



PUBLIC HEALTH UPDATE

What's New in Public Health?

COMMUNITY HEALTH NEEDS SURVEY

Every 3 years, we partner with other health & wellness organizations within the community to gather information through a communitywide health needs survey. This information is then used to perform a strategic analysis known as the Community Health Needs Assessment.

This process allows us to identify strengths & weaknesses within the local health system, and, ultimately, create a Community Health Improvement Plan.

We're looking for volunteers to help us conduct this survey! If you're interested in becoming a volunteer, then scan the QR code in the graphic or visit bit.ly/CCSurveyTraining

FOR THE HEALTH OF IT SEASON 2

It's a new year and a new season of our podcast, *For The Health Of It!* In this season's inaugural episode, Tom and Ally discuss the Health Department's 2023 Annual Report, highlighting some of our achievements from last year. You can find *For The Health Of It* on all major podcast platforms, including YouTube!

Check the link below for a playlist featuring every episode:

youtube.com/playlist?list=PLzlaPN6L1F-16PD1XvZ9VxvznzuiiGBmn3

Visit the link below to access our Annual Report:

cowleycountyks.gov/media/Health%20Department/Annual%20Reports/CCCHD%20Annual%20Report%202023.pdf

HEALTH COUNTS

in Cowley County

WE WANT YOU!

CALLING FOR SURVEY VOLUNTEERS

MAKE A DIFFERENCE
CONNECT TO YOUR COMMUNITY
EARN INCENTIVES
EARN VOLUNTEER HOURS

Cowley County is launching a survey to gather information about community health & wellness resources. The information will be used by community leaders across the county to develop a health improvement plan. **Our goal is to collect one completed survey from at least 65% of the households in the county!** Your help canvassing targeted populations to collect survey responses is greatly needed and appreciated.

TO GET STARTED, REGISTER FOR A TRAINING SESSION:

TUES. FEB 20 @ 1:30 PM
THURS. FEB 22 @ 10:00 AM
THURS. FEB 29 @ 1:00 PM

bit.ly/CCSurveyTraining

CAN WE COUNT ON YOU TO HELP ALL VOICES BE HEARD? BECOME A VOLUNTEER!

As possible through collaboration and funding from: City-Cowley County Health Department, Community Health Center in Cowley County, Four County Rural Health, Kansas Department of Health & Environment, KU School of Medicine - Wichita, Legacy Foundation, RISE Cowley, SCK Health, William Newton Hospital, and William Newton Healthcare Foundation.

Health
and
Safety.

Fair Cowley County

For The
Health
Of It

Prevent
Promote
Protect

SEVERE WEATHER PREPAREDNESS WEEK

The first week of March is Severe Weather Preparedness Week. With tornado season just over the horizon, now's the time to start preparing! So, join us on social media as we highlight ways you can be ready for severe weather. Visit ready.gov to start preparing today!

HEALTH & SAFETY FAIR 2024

Get ready for the Health & Safety Fair! This fun and educational event returns to Ark City this year. See the event details below and be sure to follow the Health & Safety Fair Facebook page to get all the latest updates!

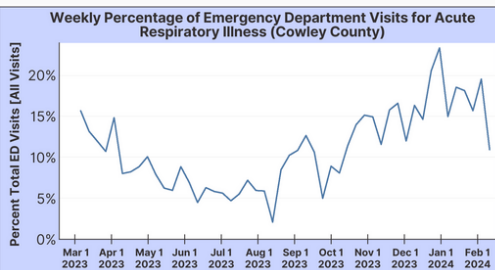
Saturday, May 18th, 9:00am to 12:00pm

Ag Building, 712 W Washington Ave, Ark City, KS 67005

facebook.com/CowleyCountyHealthFair

Respiratory Illness Report

While the end of respiratory illness season is in sight, cases of these illnesses remain commonplace throughout the county. Even though hospitalizations are on the decline, the activity level of influenza-like illnesses remains steady. This shows that a variety of pathogens, including COVID, flu, & RSV, are still actively circulating throughout the community. Please see our guidance below and use the best practices to keep yourself and others safe from these illnesses.



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.

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.

