



# Public Health Update

## What's New in Public Health?

### Preparedness Month - #KSPrepared

Disaster can strike at any time and, with severe weather in recent memory, now is the time to act!

September is Preparedness Month and all month long, we'll be promoting the steps you can take to prepare for emergencies. Follow us on social media and you'll learn all about how to:

- Stay Informed
- Make an Emergency Plan
- Build an Emergency Kit
- Take Action

Look for the [#KSPrepared](#) hashtag to see all the preparedness tips.

Be proactive and make sure you are ready for disaster. Visit [ready.gov](#) and start preparing today!

### Flu Season

Flu season will be here before you know it! Keep these tips in mind to stay safe from the flu!

#### Get Your Flu Shot

- Flu shots are the best possible protection!
- Even if you do become infected, flu shots are proven to lessen the symptoms as well as the length of the illness.

#### Wash Your Hands Regularly

- Your hands carry a lot of germs, so keep them clean and avoid touching your face.

#### Choose Healthy Habits

- Keep your immune system in top shape by eating a balanced diet, getting plenty of sleep, and exercising.

#### If You Do Get Sick...

- Stay home and get plenty of rest!
- Make sure you fully recover before returning to work or other normal activities.



### RSV Vaccines

This fall, two new vaccines for the respiratory syncytial virus (RSV) will be available from the Health Department.

These vaccines will provide much needed protection for two populations vulnerable to RSV. For more information check the links below:

- [beyfortus.com](#)
- [arexvy.com](#)

To listen to an in-depth conversation about these new vaccines, check out the 5th episode of our podcast, *For The Health Of It: Cowley County*.

Be sure to follow our social media pages and download our mobile app for all of the updates regarding the RSV vaccines.



### Labor Day Closure

On Monday, September 4th, both locations of the Health Department will be close in observance of Labor Day. Our normal business hours will resume on Tuesday, September 5th.

### World Photo Day Contest

We're picking the winner of our Photo Contest next week! There's still time to submit your best snapshots of Cowley County!

If we pick your photo, you'll win a prize! Plus, your photo will be featured in our mobile app and on the cover of our Annual Report.

The winner will be announced next Thursday, August 31st.

Submit your photos by visiting the link below:

[survey.alchemer.com/s3/6981960/Mobile-App-Photo-Submission](#)

