



Public Health Update

WHAT'S NEW IN PUBLIC HEALTH? MEMORIAL DAY WATER SAFETY

Memorial Day Weekend is next week and plenty of people will be heading to the pools, lakes, and rivers to celebrate. This week we've got some tips to help keep you safe!

WATER SAFETY TIPS

Get Educated

- Take swimming lessons.
- Learn CPR & rescue techniques.

Swim Safely

- Make sure there's a lifeguard on duty in your area.
- Know your limits. Avoid waters or depths beyond your level.
- Never swim alone.
- Always closely supervise children and give them your undivided attention.



BOATING, LAKE, & RIVER SAFETY

Get Educated

- Take boating courses.
- Know the boating laws and regulations in your area.
- Be familiar with the hazards & risks of the body of water you visit, especially currents.



Be Prepared

- Make sure your equipment is in good working order.
- Always wear a properly fitting life jacket.
- Dress appropriately and bring extra clothes and sunscreen.

Use Good Judgment

- Leave a float plan with someone you trust.
- Don't drink and drive a boat.
- Immediately leave the water if you see a storm forming or approaching.

HEALTH & SAFETY FAIR - THANK YOU!

This year's Health & Safety Fair was a great success! As we look forward to next year's fair, we want to give a big **Thank You** to everyone who attended, the organizations who participated, and our awesome sponsors! You were all a big part of making this year's fair so special. We hope to see everyone back next year in Ark City!



MEMORIAL DAY
REMEMBER & HONOR

EXTREME HEAT SAFETY

With summer here, it's important to remember the dangers that can come with the rising temperatures. Here are some simple tips to help you beat the heat!

- Stay Hydrated!
- Wear Sunscreen!
- Stay Informed!
- Avoid Peak Heat Hours!
- Pace Yourself!
- Wear Appropriate Clothing!
- Seek Shade!

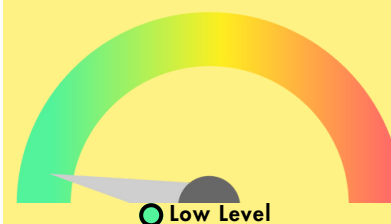
Visit [ready.gov/heat](https://www.ready.gov/heat) for more information about staying safe during the summer!

MEMORIAL DAY - OFFICE CLOSURE

On **Monday, May 29th**, both locations of the Health Department will be closed in observance of Memorial Day. Our normal business hours will resume Tuesday, May 30th.

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 New COVID Cases

