



# Public Health Update

## What's New in Public Health?

### The Mary L. Benton Memorial Scholarship

A scholarship has been established in honor of our longest serving Board of Health member, **Mrs. Mary Lou Benton**. This scholarship is for the benefit of graduating Cowley County high school students pursuing an education in a healthcare-related field.

Two awards of \$500 will be paid directly to the awardees' school of choice.

For more information on eligibility and to apply, please use the link below:

<https://survey.alchemer.com/s3/7265726/Mary-L-Benton-Memorial-Scholarship>

### Financial Preparedness

Recovery is an often-overlooked part of planning for disasters. However, there are steps you can take today to make the recovery process much easier.

A key aspect of recovery is financial preparedness. Before disaster strikes, everyone should ask themselves several crucial questions:

- What are the risks in my area?
- Does my current insurance cover these risks?
- If disaster strikes, do I have a way to access important financial and household documents?

Answering these questions is vital to ensuring that you are able to repair, rebuild, and recover in the wake of a disaster.

Don't hesitate! Visit [ready.gov/financial-preparedness](https://www.ready.gov/financial-preparedness) and start getting financially prepared today!



## Upcoming Events

### Winfield Townhall Legislative Forum

Next **Tuesday, April 11th**, the Winfield Area Chamber of Commerce will be holding a town-hall style legislative forum at the Community Center at Baden Square.

Cowley County legislators have been invited to attend to discuss the 2023 legislative session with the public. The legislators attending include: Sen. Larry Alley, Rep. Webster Roth, and Rep. Doug Blex.

For more information about the forum or how to submit questions, visit the event Facebook page at the link below:

[facebook.com/events/1244881946430986](https://www.facebook.com/events/1244881946430986)

### Dining With Diabetes

The K-State Research & Extension Office's **Dining with Diabetes** program begins **Thursday, April 13th**.

This program features a series of classes that include healthy cooking demonstrations, low-impact exercises, and information on healthful food choices!

**The Health Department will be sponsoring 4 scholarships** for this program as well! If you are interested, give us a call today!

For more information about the program, visit

[k-state.edu/diningwithdiabetes](https://www.k-state.edu/diningwithdiabetes)

### Health & Safety Fair 2023

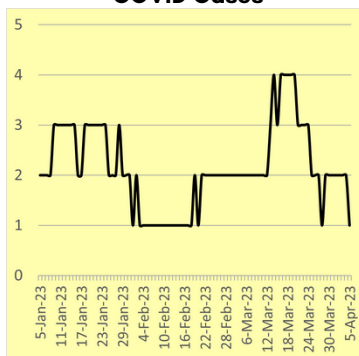
The Health & Safety Fair is less than a month away! With over 50 exhibitors and plenty of amazing prizes up for grabs, this year's fair will have lots to see and new things to learn! This year at the fair, learn to garden with K-State's Master Gardeners, work out with the folks from Strong Fitness, experience the Cowley County Data Walk, and more! Don't miss out, make sure you're at the **Winfield Fairgrounds on Saturday, May 6th from 9:00am to 12:00pm**.

For all the latest updates, be sure to follow the event Facebook page: [facebook.com/CowleyCountyHealthFair](https://www.facebook.com/CowleyCountyHealthFair)

## COVID Dashboard

### 7 Day Rolling Average of New COVID Cases

### 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.