



Public Health Update

What's New in Public Health?

EXTREME HEAT SAFETY

Summer is here and so are those hot, triple-digit days. Remember, extreme heat can be very hazardous! So make sure you use the best practices to beat the heat and stay safe!

Stay Hydrated

Your body needs water to cool down. Make sure to **drink plenty of water**, especially if you're working up a sweat.

Pace Yourself

The heat can take its toll. So, if you're working or engaging in any vigorous activity in the heat, be sure to **pace yourself and take frequent breaks** to catch your breath.

Stay Cool

Avoid going outside during the hottest part of the day. **Sticking to the shade** or **getting to a cool, air-conditioned place** can help you stay safe.

Use Sunscreen

Another big risk with the heat of summertime, is exposure to the sun's harmful UV rays. Sunburn can increase your risk of skin cancer, so stay safe by applying an **effective sunscreen with an SPF of at least 15**. Just don't forget to reapply every 2 hours!

NEW PODCAST EPISODE

Check out the latest episode of our podcast, **For The Health Of It!** This week we're featuring another great community partner, the **National Alliance on Mental Illness (NAMI)**!

Aimee Fowler from NAMI Kansas joins Tom & Ally in studio to discuss mental health, what NAMI does in the community, and more!

Give this episode a listen on any of your favorite podcast platforms! Or check it out on YouTube at the link below:

youtu.be/wfsL7yXp__8

Learn more about NAMI by visiting their website at the link below:

www.namikansas.org

Interested in hearing about particular topics? Let us know by visiting the link below:

survey.alchemer.com/s3/7394023/For-The-Health-Of-It-Survey



WORLD PHOTO DAY CONTEST

August 19 is **World Photo Day** and we're bringing back our contest!

Send us your best snapshots from around Cowley County and, **if yours gets picked, you'll win a prize!** Plus your photo will be featured on the cover of our annual report and in our mobile app!

The contest ends on August 30th and the winner will be announced on September 2nd.

Use the link below to submit your pics:

survey.alchemer.com/s3/6981960/Mobile-App-Photo-Submission

BACK TO SCHOOL

Summer is in full swing but the next school year will be here before you know it!

So, **why not get your child's immunizations and check-up done early?**

We offer the full schedule of vaccines and can administer your child's yearly check-up too!

Give us a call and set your appointment today!