



# PUBLIC HEALTH UPDATE

## What's New in Public Health?

### PHOTO DAY CONTEST WINNER

Our World Photo Day Contest is over and we have picked a winner. Or rather several winners! We received so many great pics from around the county that we decided to hand out a couple more prizes.

In first place is **Thomas C.**, whose pic will be featured on the cover of our Annual Report and in our mobile app. In second & third place are **Jeff W.** and **Steve C.**, whose pictures will be featured in our mobile app.

Thank you to everyone who submitted such great pictures. We hope to see you all back for next year's contest!

### FLU SEASON

It's September and flu season will be here before you know it! There are plenty of steps you can take to stay safe from the flu including:

#### Handwashing

Your hands carry a lot of germs, so keeping them clean will help reduce the chances of getting sick.

#### Avoiding Close Contact

Keep your distance from those who are sick to prevent infection.

#### Make Healthy Choices

Healthy habits can keep your immune system in tip-top shape, so getting regular sleep, eating a healthy diet, drinking plenty of fluids, and destressing can all help you stay safe.

But, **the most effective way to stay safe is to get your yearly flu shot!** Flu shots provide the best protection and can keep you safe from the main strains of the flu.

So, be sure to follow us on social media for updates about our flu shots and upcoming flu clinics.

### SEPT 20TH - EARLY CLOSURE

On Friday, September 20th, both locations of the Health Department will close early at 12:00 pm. Our normal business hours will resume the following Monday, September 23rd.

1ST PLACE - THOMAS C.



2ND PLACE - JEFF W.



3RD PLACE - STEVE C.



### SUICIDE PREVENTION WEEK

Next week is Suicide Prevention Week. We want to emphasize the important role that mental health plays in not just the health of individuals but the community as a whole.

Thanks to the tireless efforts of our community partners for playing a pivotal role in addressing issues that can often be left by the wayside.

Check the links below to learn more about their work in the community:

#### Suicide Prevention of Cowley County

[www.facebook.com/SuicidePreventionCowleyCounty](http://www.facebook.com/SuicidePreventionCowleyCounty)

#### HOPE Squads of Cowley County

[www.facebook.com/profile.php?id=100094142294989](http://www.facebook.com/profile.php?id=100094142294989)

#### NAMI Kansas

[namikansas.org](http://namikansas.org)

These partners were also featured earlier this year on our podcast **For The Health Of It**. Be sure to check out these episodes to learn more:

#### Bringing HOPE to Cowley County

[https://youtu.be/wfsL7yXp\\_8](https://youtu.be/wfsL7yXp_8)

#### Local Partners - NAMI

<https://youtu.be/rUdGC1APBLY>