



PUBLIC HEALTH UPDATE

What's New in Public Health?

Christmas Safety Tips

Christmas is just around the corner, so this week we've got some tips to help you celebrate the Yuletide season safely!

Fires

- **Smoke Detectors** - Test your smoke detectors once a month, and don't forget to change the batteries at least once a year.
- **Candles** - Never leave candles or other open flames burning unattended or while you sleep. Make sure to place them out of reach of children and pets.
- **Fireplaces** - Keep your fireplace clean and use a screen to contain sparks and embers. Keep the area around your fireplace clear of any flammable objects or materials.

Decorating

- **Ladders** - Don't use furniture as a ladder. Instead, use a proper ladder in good condition and pick the right ladder for the task.
- **Plants** - Keep toxic plants like mistletoe, holly, and juniper away from children and pets.
- **Ornaments** - Avoid placing glass or breakable ornaments within reach of children.

Gifts

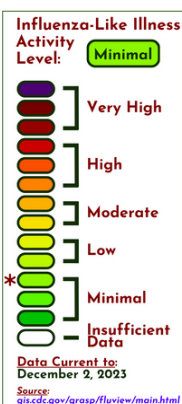
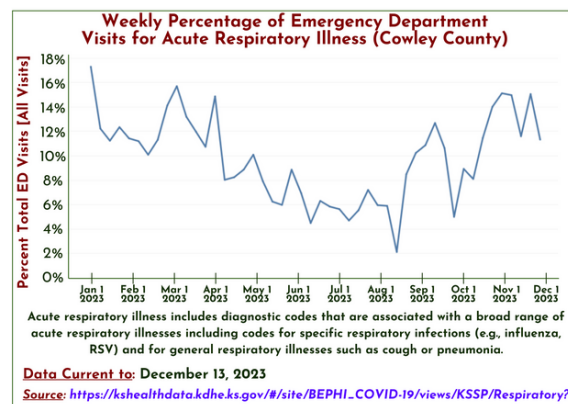
- **Safety First** - Include helmets or other safety accessories when giving gifts like bicycles.
- **The Right Gifts** - Make sure the gifts you pick are appropriate for your child's age.
- **Avoid Choking Hazards** - Aim for larger gifts that don't have small parts, magnets, or batteries.

We hope you'll take these tips in mind and have a very safe and **Merry Christmas!**

Respiratory Illness Report

We continue to see cases of respiratory illness increase within the county, with cases of the respiratory syncytial virus or RSV rising the most. RSV accounts for a growing number of emergency department visits, especially in pediatric patients (under 13 years of age). For those who are eligible, we highly recommend getting the new RSV immunizations. RSV can lead to severe lower respiratory infections and these new immunizations can prevent that from happening.

For more information about these immunizations or to schedule an appointment, call the Health Department today.



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 & Disinfect - 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.



Health In All Policies

Health In All Policies, or **HIAP**, is a collaborative approach towards policymaking that puts community health at the forefront by integrating and articulating health considerations. HIAP ensures that health outcomes, both positive and negative, are examined prior to the implementation of any policy or the beginning of a project. One of the tools used in the process to determine potential health impacts is the **Health Impact Assessment**, or **HIA**.

The Health Department has recently completed an HIA for a proposed housing development in Arkansas City. For more information and to access the report, visit the link below:

cowleycountyks.gov/departments/PublicHealth/HealthInAllPolicies
#BCBSKSPathways