



PUBLIC HEALTH UPDATE



What's New in Public Health?

Free Home Safety Kits

The Health Department is providing **FREE** home safety kits. Featuring doorknob covers, plug protectors, drawer latches, and cabinet locks, these kits are perfect for making your home a safer place for any little ones.

This offer is available to all families with at least 1 child aged 3 years or younger and only while supplies last. Limit 1 per household.

Stop by either of our locations and pick yours up today!

World Mosquito Day

August 20th is World Mosquito Day, and it's important to remember that, besides being an annoyance, mosquitoes are also potent spreaders of some very serious illnesses, including Zika virus, West Nile virus, and malaria.

The best way to stay safe from mosquito bites is to avoid being bitten in the first place! Use these tips to protect yourself:

Apply Insect Repellent

Use a repellent with an effective ingredient such as DEET, Picaridin, or oil of lemon eucalyptus.

Wear Protective Clothing

Wear long sleeved shirts and long pants. Lighter colors are also less attractive to mosquitoes.

Stay Inside During Peak Hours

Sunset and sunrise are the times when mosquitoes are most active.

Preparedness - Planning

When it comes to preparedness, we all need to ask ourselves some very important questions:

- Where would I go during an emergency?
- How would I get in contact with my loved ones?
- How do I stay informed?
- Do I have enough supplies to last?

Recently, many of us found out the answers to these questions firsthand. With last week's severe weather event in mind, what would you have done different? Are there any steps you could have taken to have been better prepared?

Addressing these questions and forming a plan is at the core of emergency preparedness. But, now is the time to act! Take the time to sit down with your loved ones and start creating your own emergency plans. Make sure everyone knows what to do the next time disaster strikes.

Learn more about emergency preparedness and start creating your own plans by visiting ready.gov today!

Podcast Episode 5

The 5th episode of our podcast, **For The Health Of It: Cowley County** will be available next Wednesday, August 16th! In this episode, Tom and Ally discuss the new RSV vaccine as well as the importance of immunization in disease prevention.

Check it out on any of your favorite podcast platforms! Visit the link below to let us know what topics you're interested in learning about:

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

