

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Health Department

June 2009

Encouraging Health

All classes 6:30 p.m. to 8:30 p.m. at Johnson County Health Department - Olathe, unless otherwise noted. Call (913) 477-8382 to sign up for a class.

CHILDCARE CLASSES:

June 10 - The Hidden Dangers of Lead in Your Home, \$15.

June 15 - Redirecting Childrens' Behaviors, \$20.

June 16 - Launching Your Childcare Home, \$10.

June 17 - First Aid, \$20.

June 22 - Is Your Program Family Friendly?, \$20.

June 24 - CPR, \$22.

HEALTH EDUCATION OFFERINGS:

June 5 - School Nurse Workshop, 8:00 a.m. to 12:00 p.m. Call (913) 477-8333 for additional details or to sign up.

The Facts About Getting Too Much Sun

Overexposure to the sun can result in skin cancer later in life. Consider these facts and statistics:

The dangers of UV exposure:

- You can sunburn even on a cloudy day.
- On average, children get three times more exposure than adults.
- Concrete, sand, water, and snow reflect 85 to 90 percent of the sun's UV rays.
- Depletion of earth's ozone continues to increase your exposure to UV rays.

Facts about skin cancer:

- In some parts of the world, melanoma is increasing at rates faster than any other cancer.
- More than 1.2 million new cases of skin cancer are diagnosed each year in the US.
- Melanoma, the deadliest form of skin cancer, kills one person every hour.
- One blistering sunburn can double a child's lifetime risk of developing skin cancer.

For more information, contact a JCHD Health Educator

Source: <http://www.sunsafetyalliance.org>

Protect Your Children's Eyes!

Each year, thousands of children five and under have eye accidents at home, at play, or in the car. These eye injuries can damage a child's sight or cause blindness. Taking these simple steps can help prevent eye injuries to your child:

1. Understand the dangers
2. Find and remove hazards
3. Watch your child closely

At Home: Use safety gates at top and bottom of stairs. Pad or cushion sharp corners. Put lock on all cabinets and draws that kids can reach. Keep all sharp or pointed objects out of kid's hands. Put away all hazardous chemicals, including cleaning solutions. Keep your child out of work areas.

At Play: Read all warnings and instructions on toys. Avoid toys with sharp edges or hard points, spikes, and rods. Don't buy toys that fly or shoot. Be aware of items in playgrounds and play areas that are hazards. Make sure your child wears proper eye protection when playing sports.

On the Road: Make sure children are properly secured in baby carriers and child safety seats and that the seat and shoulder belts fit well. Children age 12 and younger should never ride in the front seat. Store loose items in the trunk, or secured on the floor. Any loose object can become dangerous in a crash.

Source: <http://www.preventblindness.org>

Contact Us

Barbara Mitchell

Public Information Officer
(913) 477-8364

barbara.mitchell@jocogov.org

Sarah McMeans

Risk Communicator
(913) 477-8360



11875 S. Sunset
Olathe, KS 66061

6000 Lamar
Mission, KS 66202

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Fireworks Safety Month (thru 7/4)
Home Safety Month

Myasthenia Gravis Awareness
National Aphasia Awareness
National Scleroderma Awareness
National Scoliosis Awareness
Vision Research Month

Weekly Awareness

1st - 7th Sun Safety Week
7th - 13th Headache Awareness
15th - 21st National Men's Health
21st - 27th Helen Keller Deaf-Blind
Awareness Week
27th - July 5th Eye Safety Awareness

Days of Recognition

7th - National Cancer Survivor's Day
8th - Caribbean American HIV/AIDS
Awareness Day
21st - National ASK Day
27th - National HIV Testing Day