



PUBLIC HEALTH UPDATE

2024: A Year in Review

It's another year almost over and what a year it was! 2024 saw many milestones and achievements from the Health Department. Here are a few highlights!

MARY L. BENTON MEMORIAL SCHOLARSHIP

Named in honor of the Board of Health's longest serving board member, this scholarship helps to support the next generation of public health professionals. The Health Department awarded scholarship to 2 Cowley County students pursuing careers in the field of public health & medicine.



FOR THE HEALTH OF IT: SEASON 2

2024 saw our podcast return for its second season. This year, we put the spotlight on some of our community partners and the work that they do to improve the health & wellness of Cowley County.



HEALTHCOUNTS IN COWLEY COUNTY

In 2024, the Health Department assisted in the HealthCounts Survey. This survey is a key part of the Community Health Needs Assessment and the data gathered from it will help form the basis of the Community Health Improvement Plan.



HEALTH & SAFETY FAIR

In 2024, the Health & Safety returned to Ark City and had over 50 participating organizations. This year featured lots of great attractions including an Eaglemed helicopter, the Extension Office's blender bike, & breakfast from Girl Scouts Troop 45321



2025: NEW YEAR, NEW PLANS

2025 is almost here and your Health Department has some big things planned for the new year!

COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP)

Utilizing the data from the HealthCounts survey, the CHIP will guide the community's efforts in improving the health and wellness of Cowley County for the next 3 years.

PODCAST SEASON 3

For The Health Of It will return for its third season next year, featuring more in-depth discussions about important public health topics in Cowley County.

HEALTH & SAFETY FAIR 2025

Mark your calendars, the Health & Safety Fair returns to Winfield on Saturday, May 17th! Next year's fair promises to have lots to see, much to do, and plenty of freebies and prizes!

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.