

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Health Department

June 2007

Encouraging Health

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

June 11 - "Setting the Stage: Creative Learning Centers", \$20.

June 13 - "First Aid: By Med-Act", \$20.

June 14 - "Process vs. Product: Creative Art Ideas", \$20. 1:00 p.m. - 3:00 p.m.

June 14 - "Launching Your Childcare Home", \$15.

June 19 - "Process vs. Product: Creative Art Ideas", \$20.

June 20 - "SIDS: Face Up To Wake Up!", \$15.

June 21 - "Asthma Management and the Environmental Control", \$15.

June 25 - "Redirecting Childrens' Behaviors", \$20.

SAFEKIDS Car Seat Checkup:

June 20 - Children's Mercy South parking lot, 3:00 p.m. - 6:30 p.m., Appointment required: (816) 234-1607

Contact Us

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

Summer is on the Way! Some Sun Safety Tips:

- Limit time in the midday sun -The sun's rays are strongest between 10 a.m. and 4 p.m.
- Seek shade - Shade is a good source of protection, but keep in mind that shade structures (e.g. trees, umbrellas, canopies) do not offer complete sun protection.
- Wear a hat - A hat with a wide brim offers good sun protection to your eyes, ears, face and the back of your neck - areas particularly prone to overexposure to the sun.
- Cover up - Wearing tightly woven, loose-fitting and full-length clothing is a good way to protect your skin from the sun's UV rays.
- Wear sunglasses - Sunglasses that provide 99-100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage. Check the label when buying sunglasses.
- Always use sunscreen - Apply a broad spectrum sunscreen with an SPF of at least 15 or higher liberally on exposed skin. Reapply every two hours, or after working, swimming, playing, or exercising outdoors. Even waterproof sunscreen can come off when you towel off, sweat, or spend extended periods of time in the water. For more information, contact JCHD's Health Education Division.

Home Pools and Children - Important Points to Remember

- Never leave children alone in or near the pool, even for a moment.
 - Install a fence at least four feet high around all sides of the pool. Use gates that self-close and self-latch, with latches higher than a child's reach.
 - Install a power safety cover that meets the standards of the American Society for Testing and Materials.
 - Keep rescue equipment (such as a life preserver) and a telephone by the pool.
 - Air-filled swimming aids are not a substitute for approved life vests and can be dangerous.
 - Anyone watching young children around a pool should learn CPR and be able to rescue a child if needed. Stay within an arm's length of children.
 - Remove all toys from the pool after use so children aren't tempted to reach for them.
 - After children are done swimming, secure the pool so they can't get back into it.
- For more information, contact Safe Kids Johnson County, a program of JCHD.

Ozone a Concern in Summer Months

During the summertime, the air in the Kansas City area can become measurably unhealthy, especially for those who have a respiratory illness. The reason for the unhealthy air is a pollutant called ground-level ozone. Some ways to control ozone levels are:

- Decrease driving by consolidating trips.
- Refuel vehicles after 7:00 p.m.
- Delay lawn care until after 7:00 p.m.
- When refueling, stop at the "click".
- Consider lawn care that is low-maintenance, requiring more infrequent mowing and care (different types of grasses or displace grass with bushes and trees).
- Keep personal vehicles well-tuned, and tires inflated properly. You can save up to 20% on the amount of gasoline you use.
- Avoid idling at drive-through services.
- Carpool, ride the bus, bike, or walk instead of driving when possible.

For more information, contact JCHD's Health Education Division.

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Fireworks Safety Month (thru 7/4)
National Scleroderma Awareness
National Aphasia Awareness
Vision Research Month
Myasthenia Gravis Awareness
Home Safety Month

Weekly Awareness

3rd - 9th Sun Safety Week
3rd - 9th Natn'l Headache Awareness
11th-17th National Men's Health
24th-30th Helen Keller Deaf-Blind
Awareness Week
27th-7/5 Eye Safety Awareness

Days of Recognition

3rd - National Cancer Survivor's Day
21st - National ASK Day