BARTON COUNTY Public Health

Prevent. Promote. Protect.

Laboratory Services



Public Health
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Barton County Health Department

July HEALTH & WELLNESS

HEALTHY HABITS FOR *a Healthy Summer!*



July is a month of sunshine, celebrations, and time with family and friends. Make your health a priority so you can enjoy every moment safely and feel your best all summer long!

STAY HYDRATED



Drink plenty of water throughout the day, especially when it's hot outside or when you're active.

Carry a water bottle and sip often!

ENJOY SUN SAFELY



Use sunscreen with SPF 30 or higher, wear sunglasses and a hat, and seek shade when possible.

Reapply sunscreen every 2 hours or after swimming or sweating.

BE ACTIVE OUTDOORS



Take advantage of beautiful summer days! Get outside and enjoy walking, biking, swimming, or your favorite outdoor activity.

CELEBRATE SAFELY



Enjoy fireworks and festivities responsibly. Follow local laws, use fireworks safely, and never leave children unattended.

Have a fun and safe holiday!

PROTECT AGAINST BUG BITES



Use insect repellent, wear long sleeves when possible, and check for ticks after spending time outdoors.



Prevent bites and protect your health.

HELP KEEP OUR COMMUNITY HEALTHY

- ✓ Wash your hands often
- ✓ Keep vaccinations up to date
- ✓ Stay home when you're sick
- ✓ Take care of yourself and others

Small steps make a BIG difference!

JULY HEALTH OBSERVANCES

PARK & RECREATION MONTH
Get outside, enjoy nature, and stay active this summer!

INDEPENDENCE DAY
Celebrate safely and thank you to those who serve our country!

UV SAFETY MONTH
Protect your skin and eyes from the sun's harmful rays.

The Barton County Health Department wishes everyone a safe, healthy, and happy July!

bartoncounty.org/health | Barton County Health Department | (620) 793-1902

Back to School Immunization Information

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BACK-TO-SCHOOL VACCINE CLINIC



PREPARE TODAY, PROTECT TOMORROW.

AUGUST 1ST

9:00 A.M. – 12:00 P.M.
AT THE BARTON COUNTY HEALTH DEPARTMENT

VACCINES FOR SCHOOL-AGE CHILDREN & TEENS

Vaccines are recommended to help protect children and teens from serious diseases so they can learn, play, and thrive.



- Vaccines help protect you and our community!
- Please bring your insurance card if available.
- Vaccines available while supplies last.



Get ready for a healthy school year!

BARTON COUNTY HEALTH DEPARTMENT
1300 Kansas Avenue, Great Bend, KS 67530
(620) 793-1902 | www.bartoncounty.org

DON'T WAIT, VACCINATE!

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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. Below are the requirements for the indicated school year. ***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.

PROOF OF RECEIVING THE REQUIRED IMMUNIZATIONS MUST BE PROVIDED TO THE SCHOOL PRIOR TO THE STUDENT ATTENDING THE FIRST DAY OF SCHOOL.

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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Created from the following documents located on the kdheks.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

Barton County Fair Success





Family Planning at the Health Department

BLUE-GREEN ALGAE ADVISORIES ISSUED

FOR KANSAS LAKES

Before you swim, boat, fish, or let pets near the water, **check current advisories.** Harmful algal blooms (HABs) can cause illness in people and animals.

AVOID WATER CONTACT

NEWLY ADDED JUNE 12

- **Marion Reservoir** – *Marion County*

OTHER WARNING LAKES

- **Gathering Pond** – *Geary County*
- **Jewell State Fishing Lake** – *Jewell County*
- **King Lake** – *Lyon County*
- **Chisholm Ridge Ponds** – *Sedgwick County*
- **Lake Afton** – *Sedgwick County*

USE CAUTION

- **Herington City Lake (Old)** – *Dickinson County*
- **Wellington Lake** – *Sumner County*



WHEN IN DOUBT, STAY OUT!

KEEP PETS AWAY from suspicious water.

IF WATER LOOKS like paint, scum, or bright green foam, **STAY OUT AND STAY AWAY.**

LEARN MORE: kdhe.ks.gov/HAB

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Congratulations, ♡

NOHEMI GONZALEZ!



Certified Safe Sleep Instructor

Now providing Safe Sleep education *in Spanish* for our Spanish-speaking clients and families.

SAFE SLEEP | HEALTHY BABIES | STRONGER FAMILIES

Every Baby. Every Family. Every Night. ♥

HEALTHY July RECIPE

WIC FRIENDLY

Lemon Garlic Chicken & Veggie Skillet

A quick, one-pan meal made with lean chicken, colorful vegetables, and a light lemon garlic flavor. Perfect for busy nights and the whole family!



WIC FRIENDLY INGREDIENTS | GOOD SOURCE OF PROTEIN | FULL OF VITAMINS | LIGHT & DELICIOUS

INGREDIENTS

Serves 4

- 1 lb boneless, skinless chicken breasts or thighs, cut into 1-inch pieces
- 2 Tbsp olive oil
- 2 cloves garlic, minced
- 1 medium zucchini, sliced
- 1 yellow squash, sliced
- 1 red bell pepper, sliced
- 1 cup broccoli florets (fresh or frozen)
- Juice of 1 lemon (about 2 Tbsp)
- 1 tsp dried oregano
- Salt and pepper to taste

OPTIONAL ADD-INS

- 1/4 cup chopped onion
- 1/4 cup shredded low-fat cheese (such as mozzarella or cheddar)
- Cooked brown rice, quinoa, or whole wheat pasta for serving

WIC TIP

Use WIC-approved frozen vegetables for convenience and savings. Add cooked brown rice or whole wheat pasta to stretch the meal!

HOW TO MAKE IT

1. **COOK THE CHICKEN**
   Heat 1 Tbsp olive oil in a large skillet over medium heat. Add chicken, season with salt and pepper, and cook for 6–8 minutes until no longer pink. Remove from pan and set aside.
2. **SAUTÉ THE GARLIC**
   In the same skillet, add the remaining 1 Tbsp olive oil and garlic. Sauté for 30 seconds until fragrant.
3. **COOK THE VEGGIES**
   Add zucchini, yellow squash, red bell pepper, and broccoli. Cook for 6–8 minutes, stirring occasionally, until vegetables are tender-crisp.
4. **ADD LEMON & SEASONING**
   Return chicken to the skillet. Add lemon juice, oregano, salt, and pepper. Stir to combine and cook for 1–2 minutes until everything is heated through.
5. **SERVE & ENJOY!**
   Serve warm on its own or over brown rice, quinoa, or whole wheat pasta. Enjoy your healthy, WIC-friendly meal!

MAKE IT YOURS!

Try different WIC-approved veggies like green beans, cauliflower, or carrots. Add a sprinkle of low-fat cheese for extra flavor!

Healthy choices today. Stronger families tomorrow.

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!



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.

Public Health
Barton County Health Department



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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