the spread of illness. Isolate and refrain from social gatherings if you are ill. Please do not return to work or normal activities until you have fully recovered and are no longer

Contagious. By keeping these practices in mind, we can all do our part in keeping Cowley County safe from disease.

Comparison of previous year, 2021, with current year to date 2022		
Year Total	2021	2022
Total Cases	4159	3564
% of cases	100%	85%

## 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.