



PUBLIC HEALTH UPDATE

What's New in Public Health?

Thanksgiving Safety

Next week, plenty of folks will be travelling to spend time with family and eat a classic, home-cooked Thanksgiving dinner.

Today, we've got some safety tips to help you stay safe as you celebrate the holiday!

Travel Safety

Before you hit the road...

- Keep your car well-maintained and get it serviced before any long road trip.
- Stock up your car with some emergency supplies including jumper cables, maps, a first aid kit, and a jack.
- Check your vehicle's systems including battery, cooling, air conditioning, and lights.
- Make sure your tires are in good condition and replace them if necessary.

When you're behind the wheel...

- Stay alert! Keep your eyes and focus on the road.
- Don't drive distracted. Put away phones or other distractions.
- Plan to take rest, food, and stretch breaks.
- Don't drive drowsy. Change drivers or pull over to rest.
- Obey posted speed limits.



Kitchen Safety

Make a safe kitchen.

- Install and regularly test and maintain a smoke alarm.
- Clean your kitchen to prevent cross-contamination.
- Keep flammable objects and materials away from heat sources.
- Keep kids out of the kitchen. Kitchens can be dangerous!

Cook cautiously.

- Give cooking your undivided attention.
- Wear appropriate attire such as close-toed shoes and avoid overly loose clothes that can snag or catch fire.
- Stay in the kitchen if you are frying, grilling, broiling or boiling.
- If baking, roasting, or simmering, check your food regularly and set timers so you don't forget!



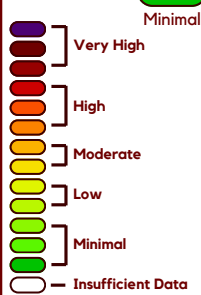
Respiratory Illness Report

Locally, respiratory illness cases are at levels similar to previous weeks. However, neighboring states to the south are experiencing a large surge of respiratory illness infections. This trend will likely spread to Kansas within the coming weeks and we will see a large increase in cases soon.

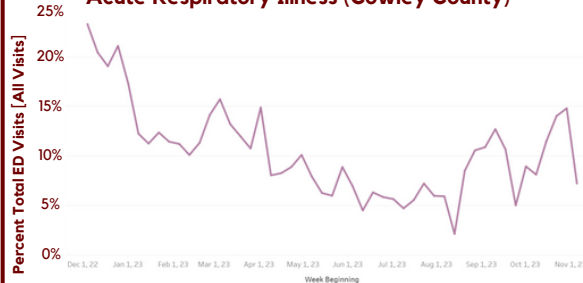
With this in mind, we highly recommend everyone get their immunizations administered as soon as possible as it can take up to 2 weeks to develop full immunity. Now is the best time to act! Call the Health Department and get your appointment scheduled today!

Influenza-Like Illness Activity Level

Current Level: ● Minimal



Weekly Percentage of KS Emergency Dept Visits for Acute Respiratory Illness (Cowley County)



Acute respiratory illness includes diagnostic codes that are associated with a broad range of acute respiratory illnesses including codes for specific respiratory infections (e.g., influenza, RSV) and for general respiratory illnesses such as cough or pneumonia.

Source: <https://gis.cdc.gov/grasp/fluview/main.html>

Source: https://kshealthdata.kdhe.ks.gov/#/site/BEPHI_COVID-19/visits/KSSP/Respiratory?

Illness Guidance

- **Stay Home** - Make sure to get plenty of rest and take it easy. Your body needs time to fight off the infection and recover.
- **Isolate** - Avoid social or group activities until you have fully recovered. This will help ensure that you do not spread your illness to others.
- **Get Tested** - Many illnesses have flu-like symptoms. Getting tested will help ensure that we know what you are infected with.
- **Wash Your Hands** - Keeping your hands clean will help stop the spread of illness.
- **Clean** - Use an effective disinfectant to keep high-touch surfaces like countertops & door knobs clean.
- **Drink & Eat** - Being sick can take its toll, so make sure you are staying hydrated and getting plenty of nutrition.
- **Take Medicine** - Use over-the-counter medicines to help alleviate symptoms and rest easier.