



PUBLIC HEALTH UPDATE

What's New in Public Health?

CHRISTMAS SAFETY TIPS

Christmas is just around the corner, so this week we've got some tips to help you celebrate safely!

FIRES

- **Smoke Detectors** - Test your smoke detectors once a month, and don't forget to change the batteries at least once a year.
- **Candles** - Never leave candles or other open flames burning unattended or while you sleep. Make sure to place them out of reach of children and pets.
- **Fireplaces** - Keep your fireplace clean and use a screen to contain sparks and embers. Keep the area around your fireplace clear of any flammable objects or materials.

DECORATIONS

- **Ladders** - Don't use furniture as a ladder. Instead, use a proper ladder in good condition and pick the right ladder for the task.
- **Plants** - Keep toxic plants like mistletoe, holly, and juniper away from children and pets.
- **Ornaments** - Avoid placing glass or breakable ornaments within reach of children.

GIFTS

- **Safety First** - Include helmets or other safety accessories when giving gifts like bicycles.
- **The Right Gifts** - Make sure the gifts you pick are appropriate for your child's age.
- **Avoid Choking Hazards** - Aim for larger gifts that don't have small parts, magnets, or batteries.

We hope you'll take these tips in mind and have a very safe and **Merry Christmas!**

DECEMBER CLOSURES

Both locations of the Health Department will be closed on the following dates:

- **Wed, Dec 25, Thu, Dec 26, & Fri, Dec 27** - normal business hours will resume on Mon, Dec 30.
- **Wed, Jan 1** - normal business hours will resume on Thu, Jan 2.

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