

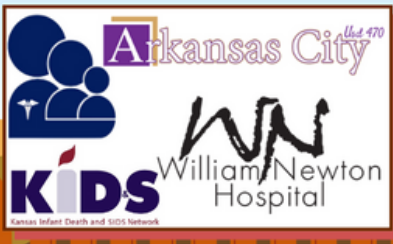


# Public Health Update

## Community Baby Shower

Saturday, November 4th  
9:00am to 12:00pm

Physicians Pavilion  
1230 E 6th Ave, Winfield, KS 67156



## What's New in Public Health?

### Fall Community Baby Shower

The **Fall Community Baby Shower** takes place this **Saturday morning, November 4th at the Physicians Pavilion**. Join the Health Department, William Newton Hospital, USD 470's Early Literacy Initiative, and other community partners at this fun and educational event!

Featuring classes, community resources, door prizes, and snacks, this event is perfect for any new or expecting families! Plus every attending family can sit for **1 FREE professional maternity or baby picture at the event!**

Check out the event Facebook page for all the details and we hope to see you there!

[facebook.com/CowleyCommunityBabyShower](https://facebook.com/CowleyCommunityBabyShower)

### Podcast Episode 10

Episode 10 of our podcast, *For The Health Of It: Cowley County* is available now!

In this episode, **Get The Lead Out**, Tom details the causes, effects, and dangers of lead poisoning and what you can do to stay safe.

Check it out on any of your favorite podcast platforms! Additionally, *For The Health Of It* will soon be available for listening on YouTube. Follow us on social media for all the latest updates!



### Holiday Preparedness - #KSPrepared

It's November and the holiday season is almost here! That's why, this month, we'll be focusing on Holiday Preparedness. Follow us on social media as we highlight the ways you can stay safe during the holidays. Just look for **#KSPrepared** and visit [ready.gov](https://ready.gov) to start preparing today!

### Respiratory Illness Report

The beginning of November marks the time of the year where we start to see cases of respiratory illness increase rapidly. Dropping temperatures, shorter days, and holiday travel can make individuals more vulnerable to infection and can increase the spread of illness.

While the case counts may still be relatively low right now, this will quickly change in the next couple of weeks.

That's why we highly recommend getting your immunizations administered as soon as possible, especially for those who are part of a vulnerable population, such as seniors or newborns. Remember that it can take up to 2 weeks following an immunization to develop full immunity,

so now is the time to act!

### Updated COVID Immunizations

In addition to both high-dose and regular-dose influenza vaccines and RSV immunizations (ages 60+), the Health Department has recently received updated COVID immunizations, including Novavax.

If you are interested, then give us a call and schedule your appointment today!

**Ark City:** (620) 442 3260  
**Winfield:** (620) 221 1430

