



BARTON COUNTY

Public Health

Prevent. Promote. Protect.

Laboratory Services



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Barton County Health Department

August
2026

SUNDAY, 2		National Sisters Day	
MONDAY, 3		BCHD Staff Meeting	8:00 AM
TUESDAY, 4	 	Barton Commission Meeting BAM #5: Newborn & Infant Care	9:00 AM 1:30 – 3:30 PM
FRIDAY, 7		National Purple Heart Day	
SUNDAY, 9		National Book Lovers Day	
MONDAY, 10		BCHD Staff Meeting	8:00 AM
TUESDAY, 11	 	Barton Commission Meeting BAM #6: Healthy After Pregnancy	9:00 AM 1:30 – 3:30 PM
WEDNESDAY, 12		Breastfeeding Support Group	4:00 PM
SATURDAY, 15		National Relaxation Day	
MONDAY, 17		BCHD Staff Meeting	8:00 AM
TUESDAY, 18		Barton Commission Meeting	9:00 AM
WEDNESDAY, 19		Senior Center BP Checks	9:30 – 10:00 AM
THURSDAY, 20		Advisory Committee Meeting	11:30 AM – 12:30 PM
MONDAY, 24		BCHD Staff Meeting	8:00 AM
TUESDAY, 25		Barton Commission Meeting	9:00 AM
WEDNESDAY, 26		WIC Prenatal Breastfeeding Class	2:00 PM
MONDAY, 31		BCHD Staff Meeting	8:00 AM



*Don't wait to vaccinate!
Get in before the back to school rush.*



★ PUBLIC HEALTH HOLIDAYS & OBSERVANCES ★



August 1–7 • World Breastfeeding Week

Promotes breastfeeding and healthy beginnings.



August is • Immunization Awareness Month

Highlights the importance of vaccines for people of all ages.



August is • National Children's Vision & Learning Month

Focuses on the link between healthy vision and learning success.



August is • Psoriasis Awareness Month

Raises awareness and reduces stigma around psoriasis.



August is • National Mosquito Control Month

Encourages actions to reduce mosquitoes and prevent disease.



August is • National Wellness Month

Promotes self-care, healthy habits, and overall well-being.



August is • National Health Center Week

Celebrates the mission and impact of health centers in our communities.



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A LETTER FROM OUR *Interim Director* OF PUBLIC HEALTH



Lindsey Ensley, RN
INTERIM DIRECTOR
BARTON COUNTY HEALTH DEPARTMENT

AUGUST 2026 NEWSLETTER

This Summer has gone by so fast. We are already gearing up to go *back to school!*

This is an important time to reset and get organized for the school year. It's also a good time to evaluate immunization schedules and healthy habits to keep kids well and in school.



CHECK IMMUNIZATION RECORDS

Checking your child's immunization record is an easy process. Just come into the clinic or give us a call! Our nurses can review the recommendations and requirements for school vaccines for each age group and grade. Immunizations can help prevent serious illness and reduce time out of school.



GET ENOUGH SLEEP

It is recommended that children ages 6–12 years get between 9 and 12 hours of sleep each night. Teenagers ages 13–18 years should get 8–10 hours of sleep.



EAT A HEALTHY DIET

Eating a healthy diet is another way to keep your family well. Healthychildren.org is a great website with recipes for picky eaters. Drinking plenty of water instead of juices or soda is important for staying hydrated while not taking in extra calories or sugar.



WASH HANDS OFTEN

Good hand washing before meals, after playing outside and when arriving home from an outing are very helpful to prevent illness.



USE THE PROPER SEAT RESTRAINT

Children ages 4–7 years must ride in a booster seat unless they weigh more than 80lbs or are taller than 4 feet 9 inches. Barton County Health Department has 3 car seat safety technicians that can help you safely install your car seat and answer any questions you may have.



Call 620-793-1902 to schedule an appointment.



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Our staff at Barton County Health Department are dedicated to helping you keep your family *safe* and *healthy* this school year.



Back to School Immunization Information



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IMMUNIZATION REQUIREMENTS

FOR THE 2026 – 2027 SCHOOL YEAR



K.A.R. 28-1-20 defines immunizations required for any individual who attends school or a childcare program operated by a school.

Please carefully review the requirements. The usual number of doses required are listed; however there are exceptional circumstances that could alter the number of doses a child needs.

If you have questions about your child's immunization status, contact your child's primary care provider or local health department.

A B C EARLY CHILDHOOD PROGRAM OPERATED BY A SCHOOL AGES 4 YEARS AND UNDER

Vaccine	Requirement
DTaP/DT (diphtheria, tetanus, pertussis)	4 doses
IPV (polio)	3 doses
MMR (measles, mumps, rubella)	1 dose
Varicella (chickenpox)	1 dose*
Hepatitis A	2 doses
Hepatitis B	3 doses
Hib (haemophilus influenza type B)	3–4 doses**
PCV (pneumococcal conjugate)	4 doses**

KDG – GRADE 6

Vaccine	Requirement
DTaP/DT (diphtheria, tetanus, pertussis)	5 doses
IPV (polio)	4 doses***
MMR (measles, mumps, rubella)	2 doses
Varicella (chickenpox)	2 doses*
Hepatitis A	2 doses
Hepatitis B	3 doses

GRADES 11 & 12

Vaccine	Requirement
Tdap (tetanus, diphtheria, pertussis)	1 dose~
IPV (polio)	4 doses***
MMR (measles, mumps, rubella)	2 doses
Varicella (chickenpox)	2 doses*
Hepatitis A	2 doses
Hepatitis B	3 doses
Meningococcal (MenACWY)	1–2 doses See below:

GRADE 7 – 10

Vaccine	Requirement
Tdap (tetanus, diphtheria, pertussis)	1 dose~
IPV (polio)	4 doses***
MMR (measles, mumps, rubella)	2 doses
Varicella (chickenpox)	2 doses*
Hepatitis A	2 doses
Hepatitis B	3 doses
Meningococcal (MenACWY)	1 dose

MENINGOCOCCAL (MenACWY) VACCINE:

The 1st dose is due at entry to 7th grade at 11–12 years of age.
The 2nd dose is due at entry to 11th grade at 16–18 years of age.
Any 11th grader who is not yet 16 years old, should wait until their 16th birthday to receive the dose. Those 16–18 year olds with no previous MenACWY vaccine, only one dose is required.

NOTES

- * Varicella (chickenpox) vaccine is not required if child has had disease and disease is documented by physician signature. Without a physician signature, vaccine is still required even if you believe your child has had chickenpox disease.
- ** Total doses needed depend on vaccine type and child's age when doses were administered.
- *** Three doses are acceptable if the 3rd dose was given after 4 years of age, and there are at least 6 months between the second and third doses.
- ~ All students in grades 7–12 must have one dose of Tdap regardless of the interval since the last dose of DTaP or Td.

ADDITIONAL RECOMMENDED VACCINES – NOT REQUIRED FOR SCHOOL ENTRY

HPV (Human Papillomavirus) Vaccine:

- 2 doses recommended at 9 to 12 years of age – See below:
- 2 doses needed if series is started at 11–14 years of age and older
 - 3 doses needed if series is started at 15 years or older

Influenza (Flu) Vaccine:

- Annual vaccine recommended for everyone 6 months of age and older

**DON'T DELAY,
VACCINATE
TODAY!**

Protect your child.
Protect our community.



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1300 Kansas Avenue
Great Bend, KS 67530
(620) 793-1902
www.bartoncounty.org

Created from the following documents located on the kdhhs.gov website:
Kansas School Kindergarten Through Grade 12 Immunization Requirements for 2026-2027 School Year, and Licensed Child Care Facilities And Early Childhood Programs Operated By School Immunization Requirements for 2026-2027 School Year



3/30/26



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Monthly Highlight:

Healthy Living Laboratory Services



Affordable lab testing.



No appointment needed.



Know your numbers.
Protect your health.



WHY CHOOSE HEALTHY LIVING LABS?



No appointment necessary

Walk in during clinic hours.



Low-cost, self-pay pricing

Affordable options for you and your family.



Fast & convenient service

Quick, efficient, and hassle-free.



Available every day

Offered Monday–Friday during clinic hours.



Results you can share

Take your results to your healthcare provider.

POPULAR TESTS & PRICES

TEST	PRICE	TEST	PRICE
Complete Blood Count (CBC)	\$12.00	Vitamin B-12	\$30.00
Cholesterol (Lipid Panel)*	\$20.00	HIV Testing	\$20.00
Comprehensive Metabolic Panel*	\$25.00	Hepatitis B Immunity Testing	\$20.00
Hemoglobin A1C (Diabetes Screening)	\$15.00	Measles, Mumps, Rubella & Chickenpox Immunity Testing	\$25.00
Thyroid Testing (TSH, T3, T4)	\$25.00	PSA (Prostate Screening)	\$20.00
Vitamin D	\$30.00	Tuberculosis (QuantIFERON TB Gold)	\$40.00

*Fasting is recommended for select tests.



YOUR HEALTH *Matters*

Routine lab work can help identify health concerns before symptoms appear, allowing you and your healthcare provider to take action early.

**If you are aware of it,
you can take care of it!**



WALK IN TODAY!

No appointment needed.
Affordable. Convenient. Local.



**Barton County
Health Department**

1300 Kansas Ave., Great Bend, KS 67530



QUESTIONS? CALL US!

620-793-1902

Visit our Website

FLU SHOTS

*Across
Barton County* 



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**PROTECT YOURSELF.
PROTECT YOUR COMMUNITY.**



**TUESDAY,
SEPTEMBER 22, 2026**



Galatia

9:30AM – 10:30AM

LOCATION: United Ag Services



Olmitz

11:00AM – 12:00PM

LOCATION: That New Place



Albert

1:00PM – 2:00PM

LOCATION: Albert City Building



Pawnee Rock

2:30PM – 3:30PM

LOCATION: City Hall



Get Your Flu Shot.

Stay Healthy. Keep Barton County Strong.



620-793-1902



<https://www.bartoncounty.org>



@bartoncountyhealthdept

FLU SHOTS

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Barton County*



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**PROTECT YOURSELF.
PROTECT YOUR COMMUNITY.**



**WEDNESDAY,
SEPTEMBER 23, 2026**



Susank

8:30AM – 9:30AM

Location: Agco Corporation



Beaver

10:00AM – 11:00AM

Location: Fire Station



Odin

11:30AM – 12:30PM

Location: Odin Store



Claflin

1:30PM – 2:30PM

Location: Claflin Fire Station



GET YOUR FLU SHOT.

Stay Healthy. Keep Barton County Strong.



620-793-1902



<https://www.bartoncounty.org>



@bartoncountyhealthdept



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Breastfeeding

A healthy start for you and your baby.



We're here
to support
you!

Breastfeeding has many benefits:



Provides ideal
nutrition for
your baby



Helps boost baby's
immunity and
fight illness



Strengthens the
bond between
you and your baby



May support
your health
and recovery

BCHD is here to help!

Join our Breastfeeding Support Group
Every 2nd Wednesday of the month at 4:00 PM
at the Barton County Health Department

WIC Prenatal Breastfeeding Class

Every 4th Wednesday of the month at 2:00 PM
Call our WIC office for more information:
📞 620-793-1909



Strong families. Healthy futures.

Barton County Health Department is proud to support
breastfeeding families in our community.



HEALTHY August RECIPE

WIC FRIENDLY

One-Pan Turkey, Bean & Veggie Skillet

A quick, easy, and nutritious dinner
made with simple, WIC-friendly
ingredients your whole family
will love!



Ready in
30
Minutes!



WIC FRIENDLY
INGREDIENTS



GOOD SOURCE
OF PROTEIN & FIBER



FULL OF
VITAMINS



LIGHT &
DELICIOUS

INGREDIENTS Serves 4

- 1 lb ground turkey (93% lean)
- 1 Tbsp vegetable oil
- 1 small onion, diced
- 2 cloves garlic, minced (or 1/2 tsp garlic powder)
- 1 green bell pepper, chopped
- 1 zucchini, chopped
- 1 (15 oz) can black beans, rinsed and drained
- 1 (14.5 oz) can diced tomatoes (no salt added)
- 1 tsp chili powder
- 1/2 tsp ground cumin
- Salt and black pepper to taste

OPTIONAL ADD-INS:

- 1 cup frozen corn (no added salt)
- Cooked brown rice or whole wheat tortillas for serving



WIC TIP

Use WIC foods like canned beans, canned tomatoes, and seasonal fresh or frozen vegetables to make this meal budget-friendly and nutritious!

HOW TO MAKE IT

1



COOK THE TURKEY

In a large skillet, heat oil over medium heat. Add ground turkey and cook until browned, about 6–8 minutes. Drain any excess fat.

2



SAUTÉ THE VEGGIES

Add onion and garlic to the skillet. Cook for 2–3 minutes until softened. Add bell pepper and zucchini. Cook for 5–7 minutes, stirring occasionally, until vegetables are tender.

3



ADD THE REST

Stir in black beans, diced tomatoes, chili powder, cumin, salt, and pepper. Mix well and let simmer for 5 minutes to combine the flavors.

4



SERVE & ENJOY!

Serve hot on its own, over brown rice, or with a whole wheat tortilla. Enjoy a healthy, filling meal!

MAKE IT YOURS!

Add frozen corn, carrots, or spinach for extra color and nutrition. Top with a sprinkle of cheese (if you have it) for extra flavor!



Good food. Strong families.

WIC makes it possible! ❤️

This institution is an equal opportunity provider.



Public Health
Barton County Health Department

We're here
for you! ❤️

Handling Food Safely

While Eating Outdoors

Simple steps to keep food safe and your outdoor meals worry-free!

Safe Food = Happy Memories!

1. CLEAN



Wash hands and surfaces.

- Wash hands with soap and clean water for at least 20 seconds before handling food and after using the restroom.
- Use clean utensils, plates, and cutting boards.



2. SEPARATE



Keep raw meat, poultry, seafood, and eggs separate from other foods.

- Use one cooler for raw meat and another for ready-to-eat foods.
- Use separate plates and utensils.



3. COOK



Cook to the right temperature.

- Use a food thermometer to check that food is cooked to a safe internal temperature. (Chicken: 165°F, Ground beef: 160°F, Steaks & Roasts: 145°F with a 3-minute rest)



4. CHILL



Keep cold foods cold.

- Keep perishable foods in a cooler with ice or frozen gel packs.
- Keep the cooler in the shade and limit how often it's opened.



5. THROW OUT



When in doubt, throw it out.

- Perishable foods left out for more than 2 hours (or 1 hour in temperatures above 90°F) should be discarded.
- Don't taste food to see if it's safe.



Plan ahead. Pack smart. Keep it safe.
Enjoy your time outdoors! ♥

EXTRA TIPS

- Bring plenty of water.
- Store food in leak-proof containers.
- Choose foods that don't spoil easily.

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WHAT WOULD YOU GAIN IF YOU QUIT VAPING?



Text "Start" to 36072
 Free, confidential help.
 Just for teens.

MY LIFE MY QUIT™

KanQuit!

1-800-QUIT-NOW (784-8669)

KSquit.org

Contact Us



Open Hours

Monday- 9:00AM-6:00PM

Tuesday- 8:00AM-6:00PM

Wednesday- 8:00AM-6:00PM

Thursday- 8:00AM-6:00PM

Friday- 8:00AM-12:00PM



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Barton County Health Department | 1300 Kansas Ave. | Great Bend, KS 67530 US

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