



PUBLIC HEALTH UPDATE

Health Department

2023 ANNUAL REPORT

ARK CITY CHAMBER COFFEE

WHAT'S NEW IN PUBLIC HEALTH?

2023 Annual Report

Our 2023 Annual Report is nearly finished and will soon be available to the public! This report tells the story of the Health Department's journey through 2023, highlighting our achievements, milestones, and activities throughout the year.

The Annual Report will be released in February and will be featured in both full-color and print-friendly pdf formats. As with our previous Annual Reports, this one will also be available in an easy-to-use online presentation format.

Follow us on social media for all the latest updates!

Chamber Coffee

On Thursday, February 8th, your Health Department will be hosting a special Chamber Coffee at the Ark City Chamber of Commerce. Stop by, have a cup of coffee with us, and learn about what we're doing to protect and improve community health! See the details below:

Thursday, February 8th 10:00 AM
Ark City Chamber Office
106 S Summit St. Arkansas City, KS 67005

Business Preparedness Workshop

Cowley County Emergency Management will be hosting a workshop to help local businesses prepare for disasters and emergencies. See the details below:

Thu, Feb. 15 at 1:00-4:30pm
Wright Room in Cowley College
 RSVP by contacting Cowley County Economic Development at **620-221-9951**

February 15
1:00PM - 4:30PM

Topics to be covered:

- Preparing for severe weather and its aftermath
- Business Continuity of Operations (BCOP) planning
- Fire Safety for Businesses
- Work Place Violence and Safety for Businesses

40%	25%	90%
of businesses NEVER re-open after a disaster.	of those that do re-open fail within one year.	fail within two years!

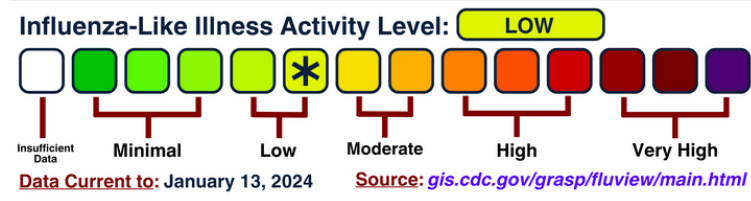
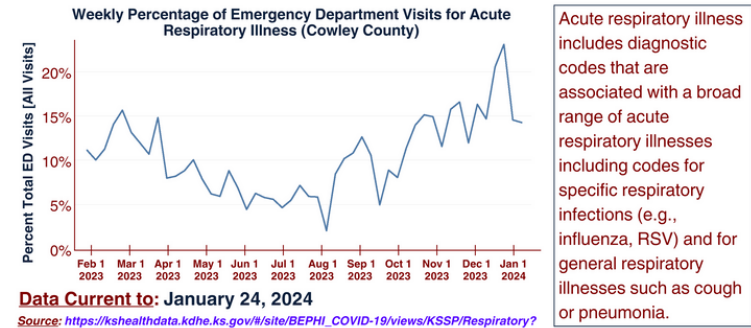
Special thanks to the National Weather Service, the Cowley County Local Emergency Planning Committee (LEPC), the City of Winfield, and the City of Arkansas City.

Workshop is free. RSVP required.

To RSVP, please contact: Cowley County Economic Development at 620-221-9951 or email Jalk@cowleycountys.gov

RESPIRATORY ILLNESS REPORT

While cases of respiratory illness have started declining overall, they are still present and continue to circulate throughout the county. The bulk of these illnesses consist of influenza, RSV, and COVID. All three illnesses can present a serious threat to vulnerable populations like newborns and seniors. That's why it's so important for everyone to do their part in illness prevention. First and foremost, if you are feeling sick, please stay home and isolate. Staying home ensures that you have time to rest and that you won't get anyone else sick. See below for the rest of our illness 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** - Over-the-counter medicines can help alleviate your symptoms.