



PUBLIC HEALTH UPDATE

What's New in Public Health?

RADON ACTION MONTH

Did you know that radon exposure is the second-leading cause of lung cancer after smoking?

Radon is a naturally occurring gas that seeps from the soil. Prolonged exposure can lead to an increased risk of lung cancer. Visit [cdc.gov/radon](https://www.cdc.gov/radon) for more information about radon exposure.

For this month, **we're partnering with the Cowley County Extension Office to provide homeowners with a FREE radon test kit***!

There's just one week left in Radon Action Month, so don't miss out on this opportunity to get a FREE radon test kit*!

Call the Extension Office at (620) 221-5450 to learn more!

**Limit 1 per household*

NEW HEALTH DEPARTMENT HOURS

In order to better serve the community, we are adjusting our hours to be more available. Starting February 3rd, we will now be open through the lunch hour. This will apply to both of our locations

Monday to Friday
8:00 AM to 4:30 PM

JANUARY 31 - EARLY CLOSURE

On Friday, January 31, both locations of the Health Department will close early at 12:00 PM.

Our normal business hours will resume on Monday, February 3.

FEBRUARY AWARENESS

January is almost over and February will be here soon! The month of February is an important time to highlight important health topics like:

- **Heart Health**
- **Prenatal Infection Prevention**
- **Cancer Prevention**
- **Self Checks**

That's why, each week, on social media we will be highlighting these topics. So, be sure to follow us on social media to learn what you can do to optimize your health and stay well!



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.