



PUBLIC HEALTH UPDATE

What's New in Public Health?

RESPIRATORY ILLNESS SHOTS

Respiratory illness season will be here soon and the best protection you can get is through immunizations!

Flu, COVID, & RSV shots are now available at the Health Department!

After a shot, it can take up to 2 weeks to develop full protection, so make sure you get your shots before respiratory illness season is in full swing.

Give us a call and schedule an appointment today!

Ark City: (620) 442-3260

Winfield: (620) 221-1430

FLU CLINICS

Flu season is just over the horizon and the best way to stay safe is by getting your yearly flu shot!

If you're looking for an opportunity to get your flu shot, then check out our upcoming flu clinics!

Ark City Chamber Flu Clinic

Tuesday, October 1st, 2:00pm – 4:00pm

Ark City Chamber of Commerce
106 S Summit St

Ark City Drive-Thru Flu Clinic

Wed., October 9th, 10:00am – 5:00pm

Ag Building – 712 W Washington Ave

Winfield Drive-Thru Flu Clinic

Wed., October 23rd, 10:00am – 5:00pm

Winfield Fairgrounds Barn 4 – 1105 W 9th Ave

There's no appointment necessary, just bring your ID & insurance card! Stop by, fill out some paperwork, get your shot, and you're all set!



PREPAREDNESS MONTH - ILLNESS

Preparedness Month is almost over, and with respiratory illness season nearly here, there's plenty that you can do now to stay safe!

Get Your Shots

Immunizations provide the best protection, so don't hesitate to set an appointment!

Wash Your Hands

Your hands carry a lot of germs, so keeping them clean can help you stay safe.

Get Some Sleep

A regular, healthy sleep schedule will help keep your immune system in good shape.

Eat Healthy

Your immune system also needs the right nutrition to function properly. So make sure you're eating a healthy & balanced diet.

De-stress

Stress weakens your immune system, so find some ways to unwind and de-stress!