



PUBLIC HEALTH UPDATE

What's New in Public Health?

SEVERE WEATHER PREPAREDNESS

April marks the beginning of Severe Weather Season in Kansas and with the elevated risk of tornadoes, it's integral for you to prepare before disaster strikes. Preparedness begins with 4 steps:

- Be Informed** Know about the disasters in your area and keep track of your local weather forecasts.
- Make a Plan** Your plans should include important contact information, evacuation routes, and sheltering plans.
- Build a Kit** Include essentials like food, water, flashlights, important documents, and prescriptions.
- Take Action** Increase your level of preparedness by practicing your plans and taking CPR & first aid courses.

Contact the Health Department or visit [ready.gov](https://www.ready.gov) to start your preparedness journey today!

YOUR HEALTH MATTERS. Tu salud importa.

TO TAKE THE SURVEY, GO TO:
PARA REALIZAR LA ENCUESTA, VAYA A:
risecowley.org/healthcounts

GET \$10 IN CHAMBER CHECKS*
OBTENGA UN VALE DE \$10 PARA GASTAR EN NEGOCIOS LOCALES*

- Health care
- Mental health
- Schools
- Early education & child care
- Work sites
- Faith communities
- Community environment

*One per household, while supplies last. Una por hogar, hasta agotar existencias.

FOR THE HEALTH OF IT: DATA WITH ACTION

The latest episode of our podcast, is available now!

In this episode, Tom and Ally sit down with Yazmin Wood from the Legacy Regional Community Foundation to discuss how they provide support and sustainability to community health improvement efforts in Cowley County.

For more information visit LegacyRegionalFoundation.org

You can find our podcast on all major podcast platforms! Use the link to listen to this episode on YouTube: youtu.be/6Y0V6e7ulic

HEALTHCOUNTS IN COWLEY COUNTY

What do you think about health & wellness in Cowley County? We want your feedback and now is the chance to let your voice be heard!

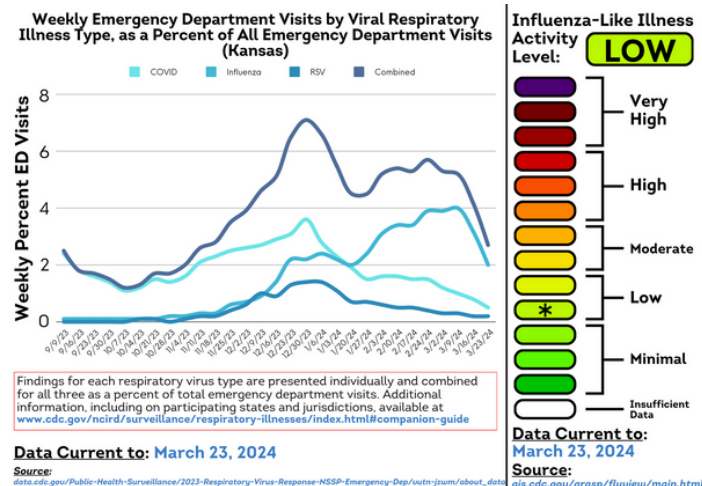
The **HealthCounts Survey** covers a variety of topics including public health, education, and community environment. This survey is completely anonymous, available in both English & Spanish, and only takes about 20 minutes to complete.

Your feedback is integral to helping us improve the services available in the community. Plus, **the first 4,500 households to take the survey will receive \$10 in Chamber Bucks!** So, now's the time to act!

For more information or to take the survey, visit RISECowley.org/HealthCounts

Respiratory Illness Report

With the days growing longer and the temperatures rising, cases of respiratory illness are on the decline and the activity levels for influenza-like illnesses are low. Seasonally this what we expect to happen every spring. However, just because the case counts and activity levels are low, it doesn't mean that these illnesses have disappeared from the community. We encourage everyone to continue using the best practices in our Illness Guidance to protect themselves and others from disease.



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 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.