



PUBLIC HEALTH UPDATE

WHAT'S NEW IN PUBLIC HEALTH?

Tornado Preparedness

April marks the beginning of tornado season in Kansas. We want everyone to stop and ask themselves some very important questions:

- **What would you do if a tornado struck your town?**
- **Where would you go?**
- **How would you contact your loved ones?**
- **How would you stay informed?**

Answering these questions before severe weather strikes is vital to preparedness. Join us during the first week of April as we highlight some of the steps you can take to prepare for tornadoes. Visit [ready.gov](https://www.ready.gov) to start preparing today!

Child Health Assessments & Immunizations

With spring break in the past, the end of the school year is just over the horizon. This also means that the next school year will be here before you know it! Make sure you get your child's annual check-up and immunizations scheduled sooner rather than later.

The Health Department provides child health assessments and the full schedule of childhood vaccines. Don't delay, give us a call today!



Health & Safety Fair
Cowley County

MAKE THE BEST CHOICES FOR YOUR HEALTH

Dining
WITH DIABETES

WINFIELD
THURSDAYS - 5:30-7:30 PM
APRIL 13, 20, 27, & MAY 4, 2023
WINFIELD PUBLIC LIBRARY
605 COLLEGE STREET, WINFIELD



Cold & Flu Season Wrap Up

With the start of spring, cold and flu season has wound down for the year. However, it's important to remember that despite the longer days and warmer temperatures, respiratory illnesses are still circulating throughout the county.

Here's a reminder that the Health Department is still performing COVID and flu testing. If you are in need of testing, just give us a call and schedule an appointment!

Or, if you are in need of at-home COVID test kits, they are available **FREE** of charge from the Health Department. Just stop by a Health Department location and pick some up!

UPCOMING EVENTS

Health & Safety Fair 2023

Make sure you have **Saturday May 6th** marked on your calendars for the annual Health & Safety Fair! With over 50 participating organizations, there's always something to see and something new to learn!

See how to use a fire extinguisher with the Winfield Fire Department, exercise with the folks from Strong Fitness, and learn to garden with the K-State Master Gardeners! Visit the Health & Safety Fair Facebook page for more information!
[facebook.com/CowleyCountyHealthFair](https://www.facebook.com/CowleyCountyHealthFair)

Dining With Diabetes

In April, the K-State Research & Extension Office will be hosting **Dining with Diabetes**.

This program features a series of classes focusing on helping people learn strategies to lessen the health risks of diabetes. Presentations include healthy cooking demonstrations, low-impact exercises, and information on healthful food choices! For more information, visit k-state.edu/diningwithdiabetes

COVID DASHBOARD

COVID Community Level



Guidance:

The current Community COVID Level is **Low**. We recommend adhering to our usual guidelines for staying safe from illness:

- Stay home if you feel ill. Do not resume normal activities until you have fully recovered.
- If ill, isolate from others to avoid spreading illness.
- If you develop symptoms of illness, get tested to determine if you are infected.
- Wash your hands frequently and use hand sanitizer.
- Clean high touch surfaces (doors, counters, etc.) with disinfecting cleaners.
- If desired, wear a mask that properly covers your nose and mouth while in public.

7 Day Rolling Average of New COVID Cases

