

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Health Department

December 2008

Encouraging Health
Call (913) 477-8382 to
register for this class.

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

**Remembrance for
Health Calendar**
(per the National Health Observances Calendar)

Monthly Awareness
Safe Toys and Gifts Month

Weekly Awareness
1st-7th - National Aplastic
Anemia and MDS Awareness
7th - 13th - National
Handwashing Awareness

Days of Recognition
1st - World AIDS Day

Contact Us

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The Importance of Handwashing

With the cold and flu season here, spread the word, not the germ –
WASH OFTEN!

Here's how to scrub those germs away:

- Wash your hands in warm water.
- Use soap and lather up for about 10 to 15 seconds. Make sure you get in between the fingers and under the nails where uninvited germs like to hang out. And don't forget the wrists!
- Rinse and dry well with a clean towel.

Don't underestimate the power of hand washing!! The few seconds you spend at the sink could save you trips to the doctor's office. For more information contact a JCHD Health Educator.

Source: kidshealth.org

Safe Toys & Gifts for this Holiday Season

Some general guidelines to keep in mind when toy-shopping:

- Toys made of fabric should be labeled as flame resistant or flame retardant.
- Stuffed toys should be washable.
- Painted toys should be covered with lead-free paint.
- Art materials should say nontoxic.
- Crayons and paints should say ASTM D-4236 on the package, which means that they've been evaluated by the American Society for Testing and Materials.
- The right toys at the right age. Always read labels to make sure a toy is appropriate for a child's age.

For more information call JCHD's Safe Kids Johnson County at 913-477-8312.

Source: safekids.org

What is HIV & How To Prevent It

HIV stands for Human Immunodeficiency Virus. HIV is a virus that infects cells of the human immune system and destroys their function. Infection with this virus results in the progressive deterioration of the immune system, leading to immune deficiency.

HIV is not transmitted by day-to-day contact in social settings, schools or in the workplace. You cannot be infected by shaking someone's hand, hugging someone, using the same toilet or drinking from the same glass as an HIV-positive person, playing sports with or being exposed to coughing or sneezing by anyone living with HIV. For more information call a JCHD Health Educator.

Source: unaids.org