

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

July 2008

Encouraging Health

All classes 6:30 -8:30 p.m. at the JCHD - Olathe office, unless otherwise noted.

July 11 - "Public Information to Apply for Daycare Home", \$5 for licensed and \$10 for registered, 9:00 a.m. - 12:00 p.m.

July 14 - "Asthma Management & the Environmental Control", \$15.

July 15 - "Redirecting Childrens' Behaviors", \$20, 1:00 p.m. - 3:00 p.m.

July 16 - Launching Your Childcare Home", \$15.

July 22 - "Medication Administration", by Med-Act, \$25.

July 23 - Process vs. Product", \$20, 1:00 p.m. - 3:00 p.m.

July 23 - "Introduction to Room Arrangement" , \$20.

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

Melissa Henrich

Risk Communicator
(913) 477-8125
melissa.henrich@jocogov.org



11875 S. Sunset
Suite 300
Olathe, KS 66061
(913) 894-2525

Summer Bug Safety - Fight the Bite!

If there is one other thing you should do this summer besides applying sunscreen, it's applying bug spray any time you go outdoors. With the summer months comes a need for increased awareness about West Nile Virus and Lyme Disease. Not only are bug bites and stings painful and itchy, they are also a potential health risk of vector-borne diseases.

Insect repellents can be an effective way of keeping bugs off, if used appropriately. The American Academy of Pediatrics suggests using products containing DEET, which is the most effective mosquito and tick repellent available. Here's how to safely choose and apply DEET-containing insect repellents:

- Choose a product that contains no more than a 10%- 30% concentration of DEET.
- Don't use insect repellents on children younger than two months old.
- Apply repellent per package directions. Repeated applications may increase the potential toxic effects of DEET.
- Spray it on your child's clothes and exposed skin only. Avoid applying it near a young child's mouth, eyes or hands.

For more information, contact the Johnson County Health Department.

Sources: www.cdc.gov, www.aap.org

Sunglasses - More Than Just a Fashion Statement

We know the importance of using sunscreen to protect our skin from the sun, but have you thought about protecting your eyes? July is UV Safety Month, and across the nation eye doctors are advising Americans to protect their eyes by wearing protective sunglasses and hats.

According to American Academy of Ophthalmology, recent studies have shown that prolonged exposure to the sun's invisible, high-energy ultraviolet rays may cause eye conditions that can lead to vision loss. During the summer months the level of ultraviolet radiation is three times greater than in the winter. Sunglasses and wide-brimmed hats are the best defense for your eyes against sunlight and harmful UV rays. To be effective, both must be worn every time you're outside for prolonged periods of time, even when it's overcast.

When your purchasing sunglasses, make sure that they block 99 to 100% of UVA/ UVB rays. Don't be misled by the color of the lens, brand name or the price tag, as most \$10 sunglasses provide as much protection as a \$100 pair. With expensive sunglasses, you're paying for style, and not necessarily protective UV ray blocking ability.

Too much exposure to UV light from summer's sandy beaches or pavement can burn the eye's surface, which is very similar to sunburns. Eye surface burns will usually disappear within a couple of days just like a normal skin sunburn, but could lead to further complications later in life. For more information, Contact a JCHD Health Educator.

Source: www.aao.org