



# PUBLIC HEALTH UPDATE

## WHAT'S NEW IN PUBLIC HEALTH?

### MARY L. BENTON MEMORIAL SCHOLARSHIP

The Mary L. Benton Memorial Scholarship is now open for applications! This scholarship was established in honor of our longest serving Board of Health member, Mrs. Mary Lou Benton, and is open to graduating Cowley County high school students pursuing an education in a healthcare-related field.

To learn more about the scholarship:

[cowleycountyks.gov/departments/PublicHealth/MaryL.BentonMemorialScholarship](https://cowleycountyks.gov/departments/PublicHealth/MaryL.BentonMemorialScholarship)

For eligibility, requirements, or to apply:

[survey.alchemer.com/s3/7265726/](https://survey.alchemer.com/s3/7265726/)

[Mary-L-Benton-Memorial-Scholarship](#)

### ANNUAL REPORT 2023

Our 2023 Annual Report is now available! Check it out and learn the story of the Health Department's journey through 2023!

In addition to a PDF version, the 2023 Annual Report is also available in a presentation format. Visit the links below to access the report.

#### PDF:

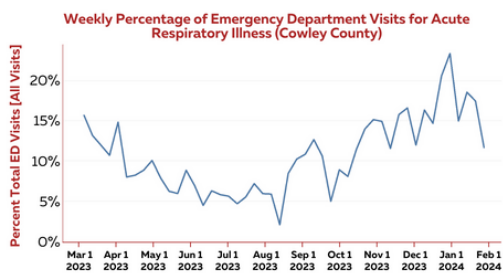
[cowleycountyks.gov/media/Health%20Department/Annual%20Reports/CCCHD%20Annual%20Report%202023.pdf](https://cowleycountyks.gov/media/Health%20Department/Annual%20Reports/CCCHD%20Annual%20Report%202023.pdf)

#### Presentation Format:

[canva.com/design/DAF6DwSRGfw/OUrXFLy567vL2PCSiORF/XQ/view?presentation](https://canva.com/design/DAF6DwSRGfw/OUrXFLy567vL2PCSiORF/XQ/view?presentation)

## RESPIRATORY ILLNESS REPORT

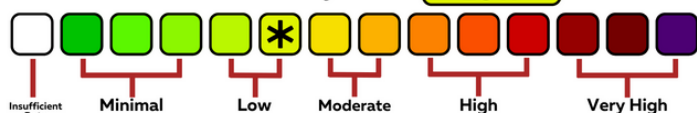
Cases of respiratory illness are declining overall as we move towards the end of respiratory illness season. However, that does not mean that we are done just yet. COVID, flu, RSV, & other illnesses are still actively circulating throughout the community. Using the best practices, everyone can do their part in keeping the community and themselves safe from respiratory illness. Please see our guidance below.



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.

### Influenza-Like Illness Activity Level:

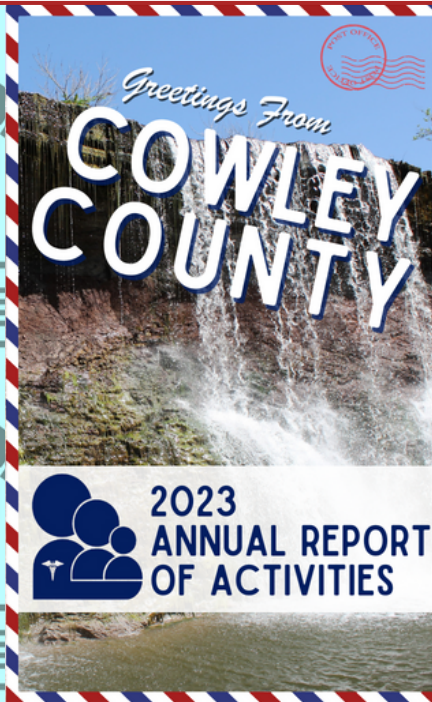
LOW



Data Current to: January 27, 2024

Source: [gis.cdc.gov/grasp/fluview/main.html](https://gis.cdc.gov/grasp/fluview/main.html)

### Mary L. Benton Memorial Scholarship



## UPCOMING EVENTS

### Business Preparedness Workshop

This workshop is to help local businesses prepare for disasters and emergencies.

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

### Storm Fury on the Plains

This presentation from the National Weather Service features important information about thunderstorms & severe weather safety.

**Thurs, Feb 15 at 6:30pm | Cowley Cinema 8**

**Attendance is free with no registration required**

## 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** - Avoiding social or group activities until you have fully recovered 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 can help to 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** - Use over-the-counter medicines to help alleviate your symptoms.