



PUBLIC HEALTH UPDATE

What's New in Public Health?

HOLIDAY TRAVEL SAFETY

With Thanksgiving later this month, plenty of folks will be hitting the road to spend time with family and eat a classic, home-cooked Thanksgiving dinner.

Today, we've got some safety tips to help you stay safe as you celebrate the holiday!

BEFORE YOU HIT THE ROAD...

- Keep your car well-maintained and get it serviced before any long road trips.
- Stock up your car with some emergency supplies including jumper cables, maps, a first aid kit, and a jack.
- Check your vehicle's systems including battery, cooling, air conditioning, and lights.
- Make sure your tires are in good condition and replace them if necessary.

WHEN YOU'RE BEHIND THE WHEEL....

- Stay alert! Keep your eyes and focus on the road.
- Don't drive distracted. Put away phones or other distractions.
- Plan to take rest, food, and stretch breaks.
- Don't drive drowsy. Change drivers or pull over to rest.
- Obey posted speed limits.

INFLUENZA IN COWLEY COUNTY

Cases of influenza have been identified in Cowley County, which means that flu is actively circulating throughout the community.

The most effective protection from the flu is a yearly flu shot, so don't hesitate to set your appointment. Other best practices like handwashing, eating a healthy diet, and getting enough sleep will also help you stay safe from illness.

If you want to learn more about what to expect this flu season and what you can do to stay safe, check out the latest [Trail Mix](#) episode of our podcast, [For The Health Of It](#).

Give it a listen on any of your favorite podcast platforms, or on YouTube at the following link:

youtu.be/m12P-AM32pE

VETERANS DAY CLOSURE

On Monday, November 11, both locations of the Health Department will be closed in observance of Veterans Day.

Our normal business hours will resume Tuesday, November 12.



IMMUNIZATIONS

Respiratory illness season is here, and the best protection you can get is through immunizations!

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

It can take up to 2 weeks to develop full protection, so now is the best time to get your shots!

Don't hesitate! Give us a call & schedule an appointment today!

Ark City: (620) 442-3260

Winfield: (620) 221-1430

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.