



PUBLIC HEALTH UPDATE

What's New in Public Health?

CHRISTMAS TREE SAFETY

December is almost here, which means it's Christmas tree season!

But, before you break out the lights and decorations, here are a few key safety tips!

Pick The Right Spot

When placing your Christmas tree, keep it away from any heat or fire sources like fireplaces, radiators, or space heaters. Plus, make sure you don't block any exits or doors!

Water Your Tree Daily

When you get your tree, cut off about 2 inches from the base to expose fresh wood; this will help it absorb more water. Remember, a watered tree is much less likely to catch fire!

Inspect Your Christmas Lights

Before you start placing your Christmas lights on the tree, take a close look and test them first. Replace any damaged or burnt-out bulbs and don't hesitate to toss out any lights with frayed or damaged cords.

Avoid Overload

Don't string more than 3 string lights together and limit how many are plugged into each electrical outlet.

Lights Out

Before you leave your home or go to sleep, turn off your Christmas lights.

NEW PODCAST EPISODE OUT NOW

A new episode of our podcast, **For The Health Of It**, is available now!

This week, we've got an important topic for rural communities:

Wastewater Systems. Tom & Ally sit down to discuss the ins and outs of these systems as well as how to keep them running properly.



Check it out on any of your favorite podcast platforms or give it a listen on our YouTube page at youtu.be/URxciXIvpvA

KU WELL WATER TESTING

The University of Kansas's Kansas Geological Survey is sampling water wells across the state to gain a better understanding of water quality in different regions of Kansas.

For more information or if you are interested in participating and potentially having your domestic or irrigation well tested, then visit the link below and fill out the application!

kgs.ku.edu/awqua-aquifer-water-quality-assessment-kansas



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.