



# PUBLIC HEALTH UPDATE

## WHAT'S NEW IN PUBLIC HEALTH?

### HALLOWEEN SAFETY

Halloween will be here soon, so here are a few safety tips to help keep your trick-or-treaters safe this year!

#### COSTUME SAFETY

- Avoid long costumes that can lead to tripping.
- Avoid masks that can obscure vision.
- Test make-up before applying in case of potential allergies.



#### STREET SAFETY

- Wear bright, reflective costumes or add strips of reflective tape to be more visible to drivers on the road.
- Make sure a responsible adult is accompanying any groups of children.
- Give the kids your undivided attention and don't let anyone wander off alone.



#### TREAT SAFETY

- Don't eat any candy until it has been inspected at home.
- Examine candy wrappers for any signs of damage or tampering. Throw out any candy with torn & broken wrapping or anything that looks suspicious!
- Make sure kids pace themselves! Too much candy can lead to indigestion & general discomfort.



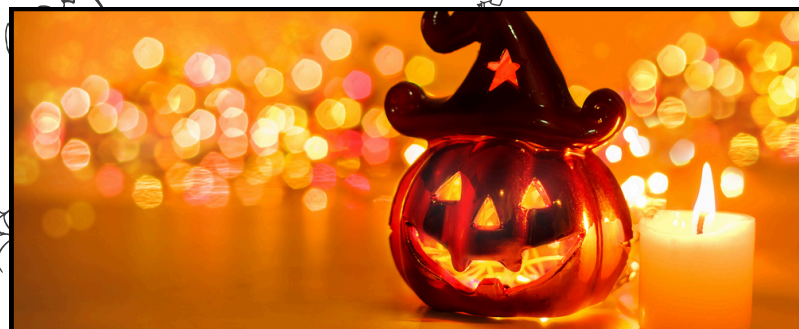
### NEW PODCAST EPISODE

Check out the latest episode of our podcast, *For The Health Of It!*

This week we're back with another **Trail Mix** episode, where Tom & Ally sit down to discuss a variety of topics including respiratory illness season, immunizations, and our upcoming flu clinics.

Give this episode a listen on any of your favorite podcast platforms! Or, check it out on YouTube at the following link: [youtu.be/m12P-AM32pE](https://youtu.be/m12P-AM32pE)

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](https://survey.alchemer.com/s3/7394023/For-The-Health-Of-It-Survey)



### ARKALAH EARLY CLOSURE

On Friday, October 25, both locations of the Health Department will close early at 12:00 PM. Our normal business hours will resume Monday, October 28.

### DRIVE-THRU FLU CLINIC

Flu season is here and now is the time to get your yearly flu shot!

If you're looking for an opportunity to get your shot, then stop by our **Drive-Thru Flu Clinic next Wednesday, October 23 at the Winfield Fairgrounds.**

There's no appointment necessary, just bring your ID & insurance card! Drive up anytime between 10am and 5pm, fill out some paperwork, get your shot, and you're all set!

### LEAD POISONING PREVENTION WEEK

It's Lead Poisoning Prevention Week and we want to highlight the dangers of lead exposure, especially for children!

Many older homes still contain lead-based paints which can be extremely harmful to children. **Lead exposure can impair a child's normal development, resulting in lifelong effects.**

Blood lead testing is an inexpensive and effective way to determine if lead exposure has occurred and ensures that follow-up care can begin.

**Blood lead testing is available at your local Health Department. Give us a call to schedule an appointment today!**

If you'd like to learn more, then check out **Season 1 Episode 10** of our podcast or listen on YouTube at the following link: [youtu.be/66ARI-mdrE4](https://youtu.be/66ARI-mdrE4)