



PUBLIC HEALTH UPDATE

WHAT'S NEW IN PUBLIC HEALTH?

CPR & AED Awareness Week

Cardiac arrest is one of the leading causes of death in the US, with 70% occurring in the home. **90% of people who experience cardiac arrest outside of a hospital die.**

Knowledge of **cardiopulmonary resuscitation (CPR)** and **automated external defibrillators (AEDs)** can provide crucial assistance during a time of need. In fact, administering CPR can double or even triple a person's odds of survival!

This week we encourage everyone to take the steps to learn these lifesaving skills. In-person and online CPR & AED courses are available year-round and often locally.

Visit [redcross.org/take-a-class](https://www.redcross.org/take-a-class) or [cpr.heart.org](https://www.cpr.heart.org) to see which classes are available in your area.



Insect Repellent Awareness Day

Besides being an annoyance, biting insects like mosquitoes and ticks are also potent spreaders of some very serious illnesses including:

- **Malaria**
- **West Nile virus**
- **Lyme disease**
- **Tularemia**
- **Zika virus**
- **Ehrlichiosis**

Insect repellents are important tools in preventing these illnesses. When picking an insect repellent, make sure you are choosing one with an effective active ingredient such as:

- **DEET**
- **Picaridin**
- **IR3535**
- **Oil of lemon eucalyptus (OLE)**
- **Para-menthane-diol (PMD)**
- **2-undecanone**

To find the right insect repellent for you visit

[epa.gov/insect-repellents/find-repellent-right-you](https://www.epa.gov/insect-repellents/find-repellent-right-you)

Summer Food Programs

This summer, several Cowley County school districts will be offering Summer Food Service Programs.

These programs provide free meals for children ages 1-18 and are offered Monday through Thursday each week. See the list below for dates, meal times, and locations.

USD 462 Central

- Dates: June 5 - July 13
- Lunch: Times vary between locations.
- Locations:
 - Central Elementary - 1045 Oak St.
 - Cambridge Presbyterian Church - 606 Maple St.
 - Cornerstone Christian Church - 422 Main St.
 - Grenola Christian Church - 306 N Cana St.

USD 463 Udall

- Dates: May 30th - August 10th
- Lunch & Breakfast (To-Go): 11:00a - 12:00p
- Location: Udall Elementary - 308 W. 3rd St.

USD 465 Winfield

- Dates: June 5 - June 29
- Breakfast: 7:30a - 8:30a | Lunch: 11:30a - 12:30p
- Locations:
 - Irving Elementary - 311 Harter St.
 - Whittier Elementary - 1400 Mound St.

USD 470 Arkansas City

- Dates: June 5 - June 30
- Breakfast: 7:30a - 8:00a | Lunch: 11:00a - 11:30a
- Locations:
 - Ark City High School - 1200 W Radio Ln.
 - Ark City Middle School - 400 E Kansas Ave.
 - Frances Willard Elementary - 201 N 4th St.

SUMMER FOOD SERVICE PROGRAM

JUNE 5TH-JUNE 29TH

DAYS & TIMES

Monday-Thursday
Breakfast: 7:30-8:30 a.m.
Lunch: 11:30-12:30 p.m.

FOR WHO

• Breakfast & Lunch will be provided for ALL students attending summer school.

• Adults may purchase meals. Costs:
• Breakfast - \$2.50
• Lunch - \$4.50

OPEN LOCATIONS

Irving Elementary- 311 Harter
Whittier Elementary- 1400 Mound

Ages 1-18 can receive **FREE** meals at the open locations, even if not attending summer school.

All meals must be consumed on site. No reservations needed. No food sharing is allowed.

ARKANSAS CITY PUBLIC SCHOOLS

FOR AGES 1-18

FREE SUMMER MEALS

BREAKFAST: 7:30-8A
LUNCH: 11-11:30A

JUNE 5-30, 2023

- Ark City High School (M-TH)
- Ark City Middle School (M-TH)
- Frances Willard (M-TH)

SALLY'S SPOT MEAL BUS SCHEDULE (M-F JUNE)

- Meadow Walk: 10:30-11:00
- NW Community Center: 11:10-11:40
- Wilson Park: 11:50-12:20
- Lincoln: 1:00-1:30
- Calvary Chapel: 1:40-2:10

[WWW.USD470.COM](http://www.usd470.com)

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