



# PUBLIC HEALTH UPDATE

## 2023: A YEAR IN REVIEW

Another year almost over and what a year it was! 2023 saw many milestones and achievements from the Health Department. Here are a few highlights!

### Health Department Podcast

#### For The Health Of It: Cowley County

launched with great success! Featuring deep dives into public health issues, the podcast has allowed us to better speak with the community. For The Health Of It will return in 2024, so be on the lookout for more episodes wherever you listen to podcasts!



### Health & Safety Fair

The Health & Safety Fair returned to the Winfield Fairgrounds! The fair saw over 50 participating organizations from across the state and hundreds in attendance. The Health & Safety Fair is a special time for us to better connect with the Cowley County community.



### Community Baby Showers

The Health Department, alongside community partners, hosted 2 community baby showers this past year! These events played a vital role in helping to connect new and expecting moms with educational opportunities, local resources, and some excellent prizes!



We hope you all have a Happy New Year! We'll be back with Volume 3 in 2024!



## 2024: NEW YEAR, NEW PLANS

The New Year is nearly here and your Health Department has some big plans, including:

### Annual Report

Get a deeper dive into 2023 and how your Health Department works hard every day to help you stay well.

### Health & Safety Fair

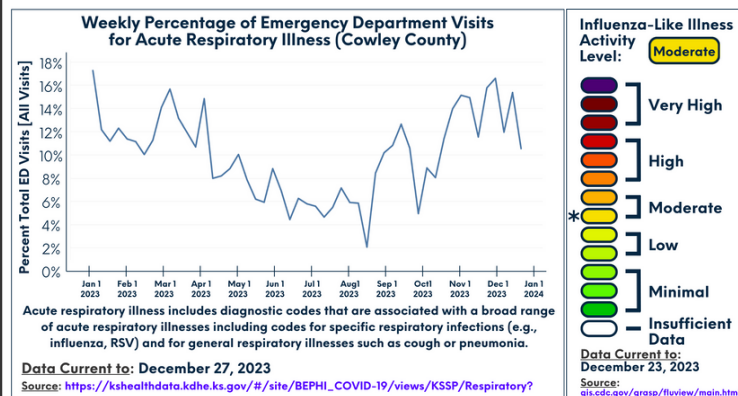
The Health & Safety Fair returns to Arkansas City in 2024! Mark your calendars!

**Saturday, May 18th, 9:00am to 12:00pm**

**Agri-Business Building in Arkansas City**

## RESPIRATORY ILLNESS REPORT

As the holiday season winds down, neighboring states are experiencing dramatic increases in cases of respiratory illness. Locally, cases are rising quickly as well, particularly, cases of the respiratory syncytial virus or RSV. RSV accounts for a larger share of emergency department visits within the county, especially in pediatric patients (under 13 years of age). For those who are eligible, we highly recommend the new RSV immunizations. We encourage everyone to utilize the best practices to prevent the spread of illness within the county. Please read below for our guidance.



### 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.