



PUBLIC HEALTH UPDATE

What's New in Public Health?

Lightning Safety Awareness Week

Every year in Kansas, severe weather season is marked by the appearance of powerful thunderstorms. These storms bring a variety of hazards with them including tornadoes, hail, straight-line winds, and, of course, **lightning!**

Lightning is the defining feature of thunderstorms - lightning creates the sound of thunder as it travels through the air. So, if there's a thunderstorm in your area, you better believe there will be lightning as well!

Lightning strikes can be unpredictable and can strike up to 15 miles away from the thunderstorm! Lightning strikes can be fatal and many survivors are left with permanent injuries. So, when you hear thunder, don't take any chances, seek shelter immediately!

Remember, **When Thunder Roars, Go Indoors!**

Visit lightningsafetycouncil.org to learn more!

Fourth of July Closure

Both locations of the Health Department will be **closed on Monday, July 3rd and Tuesday, July 4th** for Independence Day. Our normal business hours will resume Wednesday, July 5th.



Health Department Podcast

We are excited to announce the debut of our brand new podcast - **For The Health Of It: Cowley County!**

Hosted by our Public Health Officer, Tom Langer, this bi-weekly podcast will focus on important public health topics on how they influence the health of the community.

The inaugural episode premieres **next Wednesday, June 21st on all podcast platforms**, including Apple Podcasts, Spotify, Google Podcasts, Stitcher and more!

If you're interested in learning about a particular topic, then let us know by checking the link below:

survey.alchemer.com/s3/7394023/For-The-Health-Of-It-Survey

STI Prevention

STIs, or **sexually transmitted infections**, are infections passed from one person to another through sexual contact. While the subject of STIs can be a bit uncomfortable to talk about, it's important for everyone to know the basic facts and take the necessary preventative steps to stay safe.

Routine care, including regular testing, can help ensure that STIs are detected early. Early treatment can prevent an infection from developing into a more serious illness.

We offer several services including STI testing & treatment. Give us a call to make an appointment and take the first step in optimizing your reproductive health today!

To learn more about STIs and the Health Department's services, be sure to check out the inaugural episode of our new podcast **For The Health Of It: Cowley County.**

For The Health

Of It

Prevent

Promote

Protect

