



PUBLIC HEALTH UPDATE

What's New in Public Health?

MARY L. BENTON MEMORIAL SCHOLARSHIP

The Mary L. Benton Memorial Scholarship is now open for applications! This scholarship was established in honor of our longest serving Board of Health member, Mrs. Mary Lou Benton, and is open to graduating Cowley County high school students pursuing an education in a healthcare-related field.

Two scholarships of \$500 each will be paid directly to the awardees' school of choice.

To learn more about the scholarship:

www.cowleycountyks.gov/media/Health%20Department/MLB%20Memorial%20Scholarship%202025.pdf

For eligibility, requirements, or to apply:

survey.alchemer.com/s3/8188238/Mary-L-Benton-Memorial-Scholarship-2025

PODCAST SEASON 3

For The Health Of It: Cowley County is back for season 3!

In this newest episode, Ally & Tom sit down to talk about our new Annual Report. Learn all about the milestones, achievements, & activities of your Health Department in 2024. From immunizations, to WIC, to Emergency Preparedness, your Health Department was certainly busy last year!

Check it out on any of your favorite podcast platforms like Apple Podcasts, Spotify, or Pandora. Or, give it a listen on YouTube at youtu.be/toZjpLCwrDQ

If there are any topics you'd like to hear about, then visit the link below and let us know!

survey.alchemer.com/s3/7394023/For-The-Health-Of-It-Survey

NEW HEALTH DEPARTMENT HOURS

Our new office hours are in effect!

In order to better serve the community, both of our locations will now be open through the lunch hour.

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

MARY L. BENTON MEMORIAL SCHOLARSHIP



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.