

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Health Department

August 2009

Encouraging Health

All classes 6:30 -8:30 p.m. at the Johnson County Health Department Olathe office, unless otherwise noted. Call (913) 477-8339 to sign up.

Aug. 3 - Redirecting Childrens' Behavior, \$20.

Aug. 4 - Is Your Program Family Friendly?, \$20.

Aug. 4 - Public Info Meeting to Apply for a Daycare Home, 9:00 a.m., \$5 for licensed and \$10 for registered.

Aug. 5 - Creative Art Ideas, \$20.

Aug. 13 - Launching Your Childcare Home, \$10.

Aug. 18 - First Aid, \$20.

Aug. 26 - CPR, \$22.



Contact Us

Barbara Mitchell

Public Information Officer
(913) 477-8364
barbara.mitchell@jocogov.org

Sarah McMeans

Risk Communicator
(913) 477-8360
sarah.mcmeans@jocogov.org



11875 S. Sunset
Olathe, KS 66061

6000 Lamar
Mission, KS 66202

dedicated to the prevention of disease and promotion of wellness for our community

Get Your Immunizations!

August is National Immunization Awareness month. Immunizations are a safe and effective way to protect you and your loved ones from certain diseases. Once your immune system is trained to resist a disease, you are said to be immune to it. Before vaccines, the only way to become immune to a disease was to actually get it and, with luck, survive it. Vaccines are an easier and less risky way to become immune. They can prevent a disease from occurring in the first place, rather than attempt to cure it after the fact.

If your vaccine-primed immune system stops an illness before it starts, you will be contagious for a much shorter period of time, or perhaps not at all. Similarly, when other people are vaccinated, they are less likely to give the disease to you.

Vaccines protect not only individuals but entire communities. That is why vaccines are vital to the public health goal of preventing diseases.

For more information, contact a JCHD Health Educator.

Source: www.cdc.gov

Protect Your Child's Eye Health

It is recommended that all children, even those with no apparent eye problems, should regularly receive comprehensive eye exams by an optometrist or an ophthalmologist.

Comprehensive eye exams include "an evaluation of the refractive state, dilated fundus examination, visual acuity, ocular alignment, binocularity, and color vision testing." Do not confuse a comprehensive eye exam with a vision screening. Vision screenings are only used to identify a child at risk for future vision problems.

Timetable for children's eye health:

- Newborns should have their eyes checked after birth while still at the hospital. This is used to detect congenital eye problems.
- From birth to two year of age, pediatricians should check to see if vision problems exist during well-child visits.
- A comprehensive eye examination should be performed at ages six months, three years and five years for all children.

Source: <http://www.preventblindness.org/resources/factsheets/ChildrensEyeHealthStatement.PDF>

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
Spinal Muscular Atrophy Awareness

Weeks of Recognition

1st - 7th - World Breastfeeding
9th - 15th - National Health Center

Days of Recognition

1st - Nat'l Minority Donor Awareness