

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

May 2008

Encouraging Health

CHILDCARE CLASSES:

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

May 2 - "Public Information Meeting to Apply for a Daycare Home", \$5 for licensed, \$10 for registered.

May 5 - "Redirecting Childrens' Behaviors", \$20.

May 6 - "Asthma Management & the Environmental Control", \$15.

May 7 - "Signs & Symptoms of Illness", \$15.

May 8 - "Setting the Stage For Learning: The Environment", \$15.

May 12 - "CPR: by Med-Act", \$22.

May 13 - "Process vs. Product: Creative Art Ideas", \$20.

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

May 19 - "Let's Play Outdoors", \$20.

May 20 - "First Aid: by Med-Act", \$20.

May 21 - "The Hidden Dangers of Lead in Your Home", \$15.

HEALTH EDUCATION:

May 16 - "Bloodborne Pathogens & Hazard Communication Training", 2:00 p.m. - 5:00 p.m., Sunset Building.

Contact Us

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May is Lyme Disease Awareness Month

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans by the bite of infected blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks; laboratory testing is helpful in the later stages of disease. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics.

Steps to prevent Lyme disease include avoid areas with ticks, check your skin and clothes for ticks every day, use insect repellent, and remove ticks promptly. For more information, contact a JCHD Health Educator.

Source: CDC

Prevent Skin Cancer With These Easy Tips

More than one million new cases of skin cancer will be diagnosed in the United States this year. Current estimates are that one in five Americans will develop skin cancer in their lifetime. Some ways to prevent skin cancers include:

- Generously apply water-resistant sunscreen with a SPF of at least 15 that provides broad-spectrum protection from both ultraviolet A and ultraviolet B rays to all exposed skin.
- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.
- Seek shade when appropriate. The sun's rays are strongest between 10 and 4.
- Protect children by playing in the shade and using protective clothing and sunscreen.
- Avoid tanning beds. Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling.

If you notice anything changing, growing or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early. For more information, contact a JCHD Health Educator.

Source: American Cancer Society, American Academy of Dermatology

School Nurse Workshop

JCHD is hosting its annual School Nurse Workshop on June 6 from 8:00 a.m. - 12:30 p.m. at Hager Hall at Mid-America Nazarene University. Cost is \$55 for five credit hours and \$25 for no credit hours. Please contact Carey Yale for more information or to sign up at (913) 477-8333.

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Mental Health Month
Lyme Disease Awareness Month
American Stroke
Clean Air Month
National Neurofibromatosis Month
Hepatitis Awareness
Ultraviolet Awareness
Asthma & Allergy Awareness
Better Sleep Month
National High Blood Pressure Education
Melanoma/Skin Cancer Detection & Prevention
Tuberous Sclerosis Awareness
National Physical Fitness and Sports
Multiple Chemical Sensitivity Awareness
Healthy Vision
Lupus Awareness
National Arthritis
National Celiac Disease Awareness
National Teen Pregnancy Prevention