



PUBLIC HEALTH UPDATE

What's New in Public Health?

DRIVE-THRU FLU CLINICS

Flu season is just over the horizon and the best way to stay safe is by getting your yearly flu shot!

If you're looking for an opportunity to get your flu shot, then check out our upcoming drive-thru flu clinics!

Ark City Drive-Thru Flu Clinic

Wed., October 9th, 10:00am - 5:00pm
Ag Building - 712 W Washington Ave

Winfield Drive-Thru Flu Clinic

Wed., October 23rd, 10:00am - 5:00pm
Winfield Fairgrounds Barn 4 - 1105 W 9th Ave

There's no appointment necessary, just bring your ID & insurance card! Drive up, fill out some paperwork, get your shot, and you're all set!



NEW PODCAST EPISODE

Check out the latest episode of our podcast, *For The Health Of It!* This week we've got a full house in-studio to discuss a very important topic: **Medicare Open Enrollment!**



Tom & Ally are joined by Sarah Johnson & Brian Barta from William Newton Hospital, Renee Price from Graves Drugs, and Heather Irving from SCK Health. Together, they discuss the ins and outs of Medicare open enrollment and how to navigate this complicated process.

Give this episode a listen on any of your favorite podcast platforms! Or, check it out on YouTube at the following link: https://youtu.be/QRKrxOC_Qps

Visit www.medicare.gov for more information about open enrollment!

If you'd like to learn more in-person, then check out the free education sessions linked below:

- October 14 - Ark City
www.facebook.com/events/1899496247227142
- October 18 - Winfield
www.facebook.com/events/1578232339714472

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

RESPIRATORY ILLNESS SHOTS

Flu, COVID, & RSV shots are now available at the Health Department!

After a shot, it can take up to 2 weeks to develop full protection, so make sure you get your shots before respiratory illness season is in full swing.

Give us a call and schedule an appointment today!

Ark City: (620) 442-3260

Winfield: (620) 221-1430

SIDS AWARENESS MONTH

SIDS, or *Sudden Infant Death Syndrome*, is a tragedy that can strike any family. But, there are certain choices and precautions that all parents can take to keep their newborns safe from SIDS, including:

- Engaging with prenatal care
- Improving the infant's sleep environment and position
- Making a smoke-free household
- Breastfeeding

These can all help to improve the health of newborns and prevent SIDS.

Health Department Services

The **Safe Sleep Program** works to improve sleep environments for infants by providing resources and guidance to parents.

The **Healthy Start Home Visiting Program** provides education, resources, & support to expecting & new families with the goal of improving both infant & maternal health.

Both programs come free of charge and are available to all new & expecting Cowley County families! If you're interested in participating, then give us a call today!