



BARTON COUNTY

Public Health

Prevent. Promote. Protect.

Laboratory Services

May

2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 BCHD Staff Meeting 8:00 AM	5 BT CO Commission Meeting 9:00AM	6	7	8	9
10 BCHD Staff Meeting 8:00 AM	11	12 BT CO Commission Meeting 9:00AM	13 Breastfeeding Support Group 4:00 PM	14 Barton County Health Department Advisory Committee Meeting 11:30am.	15	16
17 BCHD Staff Meeting 8:00 AM	18	19 BT CO Commission Meeting 9:00AM	20	21	22	23
24	25 MEMORIAL DAY	26 BT CO Commission Meeting 9:00AM	27 WIC Prenatal Breastfeeding Class 2:00-3:00pm	28	29	30
31						



Public Health in May

May is a time of transition, bringing warmer weather, the end of the school year, and more opportunities to be active outdoors. Public health plays an important role during this seasonal shift by helping individuals and families stay safe, healthy, and prepared.

As temperatures rise, it's important to focus on sun safety, hydration, and preventing heat-related illness, especially for children participating in outdoor activities and sports. With the school year coming to a close, families may also experience changes in routine, making it a great time to prioritize mental well-being, safe summer planning, and staying up to date on immunizations and health check-ups.

May is also Mental Health Awareness Month, highlighting the importance of emotional health during times of change. Public health works with schools, organizations, and community partners to support both physical and mental wellness as students transition into summer. By staying aware of seasonal health risks and maintaining healthy habits, we can all enjoy a safe, active, and healthy start to summer.

Public health isn't just something that happens at the health department — it's something we practice every day through prevention, connection, and care.

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!!

April Event Success!

Pre-K Enrollment Event



BICYCLE SAFETY RODEO!

SATURDAY, APRIL 25, 2026



Thank You, Barton County!

Our Bike Rodeo was a great success!



7
KIDS
ATTENDED



11
KIDS
SIGNED UP



BICYCLES
WERE REGISTERED
TO THE OWNERS



Thank you to everyone who came out to ride, learn, and help make our community safer!

See you next year!





DEA NATIONAL ^{Rx} TAKEBACK

Thank you, Barton County!



SATURDAY, APRIL 25TH

10:00 AM - 2:00 PM

EAST SIDE OF BARTON COUNTY COURTHOUSE



DRUG TAKEBACK:
ESTIMATE ON DRUGS RECEIVED WAS
AROUND 200 LBS.

200
LBS.



Thank you to everyone who safely disposed of medications and helped keep our community safe!



Public Health
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Barton County Health Department

KEEP THEM SAFE. CLEAN THEM OUT. TAKE THEM BACK.

Family Planning at the Health Department

We're here for you

Prevent. Promote. Protect.

The Barton County Health Department is here to support your health and your future with confidential, affordable care.



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Health Department



What is Family Planning?

Family planning helps you plan if and when to have children. It supports your health, your future, and your family.

It serves as a safety net, offering services at reduced or no cost, including:

- ✓ Birth control options
- ✓ STI testing and treatment
- ✓ Cancer screenings



Affordable Care for Everyone

We believe healthcare is a right, not a luxury.

What is a Sliding Scale?

Your cost is based on your income and family size, which means:

- 👤 **Low Income:** You may qualify for no-cost services.
- 👨👩 **Middle Income:** You pay a reduced, affordable fee.
- 🔒 **Privacy First:** If you are a minor or need confidential care, only your income is considered.



Your Visit is Private

Everything you share with us—from your health history to your test results—is 100% confidential.

Your Options, Your Way

There is no "one-size-fits-all" for birth control. We help you find what works for your lifestyle!

Most Effective (99%+)



IUD: A tiny device that lasts 3–10 years.



The Implant: A small rod in the arm that lasts 3 years.

The Regular Routine



The Shot: One visit every 3 months.



Pills, Patches, or Rings: Used daily, weekly, or monthly.



The Basics

Condoms: Use them every time! They are the only method that also prevents STIs.



Peace of Mind

Taking care of your sexual health is part of a healthy life.

What We Test For:

- 🦠 Chlamydia & Gonorrhea
- 🦠 Syphilis
- 🦠 Hepatitis C
- 🦠 HIV

Why Get Tested?



Most STIs have no symptoms. Testing is the only way to know for sure.

Treatment & Prevention:

- If you test positive, we provide medicine to cure or manage the infection.
- Ask us about PrEP (the pill to prevent HIV) and the HPV Vaccine!



We provide cervical and breast cancer screenings as part of your annual exam.



CONTACT US

Barton County Health Department
620-793-1902
1300 Kansas Ave
Great Bend, KS 67530

bartoncounty.org



Healthy today.
Stronger tomorrow.
Better together.



Follow us for health tips & updates!



✦ FREE PRENATAL EDUCATION CLASSES ✦

becoming a mom



Public Health
Barton County
Health Department

Join us for a supportive, welcoming class series designed for expecting moms and their support partners.



WHEN:

Every Tuesday
1:30 – 3:30 PM



WHERE:

Barton County
Health Department

CLASS TOPICS

MAY
5



feeding your baby

Learn the basics of breastfeeding, bottle-feeding, and how to get started.

MAY
12



newborn and infant care

Tips for safe sleep, bathing, soothing, and caring for your newborn.

MAY
19



healthy after pregnancy

Focus on your recovery, emotional well-being, and a healthy start for you and your baby.



REGISTER TODAY!

Space is limited.
Call to reserve your spot.



620-793-1909



Healthy moms. Healthy babies. Stronger community. ✦ We're here for you every step of the way.



WE'RE HIRING

**Public Health Director
Registered Nurse
Front Office Clerk**

Apply Now!

How to Apply:

 **Submit your application today!**

 **Barton County Health Department**

 **Call: (620) 793-1902**

 **Visit: www.bartoncounty.org**

May 6th National Nurses Day!

LEADERS. CAREGIVERS.

Life changers.

Thank you to our incredible
public health nurses—
your care changes lives
every day.



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KAREN RN
DIRECTOR

47 Years of Experience

EXPERIENCE. COMPASSION. COMMUNITY.

That's the power of public health.



SARAH LPN

14 Years of Experience



LINDSEY RN
NURSE SUPERVISOR

11 Years of Experience



CHRISTINA RN

11 Years of Experience



COURTNEY RN
MCH/WIC

10 Years of Experience



We see your work. We appreciate your heart. We celebrate your impact.



THANK YOU FOR ALL YOU DO.

HEALTHY

May RECIPE

Lemon Herb Quinoa Chickpea Salad

A fresh, light, and filling salad packed with plant-based protein, fiber, and bright spring flavors.



Ready in
20
minutes!



PLANT-BASED



HIGH IN FIBER



LIGHT &
REFRESHING

INGREDIENTS

Serves 4

- 1 cup quinoa, rinsed
- 2 cups water
- 1 (15 oz) can chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup crumbled feta cheese (optional)

Lemon Herb Dressing

- 3 Tbsp olive oil
- 2 Tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp honey or maple syrup
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- Salt and pepper to taste



HOW TO MAKE IT

1



Cook the quinoa

Rinse quinoa. In a medium saucepan, combine quinoa and water. Bring to a boil, reduce heat, cover, and simmer for 15 minutes. Remove from heat and let sit, covered, for 5 minutes. Fluff with a fork and let cool.

2



Prep the ingredients

While the quinoa cools, rinse and drain the chickpeas. Chop the vegetables and herbs.

3



Make the dressing

In a small bowl or jar, whisk (or shake) together all dressing ingredients until well combined.

4



Assemble the salad

In a large bowl, combine quinoa, chickpeas, tomatoes, cucumber, red onion, and parsley. Pour dressing over the salad and toss gently to combine.

5



Enjoy!

Top with feta cheese (if using) and enjoy chilled or at room temperature.



MAKE IT YOURS!

Add avocado, spinach, or roasted veggies for extra nutrients and flavor.



Healthy choices today. Stronger families tomorrow.



Public Health

Barton County Health Department

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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