

# Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

July 2007

## Encouraging Health

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

July 10 - "First Aid", by Med-Act, \$20.

July 11 - "Signs & Symptoms of Illness", \$15.

July 12 - "Introduction to Room Arrangement", \$20. **1 - 3 p.m.**

July 16 - "Redirecting Childrens' Behaviors", \$20.

July 18 - "Medication Administration", by Med-Act, \$25. **9 - 11 a.m.**

July 18 - "Asthma Management & The Environmental Control", \$15.

July 19 - "Launching Your Childcare Home", \$15.

July 24 - "Emotional Development in Infants and Toddlers", \$15. **Call (913) 342-1110 ex. 112 to sign up for this class.**

July 25 - "Setting the Stage...Creative Learning Centers", \$20.

July 26 - "CPR", by Med-Act, \$20.

### Contact Us

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## Summer Barbeque Safety Tips

Tis the season for barbeques and picnics! To protect yourself, your family, and friends from foodborne illness, it is important to practice safe food handling techniques when eating outdoors. Keep these tips in mind when lighting up the grill.

- Keep cold food cold and hot food hot.
- Pack meat, poultry, and seafood while frozen so it stays colder longer.
- Keep separated from other cooked foods or foods eaten raw such as fruits and vegetables.
- Rinse fresh fruits and vegetables under running tap water.
- Keep the cooler in the air-conditioned car, rather than in a hot trunk. Limit the times the cooler is opened.
- Wash your hands or use disposable towelettes.
- Marinate foods in the refrigerator, not on the counter or outdoors. Don't reuse marinade.
- Don't reuse the same platter and utensils that previously held raw meat or seafood.
- Cook food thoroughly.
- Place foods like chicken salad and desserts in containers that can be placed on ice to keep cold. Replace ice often.
- Don't let perishable food sit out longer than two hours (One hour if temperature is above 90\*).

Source: [www.fightbac.org](http://www.fightbac.org)

## Plenty of Water a Day Keeps Heat-Related Illness Away

People get summer heat-related illness when their bodies are unable to compensate and properly cool themselves. This increase in temperature may cause damage to the brain or other vital organs. Age (children and those 65 and older), obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use can increase sensitivity to extreme heat and should be monitored closely.

- Drink plenty of fluids.
- Replace salt and minerals.
- Wear appropriate clothing and sunscreen.
- Schedule outdoor activities carefully.
- Pace yourself when working or exercising in a hot environment.
- Stay cool indoors.
- Use a buddy system when working in heat.

Heat stroke occurs when the body is unable to regulate its temperature. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Symptoms of heat stroke vary but may include the following: extremely high body temperature (above 103 degrees), red, hot and dry skin (no sweating), rapid, strong pulse, throbbing headache, dizziness, confusion, and unconsciousness.

If any of these symptoms occur, have someone call for immediate medical assistance while the victim is cooled.

Source: [www.cdc.gov](http://www.cdc.gov)

### Remembrance for Health Calendar

(per the National Health Observances Calendar)

#### Weekly Observances

10th - 14th - National Youth Sports

#### Entire Month

International Group B Strep  
Awareness Month