

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

August 2008

Encouraging Health

All classes 6:30 -8:30 p.m. at the Johnson County Health Department Olathe office, unless otherwise noted.

August 6 - "CPR by Med-Act", \$22.

August 13 - "Launching Your Childcare Home", \$15.

August 14 - "Setting the Stage... Creative Learning Centers", \$20.

August 20 - "Redirecting Childrens' Behaviors", \$20.



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JOHNSON COUNTY
HEALTH DEPARTMENT
dedicated to the prevention of disease and
promotion of wellness for our community

Beating the Summer Heat - Helpful Tips

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

In extreme heat, you should:

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities.
- Eat well-balanced, light, and regular meals.
- Drink plenty of water.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

Source: FEMA.gov

How Vaccinations Work

Disease prevention is the key to public health. It is always better to prevent a disease than to treat it. Vaccines prevent disease in the people who receive them and protect those who come into contact with unvaccinated individuals. Vaccines help prevent infectious diseases and save lives. Vaccines are responsible for the control of many infectious diseases that were once common in this country, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, and Haemophilus influenzae type b (Hib).

Vaccines work to protect infants, children, and adults from illnesses and death caused by infectious diseases. While the US currently has record, or near record, low cases of vaccine-preventable diseases, the viruses and bacteria that cause them still exist. Even diseases that have been eliminated in this country, such as polio, are only a plane ride away. Polio, and other infectious diseases, can be passed on to people who are not protected by vaccines. For more information contact a JCHD Health Educator.

Source: CDC.gov

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Children's Eye Health and Safety
Cataract Awareness
National Immunization Awareness
Psoriasis Awareness

Days of Recognition

1st - Nat'l Minority Donor Awareness