



Public Health Update

What's New in Public Health?

National Radon Awareness Month

Did you know that radon exposure is the second-leading cause of lung cancer after smoking? January is Radon Awareness Month in Kansas and now is the best time to test your home for radon.

Radon is a naturally occurring gas that seeps from the soil. Prolonged exposure can lead to an increased risk of lung cancer. Visit [cdc.gov/radon](https://www.cdc.gov/radon) for more information about radon exposure.

Testing is very simple with a home test kit and, right now, we are partnering with the Extension Office to provide radon home test kits for **FREE!** Contact the extension office to pick up your free test kit today!

Cowley County Extension Office:

311 E 9th Ave, #101

Winfield, KS 67156

Phone: **(620) 221-5450**



Test Your Home.
Protect Your Health.

Public Health Update Volume 2

Welcome to *Public Health Update* Volume 2! This new volume features 2 big changes!

COVID Dashboard

The first big change is that our old COVID & Illness Data section has been converted into the new COVID Dashboard. This section will provide a better picture of the local situation through two new features. First, the COVID Community Level, this level is based on hospitalization and case data. Each level will come with guidance on how you can help protect yourself and others. The second addition is the new data on display. We will now be displaying the Rolling 7-Day Average of Daily New

COVID cases. This chart will display data from the past 3 months for Cowley County and will help to paint a better picture of current case trends in the county.

Presentation Format

The second big addition to this new volume of the *Public Health Update* is the online presentation format! This user-friendly format is easier to read and will feature some exclusives such as embedded videos and animations. Check it out for yourself by clicking the link posted with this issue!

Upcoming Events:

Community Wide Baby Shower

On **Saturday, February 4th**, the **Community Wide Baby Shower** will be held at the **Brown Center in Cowley College** from **9:00am to 12:00pm**. This fun and educational event is free to attend and features the opportunity to win some excellent prizes! Don't miss out!



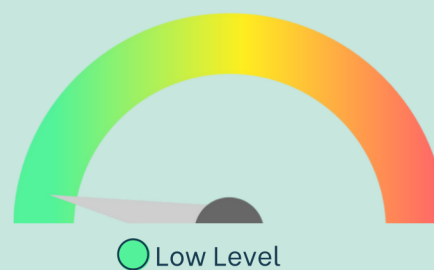
Health & Safety Fair 2023

This year, the annual Health & Safety Fair returns to Winfield! The fair will be held at the **Winfield Fairgrounds** on **May 6th** from **9:00am to 12:00pm**. Attendance is free for this fun and educational event. Be sure to mark your calendars!



COVID Dashboard

COVID Community Level



Guidance:

The current Community COVID Level is **Low**. We recommend adhering to our usual guidelines for staying safe from illness:

- Stay home if you feel ill. Do not resume normal activities until you have fully recovered.
- If ill, isolate from others to avoid spreading illness.
- If you develop symptoms of illness, get tested to determine if you are infected.
- Wash your hands frequently and use hand sanitizer.
- Clean high touch surfaces (doors, counters, etc.) with disinfecting cleaners.
- If desired, wear a mask that properly covers your nose and mouth while in public.

7-Day Rolling Average of Daily New COVID Cases

