

# Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

February 2007

## Encouraging Health

Feb. 5 - "Setting the Stage...Creative Learning Centers", \$20, 6:30 p.m. - 8:30 p.m., JCHD, Olathe

Feb. 7 - "Stars For Your Childcare Home", \$15, 6:30 p.m. - 8:30 p.m., JCHD - Olathe

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

Feb. 20 - "Asthma Management for the Daycare Provider", \$15, 6:30 p.m. - 8:30 p.m., JCHD - Olathe

Feb. 22 - "First Aid" \$20, 9:00 a.m. - 11:00 a.m., JCHD - Olathe

## Stop Strep B Infection in Babies!

Group B Strep (GBS) is a bacteria found in the digestive tract and birth canal of one in four pregnant women. Unborn babies can become infected with GBS before or during birth. GBS can cause infection in the blood, meningitis, and pneumonia. It can also cause babies to be miscarried, stillborn, or die after being born. It is important to be tested, and if found to be a carrier, you may need IV antibiotics before your labor or C-section. After birth, the newborn may need to be observed for up to 48 hours to make sure symptoms do not develop.

For more information, go to [www.groupbstrepinternational.org](http://www.groupbstrepinternational.org).

### Contact Us

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## Know the Signs and Symptoms of a Heart Attack

February is American Heart Month - a time to focus attention on the number one killer of men and women in America every year. Here are some warning signs of one type of heart issue - a heart attack.

- Chest discomfort: Some think that heart attacks are sudden and intense, but many times people can suffer from slight discomfort that can be a symptom. Most attacks involve discomfort in the chest that lasts for more than a few minutes, or that reoccurs frequently. It can feel like pressure, squeezing, fullness, or tightening.
- Discomfort in other areas of the upper body: Not all symptoms are chest-related. Often times those individuals suffering from a heart attack complain of pain or discomfort in their jaw, back, neck, stomach, or one or both arms.
- Shortness of breath: This may occur with or without chest discomfort.
- Other signs: This may include nausea, lightheadedness, or breaking out in a cold sweat.

If you or someone you are with suffers any of these symptoms, it is important to call 911 right away. For more information, go to [www.heart.org](http://www.heart.org) or call a JCHD Health Educator.

## A Five Second Walk Around Your Car Could Save A Child's Life

Safe Kids Worldwide recently launched "Spot the Tot", a new program to help prevent children from being injured or killed in driveways, parking lots and sidewalks. As an immediate first step, it teaches parents, drivers, caregivers and children new safety habits to raise awareness of small children sharing the same space as vehicles. This initiative responds to a steady increase in the reported number of children killed or injured around cars and not just as passengers.

While the majority of deaths to children involving motor vehicles involve traffic, approximately 10 percent of the deaths are considered non-traffic related. Non-traffic related vehicle incidents are those that occur somewhere other than a public highway, street or road -- for example, when children are struck by vehicles in parking lots or driveways or when they are left unattended in vehicles.

Most of these types of preventable injuries and deaths occur when drivers fail to see children near their vehicles in driveways or parking lots. In many cases, a five-second walk around your car could save a child's life. Nationwide, from 2001 to 2003, almost 2,500 children per year ages one through 14 went to emergency rooms with injuries from a vehicle backing up. During that same period, the CDC reported on average 229 fatal injuries per year for children ages one through 14.

Safe Kids Worldwide recommends three easy steps to help keep children safer around cars.

- Hold the hand of each child near a vehicle.
- When driving, even if you are not transporting children, look for children at all times.
- Walk all the way around your parked vehicle to check for kids, toys and pets before entering the car and starting the motor.

For additional information, go to [www.safekids.org](http://www.safekids.org) or contact Safe Kids Johnson County at (913) 477-8312.

## Rememberance for Health Calendar

(per the National Health Observances Calendar)

### Entire Month

American Heart Month  
AMD/Low Vision Awareness  
National Children's Dental Health  
National Wise Health Consumer  
Prenatal Infection Prevention

### Weekly Awareness

4th-10th National Burn Awareness  
7th-14th Congenital Heart Awareness  
11th-17th Children of Alcoholics  
12th-17th National Condom Week  
25th-3/3 National Eating Disorders

### Days of Recognition

2nd - Give Kids a Smile Day  
2nd - National Wear Red Day  
14th - National Donor Day  
16th - National Women's Heart Day