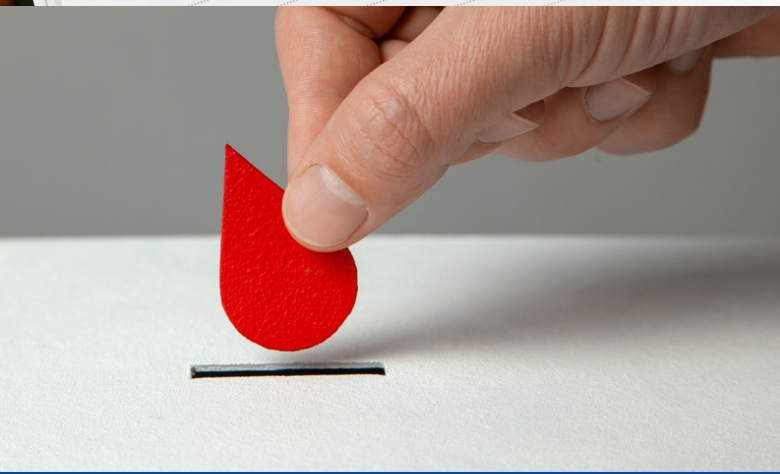




PUBLIC HEALTH UPDATE



What's New in Public Health?

New Year's Resolutions

It's the start of a new year and plenty of folks are making their own resolutions to improve their health. So, here's a bit of guidance to help you out!

When you are setting your New Year's Resolutions, be sure to use **SMART Objectives**. SMART stands for:

SPECIFIC:

Well-defined goals are easier to achieve.

MEASURABLE:

Have a way to measure your progress.

ACHIEVABLE:

Set realistic and manageable goals.

RELEVANT:

Set goals that are meaningful to you.

TIMEBOUND:

Setting a time frame will allow you to keep track of your progress.

Use these principles and you will be more likely to succeed and achieve your goals!

Respiratory Illness Report

Cases of respiratory illness continue to climb throughout the county. The bulk of cases consist of RSV and influenza, however, COVID is still present within the community as well. All three illnesses can present a serious threat to vulnerable populations like newborns and seniors. With so many illnesses circulating in the county, it's important for everyone to do their part to prevent them from spreading. If you are feeling sick, please stay home and isolate. You need time to rest & recover, and staying home ensures that you won't get anyone else sick. Please see the rest of our illness guidance below.

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 - Over-the-counter medicines can help alleviate your symptoms.

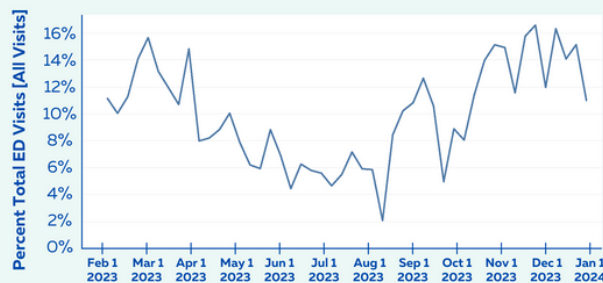
Blood Donor Month

January is Blood Donor Month, and there is always a need for blood donations!

Blood donations are a vital part of modern medicine and are instrumental in saving countless lives each year.

Donating is quick and easy! So, visit redcrossblood.org to find your nearest blood donation center or event.

Weekly Percentage of Emergency Department Visits for Acute Respiratory Illness (Cowley County)

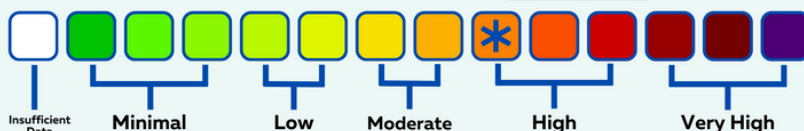


Acute respiratory illness includes diagnostic codes that are associated with a broad range of acute respiratory illnesses including codes for specific respiratory infections (e.g., influenza, RSV) and for general respiratory illnesses such as cough or pneumonia.

Data Current to: January 10, 2024

Source: https://kshealthdata.kdhe.ks.gov/#/site/BEPHI_COVID-19/views/KSSP/Respiratory?

Influenza-Like Illness Activity Level: **HIGH**



Data Current to: December 30, 2023. Source: gis.cdc.gov/grasp/fluview/main.html