



# PUBLIC HEALTH UPDATE

## What's New in Public Health?

### Annual Report

Our Annual Report is now available! Learn all about the Health Department's achievements, milestones, and accomplishments from 2024, and check out what we've got planned for 2025!

In addition to a PDF version, the 2024 Annual Report is also available in a presentation format. Visit the links below or scan the QR codes to access the report.



**PDF:**

[www.cowleycountyks.gov/media/Health%20Department/Annual%20Reports/CCCHD%20Annual%20Report%202024%20-%20Print.pdf](http://www.cowleycountyks.gov/media/Health%20Department/Annual%20Reports/CCCHD%20Annual%20Report%202024%20-%20Print.pdf)



**Presentation Format:**

[www.canva.com/design/DAGSWUU2ECQ/akSzFkPXSD1YMDcqv-sfOw/view?presentation](http://www.canva.com/design/DAGSWUU2ECQ/akSzFkPXSD1YMDcqv-sfOw/view?presentation)

### Heart Month

For National Heart Month, we'll be highlighting what you can do to stay heart healthy! Here are just a few steps you take to stay heart healthy:

**Routine Screenings:** Regular screenings ensure that problems are caught early & treated early.

**Diet:** Healthy foods like fresh fruit & vegetables, whole grains, & lean meats can keep your heart healthy.

**Exercise:** Regular exercise strengthens your cardiovascular system & can help you maintain a healthy weight.

**Smoking Cessation:** Smoking causes a whole host of issues including damage to the heart, so avoid smoking!

For more tips and information about staying heart healthy, be sure to follow us on social media!

### New Health Department Hours

Our new hours are officially in effect. Starting this past Monday, both locations of the Health Department will be open through the lunch hour.

**Monday to Friday**  
**8:00 AM to 4:30 PM**



### February 17th Closure

On Monday, February 17th, both locations of the Health Department will be closed.

Our normal business hours will resume on Tuesday, February 18th.

### 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.