



# PUBLIC HEALTH UPDATE

## WHAT'S NEW IN PUBLIC HEALTH?

### RADON ACTION MONTH

Did you know that radon exposure is the second-leading cause of lung cancer after smoking?

January is **Radon Awareness Month** in Kansas and now is the best time to test your home for radon.

Radon is a naturally occurring gas that seeps from the soil. Prolonged exposure can lead to an increased risk of lung cancer. Visit [cdc.gov/radon](https://www.cdc.gov/radon) for more information about radon exposure.

Testing is very simple with a home test kit and, right now, **we are partnering with the Cowley County Extension Office to provide homeowners with a FREE radon test kit\***!

Call the Extension Office at **(620) 221-5450** to learn more!

*\*Limit 1 per household*



### FEELING SICK?

#### STAY HOME

Make sure to get plenty of rest & take it easy. Your body needs time to fight off the infection & 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 infections have similar flu-like symptoms. Getting tested will help determine what illness you may have.

#### 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.

### NEW YEAR'S RESOLUTIONS

Now's the time of year when people start making their New Year's Resolution. So, when you are setting your New Year's Resolutions, be sure to use **SMART Objectives**. **SMART** stands for:

#### **SPECIFIC:**

Well-defined goals are easier to achieve.

#### **MEASURABLE:**

Have a way to measure your progress.

#### **ACHIEVABLE:**

Set realistic and manageable goals.

#### **RELEVANT:**

Set goals that are meaningful to you.

#### **TIMEBOUND:**

Setting a time frame will allow you to keep track of your progress.

Use these principles and you will be more likely to succeed and achieve your goals!

### BLOOD DONOR MONTH

January is **Blood Donor Month**, and there is always a need for blood donations!

Blood donations save countless lives each year and donating is quick & easy!

Visit [redcrossblood.org](https://www.redcrossblood.org) to find your nearest blood donation center or event.