



**BARTON COUNTY**

**Public Health**

Prevent. Promote. Protect.

Laboratory  
Services

Services We  
Provide

**2025**



Public Health  
Prevent. Promote. Protect.

*March*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 BCHD Staff Meeting 8:00 AM	4 BT CO Commission Meeting 9:00AM	5 Statewide Tornado Drill	6	7	8
9	10 BCHD Staff Meeting 8:00 AM	11 BT CO Commission Meeting 9:00AM	12 Breastfeeding Support Group 4:00 PM	13	14	15
16	17 <i>St. Patrick's Day</i> BCHD Staff Meeting 8:00 AM	18 BT CO Commission Meeting 9:00AM	19	20 BCHD Advisory Committee Meeting 11:30 AM - 12:30 PM	21 Car Seat Event Ellinwood	22
23	24 BCHD Staff Meeting 8:00 AM	25 BT CO Commission Meeting 9:00AM	26 WIC Prenatal Breastfeeding Class 2:00-3:00pm	27	28	29
30	31 BCHD Staff Meeting 8:00 AM					



# MARCH NEWSLETTER

## Spring Into Public Health!

As the weather warms up and the days get longer, it's the perfect time to focus on your health and safety. This month, we're highlighting important public health tips to keep you and your family protected as we move into spring.

**Car Seat Safety Check:** Is Your Child Secure? Spring break often means road trips and more time on the go. Now is a great time to ensure your child's car seat is properly installed. Did you know that over half of car seats are installed incorrectly? Our certified technicians can provide guidance to help you ensure your little ones are riding safely. Proper car seat installation reduces the risk of injury in an accident and keeps children secure on the road.

**Measles:** What You Need to Know to Stay Protected With recent outbreaks of measles in the U.S., it's more important than ever to make sure you and your family are protected. Measles is a highly contagious virus that spreads through coughing and sneezing. Symptoms include fever, rash, cough, and runny nose. The best protection is vaccination!

### ☑ Are You Up to Date?

- Children should receive two doses of the MMR vaccine: first at 12-15 months and again at 4-6 years.
- Adults born after 1957 should ensure they've had at least one dose of the vaccine.
- Those traveling internationally should check their immunization status before departure.

If you're unsure about your vaccine records, we can help! Call or visit the Barton County Health Department to check your immunization history and schedule a vaccination if needed.

## Spring Health Tips: Stay Safe and Healthy

☑ **Allergy Awareness:** Pollen levels are rising! If you suffer from seasonal allergies, keep an eye on local pollen forecasts and take medication as needed.

☑ **Sun Protection:** Longer days mean more sun exposure. Apply sunscreen with SPF 30+ to protect your skin.

☑ **Bug Safety:** Spring brings more insects, including ticks and mosquitoes. Use insect repellent and check for ticks after outdoor activities.

☑ **Stay Active:** Warmer temperatures are perfect for outdoor exercise. Go for a walk, ride your bike, or explore a local park!

Stay safe, stay healthy,  
Barton County Health Department

**Stay informed and take proactive steps for your health this March. Remember, small changes can make a big difference!**

**Explore Job opportunities here at your local Health Department!**

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call  
620-793-1902 if you have any questions.

## Upcoming Events





# DEA NATIONAL <sup>Rx</sup> **TAKEBACK**



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**Turn in unneeded  
medication for safe disposal.**

**Saturday, April 26th**

**10:00 AM - 2:00 PM**

**East Side of Barton County Courthouse**

**Keep them safe. Clean them out. Take them back.**

Visit [DEATakeBack.com](https://www.DEATakeBack.com) for a collection site near you.



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# Are you up-to-date on your Measles, Mumps, and Rubella (MMR) vaccine?

**If you're unsure or need to get vaccinated, we're  
here to help! 🙌**

👶 Children 18 and under who are uninsured or underinsured can get the vaccine at a low cost through the Vaccines For Children program.

💼 Adults without health insurance may be eligible for the manufacturer's financial assistance program.

*We accept most major health insurance!*

**Have questions?**

**Call Barton County Health Department at**

**📞 620-793-1902.**

**We're here to help you stay healthy!**

**You can confirm your immunity to measles with a Measles Antibody test through Healthy Living Lab Services, whether from past infection or vaccination. No appointment is needed, and it's always good to be sure!**





# CAR SEAT TECHNICIANS

Child Passenger Safety Technicians are available through the Barton County area to educate parents and caregivers on how to properly install/use car seats.

Kareli 620-793-1909

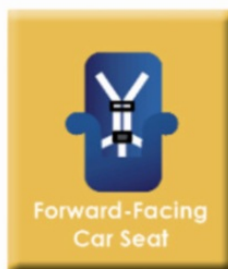
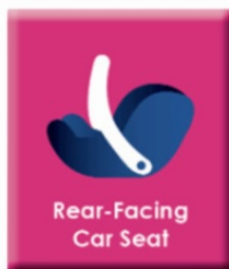
Christina 620-793-1902

Jordan 620-793-4140

Cody 316-213-0645

Felicia 620-793-1902

## CHILD PASSENGER SAFETY



CAR SEAT INSTALLATION AND EDUCATION



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# *We Are* **HIRING**

## **Position :**

- Social Worker
- WIC Breastfeeding Peer Counselor and Healthy Start Home Visitor
- Public Health Nurse (WIC/MCH)
- Women, Infants, and Children (WIC) Clerk/Interpreter

## **Apply Now!**

How to Apply:

-  Submit your application today!
-  Barton County Health Department
-  Call: (620) 793-1902
-  Visit: [www.bartoncounty.org](http://www.bartoncounty.org)

Apply Today!

# Barton County Health Department

## OPEN HOURS

<b>Monday</b>	<b>9:00AM-6:00PM</b>
<b>Tuesday</b>	<b>8:00AM-6:00PM</b>
<b>Wednesday</b>	<b>8:00AM-6:00PM</b>
<b>Thursday</b>	<b>8:00AM-6:00PM</b>
<b>Friday</b>	<b>8:00AM-12:00PM</b>
<b>Saturday</b>	<b>Closed</b>
<b>Sunday</b>	<b>Closed</b>

Monday-Thursday Open 12:00PM-1:00PM

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**TROPICAL FRUITS FANTASIA**





### **TROPICAL FRUITS FANTASIA**

The tropics offer a great variety of fruits that will make this delicious and colorful recipe stand out; it will also make your mouth water even before tasting it!

#### **Ingredients**

- 8 ounces fat-free, sugar-free orange yogurt
- 5 medium strawberries, cut into halves
- 3 ounces honeydew melon, cut into slices (or  $\frac{1}{2}$  cup cut into cubes)
- 3 ounces cantaloupe melon, cut into slices (or  $\frac{1}{2}$  cup cut into cubes)
- 1 mango, peeled and seeded, cut into cubes
- 1 papaya, peeled and seeded, cut into cubes
- 3 ounces watermelon, seeded and cut into slices (or  $\frac{1}{2}$  cup cut into cubes)
- 2 oranges, seeded and cut into slices
- $\frac{1}{2}$  cup unsweetened orange juice

#### **Directions**

1. Add yogurt and all fruits to a bowl and carefully mix together.
  2. Pour orange juice over fruit mixture.
  3. Mix well and serve  $\frac{1}{2}$  cup as your dessert.
-

MY LIFE  MY QUIT



**Free, confidential help  
to quit vaping and other  
tobacco for youth  
under 18**

[mylifemyquit.com](http://mylifemyquit.com)



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**NEW YEAR, NEW YOU  
WE CAN HELP YOU QUIT  
SMOKING  
TODAY!**

**1-800-QUIT-NOW**

Contact Us





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

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