



PUBLIC HEALTH UPDATE

What's New in Public Health?

HOLIDAY KITCHEN SAFETY

Thanksgiving is less than 2 weeks away! That means a lot more folks gathering together for a home-cooked dinner.

However, the kitchen can be a dangerous place! So, today we've got some safety tips to help you stay safe as you celebrate the holiday!

Smoke Alarms

The first thing you should do is to make sure your kitchen is equipped with functioning smoke alarms!

A Clean Kitchen

Cleaning your kitchen can lower the odds of cross-contamination and help prevent fires.

Clear Heat Sources

Make sure you keep your oven and stovetop clear of anything that might catch fire.

Full Focus

Don't get distracted! If you're frying, broiling, boiling, or grilling, stay in the kitchen! If you're baking, roasting, or simmering, check your food regularly and set timers so you don't forget!

Have A Plan

Have a fire escape plan ready and don't hesitate to evacuate if a fire breaks out!

Appropriate Clothing

Wear closed-toed shoes and avoid any overly loose clothing.

NEW PODCAST EPISODE NEXT WEEK

A new episode of our podcast, **For The Health Of It**, will be out next Wednesday, Nov 20th!

Check out our new trailer and get a special preview of next week's episode at: youtu.be/Vw6GZW3RRw

You can find our podcast on any of your favorite podcast platforms or on our YouTube page at youtube.com/@cowleycountyhealth



THANKSGIVING CLOSURE

On Thursday, Nov 28 & Friday, Nov 29, both locations of the Health Department will be closed in observance of Thanksgiving. Our normal business hours will resume Monday, December 2.



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.