

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

April 2007

Encouraging Health

April 4 - "Stars For Your Childcare Home", \$15, 6:30 -8:30 p.m., JCHD - Olathe

April 5 - "Center Regulations", \$15, 6:30 -8:30 p.m., JCHD - Olathe

April 9 - "Redirecting Children's Behaviors", \$20, 6:30 - 8:30 p.m., JCHD - Olathe

April 10 - "Launching Your Childcare Home", \$15, 6:30 -8:30 p.m., JCHD - Olathe

April 11 - Process vs. Product: Creative Art Ideas", \$20, 6:30 -8:30 p.m., JCHD - Olathe

April 16 - "Asthma Management in the Indoor Environments", \$15, 6:30 -8:30 p.m., JCHD - Olathe

April 18 - "First Aid" by Med-Act, \$20, 6:30 -8:30 p.m., JCHD - Olathe

April 18 - SAFEKIDS Car Seat Checks, 3:00 p.m. - 6:30 p.m., Children's Mercy South. Appt. required: (816) 234-1607

April 25 - "Medication Administration" by Med-Act, \$25, 6:30 -8:30 p.m., JCHD - Olathe

April 28 - SAFEKIDS Car Seat Checks, 9:00 a.m. - 11:30 a.m., Ascension Church, 9510 W. 127th Street, Overland Park

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National Public Health Week is April 2nd - 8th, 2007

In 1995, former President Bill Clinton proclaimed the first week of April as National Public Health Week. Each year since then, the public health community has focused on issues that are important to improving the public's health. This year's theme is "Preparedness and Public Health Threats: Addressing the Unique Needs of the Nation's Vulnerable Populations."

Today, the threat of an influenza pandemic looms, placing a greater importance on preparedness. As a result, local, state and federal governments have made efforts to educate Americans about what they need to do to prepare for the next emergency, whether natural or man-made. Yet despite growing threats and a host of awareness campaigns, Americans remain largely unprepared for public health emergencies.

A September 2006 poll conducted by Marist College Institute for Public Opinion noted that only 31 percent of Americans have any emergency plans in place. For some of the nation's most vulnerable populations – including mothers with young children, the elderly, and people with chronic illnesses – being prepared is an even bigger challenge. For more information on how to prepare yourself and your family, go to <http://www.joccoem.org/pubedu.htm> or www.jocoflu.org. You can also contact the Johnson County Public Health Emergency Program for more information.

April is Youth Sports Safety Month

More than 3.5 million children ages 14 and under receive medical treatment for sports injuries each year.

Most organized sports related injuries (62 percent) occur during practices. Despite this fact, a third of parents often do not take the same safety precautions during their child's practices as they would for a game. Always insist that your kids wear the same protective gear, do the same warmups and take all the same precautions when they practice as when they're getting ready for a game.

Most sports injuries can be prevented. Protective equipment is used to help prevent and reduce the severity of injuries. Helmets have been proven effective in either preventing brain injury or reducing the severity of brain and head injuries. Mouth guards help prevent injury to the mouth, teeth, lips, cheeks and tongue.

For more on how to keep your child safe visit:

www.nyssf.org or www.usa.safekids.org.

You can also contact Safe Kids Johnson County at (913) 477-8312.

Easter Egg Safety

Make sure to take extra care when handling eggs for dyeing and hunting this Easter season. Here are some helpful tips for Easter eggs that are as safe to eat as they are fun to look at.

- Keep fresh eggs refrigerated until it's time to cook them.
- Wash your hands thoroughly before handling eggs.
- Cook the eggs until both the yolk and white are firm.
- Refrigerate hard-cooked eggs in their carton until ready to dye them.
- Use only food coloring or food-grade egg dyes to color eggs.
- When hiding eggs, avoid areas where the eggs could come in contact with dirt, pets, insects, wild animals, birds, reptiles, or lawn chemicals. Don't color or hide eggs with cracked shells.
- The total time for hiding and hunting eggs should not exceed 2 hours.
- A safe alternative is using plastic eggs filled with candy.

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Counseling Awareness
Irritable Bowl Syndroms Awareness
National Autism Awareness
National Occupational Therapy
National Youth Sports Safety
Women's Eye Health and Safety
National Donate Life
Sport Eye Safety
National Facial Protection
Cesarean Awareness
National Child Abuse Prevention
Alcohol Awareness
Foot Health Awareness

Weekly Awareness

2nd-8th National Public Health
21st-28th National Infant Immunization
23rd-29th Cover the Uninsured Week
28th-29th 2007 WalkAmerica
28th-May 6 - National SAFE KIDS Week

Days of Recognition

5th - National Alcohol Screening Day
5th - A Day to End Sexual Violence
7th - World Health Day
28th - World Tai Chi & Qigong