



**BARTON COUNTY**

**Public Health**

Prevent. Promote. Protect.

Laboratory Services

# OCTOBER

# 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 BCHD Staff Meeting 8:00 AM	7  Becoming a Mom Class BT CO Commission MTG 9:00AM	8 Breastfeeding Support Group 4:00 PM	9	10	11 Claffin Open House Pancake Feed 8:00-10:00AM  Pawnee Rock Car Show 1:00-3:00PM Flu Shots Available
12	13 BCHD Staff Meeting 8:00 AM	14 Becoming a Mom Class BT CO Commission MTG 9:00AM 15 BCHD Advisory Committee Meeting 11:30 AM-1:00 PM	16	17	18	
19	20 BCHD Staff Meeting 8:00 AM	21  Becoming a Mom Class BT CO Commission MTG 9:00AM	22 WIC Prenatal Breastfeeding Class 2:00-3:00pm	23	24	25 DEA NATIONAL 
26	27 BCHD Staff Meeting 8:00 AM	28  Becoming a Mom Class BT CO Commission MTG 9:00AM	29	30	31 <i>Happy Halloween</i>	



## **Protect Yourself & Your Community – Get Your Flu Shot!**

Flu season is here, and the Barton County Health Department is making it easier than ever for you and your family to stay protected. Throughout the month of October, our team will be hosting flu vaccine outreaches across the county.

No appointment is needed.

### **Why the Flu Vaccine Matters**

- Reduces your risk of getting sick with influenza.
- Protects against spreading flu to your loved ones.
- Helps reduce the strain on healthcare providers during respiratory illness season.

### **Where to Find Us**

Our outreach clinics will be held at various community locations this month. Keep an eye on our Facebook page and local announcements for dates, times, and locations near you.

You can also call the Barton County Health Department at (620) 793-1902 for more information.

### **Don't Wait – Vaccinate!**

Protecting yourself and your community is as simple as rolling up your sleeve. Get your flu shot this October and encourage your friends and family to do the same — no appointment necessary!

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.

As always, thank you for your support of Public Health!!

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



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Turn in unneeded  
medication for safe disposal.

**Saturday, October 25th**

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

**East Side of Barton County Courthouse**

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

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

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**Health Without Barriers — BCHD Comes to You.**

**BARTON COUNTY HEALTH DEPARTMENT  
OCTOBER FLU OUTREACHES (PUBLIC EVENTS)**

**OCT 11 • 8:00–10:00 AM**

**OPEN HOUSE PANCAKE FEED – CLAFLIN**

**OCT 11 • 1:00–3:00 PM**

**PAWNEE ROCK CAR SHOW**

**OCT 15 • 12:00 PM**

**GREAT BEND REC CENTER FLU OUTREACH**

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**Karen Winkelman, RN**  
Director



**Lindsey Ensley, RN**  
Nurse Supervisor



**Christina Delgadillo,**  
RN

# Flu Season is Here Don't Wait to Vaccinate!



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**Sarah Schridde,**  
LPN



**Courtney Dillon,**  
RN



**Toshea Bitter,**  
RN

Sunday, October 5

# World Meningitis Day

Together, we can drive out meningitis.



AMERICAN  
SOCIETY FOR  
MENINGITIS  
PREVENTION



The unpredictability of meningococcal meningitis means it can change lives instantly. Especially because it can be deadly in as little as 24 hours. This #WorldMeningitisDay, don't take the chance. Help drive out meningitis by making sure you or your child is vaccinated against ALL 5 types of bacteria most likely to cause meningococcal meningitis: A, B, C, W, Y.

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Free Prenatal Education Classes



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# Becoming a Mom

**When: Every Tuesday from 1:30 to 3:30 PM**  
**Where: Barton County Health Department**

OCT <b>7</b>	<b>You and Your Pregnancy</b>
OCT <b>14</b>	<b>Healthy Pregnancy</b>
OCT <b>21</b>	<b>Labor and Delivery</b>
OCT <b>28</b>	<b>Feeding Your Baby</b>
NOV <b>4</b>	<b>Newborn and Infant Care</b>
NOV <b>18</b>	<b>Healthy After Pregnancy</b>

**Register today by calling 620-793-1909**

## ☀️ Free Prenatal Education Classes: Becoming a Mom ☀️

The Barton County Health Department invites all expectant mothers to join our free prenatal education series designed to support you through every stage of pregnancy and early parenthood.

 Every Tuesday

 1:30 – 3:30 PM

 Barton County Health Department

### Upcoming Sessions:

- October 7 – You and Your Pregnancy
- October 14 – Healthy Pregnancy
- October 21 – Labor and Delivery

- October 28 – Feeding Your Baby
- November 4 – Newborn and Infant Care
- November 18 – Healthy After Pregnancy

👩‍👧 These classes are a wonderful opportunity to learn, ask questions, and connect with other moms-to-be in our community.

📞 Register today by calling 620-793-1909

# HALLOWEEN SAFETY TIPS & FACTS

**Barton County  
Public Health**



- DO NOT EAT CANDY BEFORE YOU SORT AND CHECK AT HOME.
- CLOSELY EXAMINE ALL CANDY FOR SIGNS OF TAMPERING INCLUDING:
  - UNUSUAL APPEARANCE OR DISCOLORATION
  - TINY PINHOLES OR TEARS IN WRAPPERS
  - SPOILED OR UNWRAPPED ITEMS
- DISCARD HOMEMADE GOODS, UNLESS YOU THE MAKER.
- DO NOT EAT OR ACCEPT ANYTHING THAT ISN'T COMMERCIALY WRAPPED.
- REMOVE CHOKING HAZARDS FOR YOUNG CHILDREN.
- WHEN AND DOUBT THROW IT OUT!

## THINGS TO BE WARY OF



**SKITTLES/ RAINBOW  
FENTANYL**



**"CHALK" FENTANYL**



**"SWEET TART" METH**



**THC GUMMIES**

DEA warns: " Fentanyl pills and powder that come in a variety of bright colors, shapes, and sizes- is a deliberate effort by drug traffickers to drive addiction amongst kids and young adults

**IF YOU ARE UNSURE OF SOMETHING YOUR CHILD INGESTED CONTACT POISON CONTROL AT  
800-222-1222**

# 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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# Don't want the flu?

## Here's what you can do.



1

### Get a flu vaccine.

Everyone 6 months and older needs a flu vaccine every year. The flu is a serious disease that can kill, and you cannot get the flu from the flu vaccine.



2

### Take flu symptoms seriously and get tested.

If the test is positive, your provider may prescribe medicine that can lessen flu symptoms and decrease the spread of flu.



3

### Wash hands often.



4

### Stay home if you don't feel well

- except to go to the doctor or pharmacy.



5

### Make sure to stay up to date on ALL vaccines.

To learn more, visit [www.familiesfightingflu.org](http://www.familiesfightingflu.org).



G2022A

## Pumpkin Baked Oatmeal



- 2 ¾ cups old fashioned rolled oats**
- 2 tsp pumpkin pie spice**
- 1 tsp baking powder**
- ¼ tsp salt**
- 1 cup pumpkin puree**
- 1 cup milk**
- 2 large eggs**
- 1/3 cup pure maple syrup or honey**
- ¼ cup butter or coconut oil, melted**
- 2 tsp vanilla**
- ½ cup chopped pecans, toasted + more for topping (can omit for nut-free)**

Preheat oven to 375 degrees. Grease a 9x9-inch baking dish with butter or with oil spray. Set aside. In a large bowl, combine the dry ingredients. Next, stir in the wet ingredients. Stir until well combined. Transfer the batter to the prepared baking dish. Top with additional toasted pecans if desired. Bake for 30-34 minutes or until the center is set and a toothpick inserted in the center comes out clean. Let sit for 5 minutes before cutting. Top servings with a dollop of yogurt or whipped topping, a drizzle of maple syrup, and/or a dash of pumpkin pie spice.

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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™

## Your reason to quit gets bigger every day.

Did you know the Kansas Tobacco Quitline has a special,  
free program for pregnant individuals?

- \$40 Mastercard gift card mailed to your house after each coaching call completed.
- Up to 5 phone calls during pregnancy and 4 phone calls after childbirth.
- Resources designed to help people who are pregnant quit.



For free help to quit smoking and vaping, call 1-800-QUIT-NOW (784-8669).

Contact Us



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Try email marketing for free today!