



PUBLIC HEALTH UPDATE

What's New in Public Health?

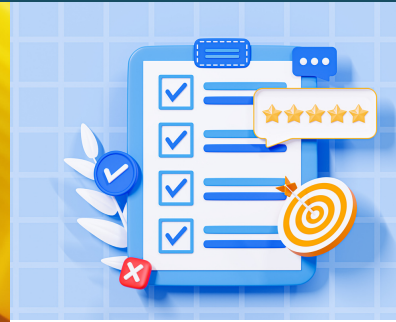
BLOOD LEAD TESTING

Lead exposure is extremely hazardous and can cause serious harms to young children, including:

- **Brain & nervous system damage**
- **Slowed growth & development**
- **Learning & behavioral problems**
- **Hearing & speech problems**

Many of the older houses in Cowley County still contain lead based paint leading to an increased risk for lead exposure. Getting your child's blood lead levels tested is the best way to find out if exposure has occurred and to then determine what steps to take to prevent further exposure.

Blood lead testing is a simple procedure with no out-of-pocket costs to you! Call the Health Department and schedule your appointment today!



HOPE SQUAD

COMMUNITY HEALTH NEEDS SURVEY

The Community Health Needs Survey goes live soon! This survey will help us to identify strengths & weaknesses within the local health system, and, ultimately, create a Community Health Improvement Plan.

You can do your part to help make Cowley County a healthier place to live by completing the survey! Once it goes live visit

RISECowley.org and let your voice be heard!

FOR THE HEALTH OF IT: HOPE SQUAD

The latest episode of our podcast, *For The Health Of It*, is available now!

In this episode, **"Bringing HOPE to Cowley County"**, Tom & Ally sit down with Jenni Bader, Eric Burr, and Mason Burr to discuss HOPE Squad and suicide prevention in Cowley County.

You can find our podcast on all major podcast platforms including YouTube!

For more information about HOPE Squad, check the links below:

[HOPE Squad:](#)

hopesquad.com

[Suicide Prevention of Cowley County:](#)

facebook.com/SuicidePreventionCowleyCounty

[HOPE Squads of Cowley County:](#)

facebook.com/profile.php?id=100094142294989

NUTRITION & WIC

One of the foundations of a healthy life is good nutrition, so today, we want to put the spotlight on one of our amazing programs: Women, Infants, & Children or WIC!

This assistance program that provides nutritious foods, health education, and support to Cowley County families. WIC participants can expect better nutrition and better health outcomes.

These services are provided out of both our Arkansas City and Winfield clinics and at no cost!

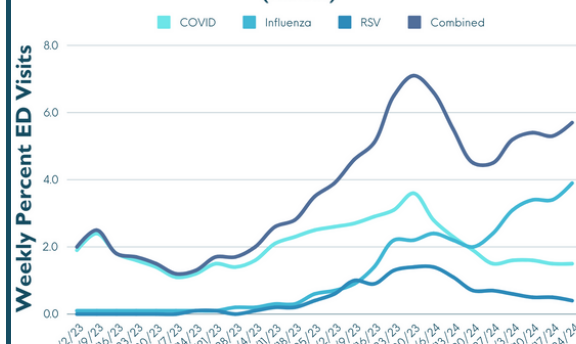
So, if you are interested in participating in the WIC program, just give us a call today!

Respiratory Illness Report

Respiratory illnesses continue to circulate throughout the community, with RSV, in particular, being quite active and having an especially large impact on the senior population within Cowley County. For those who are eligible, we highly recommend the new RSV immunizations. These can provide potent protection from severe illness.

If you are interested in receiving an RSV immunization, call the Health Department and get your appointment scheduled today!

Weekly Emergency Department Visits by Viral Respiratory Illness Type, as a Percent of All Emergency Department Visits (Kansas)



Findings for each respiratory virus type are presented individually and combined for all three as a percent of total emergency department visits. Additional information, including on participating states and jurisdictions, available at www.cdc.gov/ncird/surveillance/respiratory-illnesses/index.html#companion-guide

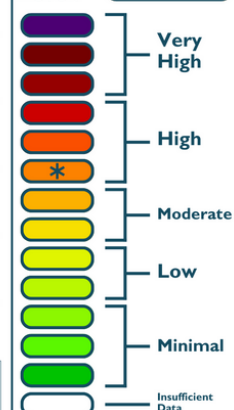
Data Current to: February 24, 2024

Source:

data.cdc.gov/Public-Health-Surveillance/2023-Respiratory-Virus-Response-NSSP-Emergency-Deptvutn-jzwm/about_data

Influenza-Like Illness Activity Level:

HIGH



Data Current to:

February 24, 2024

Source:

gis.cdc.gov/grasp/fluview/main.html

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.