



PUBLIC HEALTH UPDATE

What's New in Public Health?

Extreme Heat

The heat is on! With more triple digit temperatures on the way, it's important to remember that extreme heat can be hazardous and even life-threatening! So, today, we've got some tips to help you stay safe and beat the heat!

Stay Informed

Keep an eye on weather forecasts and be aware of any heat advisories that have been issued and adjust your plans.

Hydration

Your body needs water to stay cool. Make sure you replenish any sweat lost.

Pace Yourself

Cut down on strenuous activity in the heat and take frequent breaks. Limit your time outside and avoid the hottest hours of the day.

Sunscreen

Sunburns can affect your body's ability to cool and increase your risk of skin cancer. Use a broad spectrum sunscreen with an SPF of at least 15. Be sure to reapply at least every 2 hours.

Vector-Borne Illness

Vectors are **animals that can transmit diseases between humans or from other animals to humans**. Some examples include mosquitoes & ticks, which can transmit serious illnesses like malaria, Lyme disease, & West Nile virus.

Here are two effective ways to stay safe:

Apply Insect Repellent

Make sure to use a repellent with an effective active ingredient such as DEET or oil of lemon eucalyptus. Be sure to reapply your repellent regularly as well.

Wear protective clothing

Long sleeves and pants can help protect you from getting bitten. Light-colored clothing are less attractive to vectors and can make them easier to see as well.

For more information about vector-borne illness, visit [cdc.gov/nczid/dvbd](https://www.cdc.gov/nczid/dvbd)

Podcast Episode 3

The third episode of our podcast, **For The Health Of It: Cowley County** will be released next Wednesday!

This episode features Public Health Registered Nurse Kelli Waggoner in studio to talk about the ins & outs of the WIC Program.

Check it out on all major podcast platforms and learn more about how the Health Department works every day to help you stay well!

If there are any topics you're interested in learning about, use the link below to let us know!

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

ARK CITY

BACK TO SCHOOL
IMMUNIZATION CLINIC

JULY 19
8AM - 6PM

SPACE IS LIMITED!

CALL TO SCHEDULE AN
APPOINTMENT!

(620) 442-3260
115 E RADIO LN

FEATURING
PRIZES &
GIVEAWAYS!



Back to School Clinic

Next **Wednesday, July 19th**, the Health Department will be hosting a special **Back to School Immunization Clinic** at our **Ark City location from 8:00 am to 6:00 pm**.

While the next school year may seem far off, it'll be here before you know it! Getting your child's immunizations done early can ease the stress that comes with the start of a new school year. Plus, there'll be special prizes and giveaways all day long! However, spots are limited, so give us a call and set an appointment today!

620 442 3260

