

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

May 2006

Encouraging Health

May 3, 2006: "Signs and Symptoms of Illness" JCHD - Olathe clinic, 6:30 - 8:30 p.m.

May 9, 2006: "Playground Safety" JCHD - Olathe clinic, 6:30 - 8:30 p.m.

May 11, 2006: "Home Regulations" JCHD - Olathe clinic, 6:30 - 8:30 p.m.

May 17, 2006: "Launching Your Child-care Home" JCHD - Olathe clinic, 6:30 - 8:30 p.m.

May 18, 2006: "The Hidden Dangers of Lead in your Home" JCHD - Olathe clinic, 6:30 - 8:30 p.m.

May 23, 2006: "Stars for Your Child-care Home" JCHD - Olathe clinic, 6:30 - 8:30 p.m.

Avian Flu Containment Workshop

The Disease Containment Division of the Johnson County Health Department is sponsoring an avian flu disease containment update workshop Friday, May 19, from 1:45 p.m. - 4:45 p.m. at the Mission office. Topics include basic information about the disease, how to prepare for a pandemic, and how to be personally prepared for an outbreak. Cost is \$25.00 for those receiving contact hours, and \$10.00 for all others. For more information and a registration form, please email Erin Slack at erin.slack@jocogov.org.

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Clean Air Month Takes Center Stage in Johnson County

May is Clean Air Month, and many people in the area may be breathing easier soon, as cities in Johnson County have already or are looking to go smoke-free. Cities in the metro that are 100 percent smoke-free are Fairway and Roeland Park. Others, like Olathe and Leawood, are now investigating the benefits of a smoke-free environment. Many cities are adopting ordinances that prohibit smoking in the workplace, including restaurants and bars. Want your community to adopt a similar ordinance? Go to www.cleanairkc.com for additional information and tips, or call a Health Educator at the Johnson County Health Department for more information.

Blood Pressure Education Kicks Off in May

May is National High Blood Pressure Education Month. More than 65 million Americans - one in three - have high blood pressure. Having this elevation can lead to many life-threatening conditions, including heart disease, stroke, and kidney failure. This year, the National Heart, Blood, and Lung Institute invites community groups, civic and faith-based organizations, hospital outreach programs, public health departments, and workplaces to join the "mission" and renew activities to prevent and control high blood pressure. For more information, call the Johnson County Health Education Division.

Be a Safe, Healthy Summer Traveler

If you plan to travel abroad this summer, don't forget to research the potential health risks and illnesses that are currently affecting your destination. With the concern growing over pandemic flu, now is the time to be a safe, smart and healthy traveler. The Centers for Disease Control provides updated information about travel warnings related to disease on their website, www.cdc.gov/travel, including recommended vaccinations and a frequently-asked questions list. The best ways to keep yourself well during your globetrotting is to be sure to wash your hands frequently with soap and water or an alcohol-based solution. Also, if you aren't feeling well, consider postponing your trip. You definitely don't want to put others at risk. There are also many new warnings depending on what countries you are planning to visit. Being a safe, healthy traveler also means being smart - so find out what little germies or viruses you might encounter BEFORE you board your plane.

Rememberance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Mental Health Month

Lyme Disease Awareness Month

National Sight-Saving Month

Clean Air Month

National Neurofibromatosis Month

National Osteoporosis Awareness

National Trauma Awareness

Older Americans Month

Asthma & Allergy Awareness

Better Hearing and Speech

Better Sleep Month

National High Blood Pressure Education

Melanoma/Skin Cancer Awareness

Tuberous Sclerosis Awareness

Healthy Vision

National Physical Fitness and Sports

National Bike Month

Multiple Chemical Sensitivity Awareness

Summer Fun Pool Tips

With summer fast approaching, children will be ready to hit the pool. But if you and your child don't know the proper safety precautions, a summer of fun can quickly turn deadly. In 2003, nearly 4,200 children 14 and under were hospitalized for accidental drowning-related incidents. Ninety percent of the time, water deaths occur while the child is being supervised.

Below are some tips to keep your child safe while in the pool or lake this summer.

- *Always watch children near water.
- *Don't leave, even for a moment.
- *Use a barrier like a fence to keep children away from pools or other bodies of water.
- *Empty and turn over all water containers after you use them.
- *Teach children to swim when they're ready, usually after age 4.
- *Teach children to never run, push, or jump on others around water.
- *Teach children never to swim alone.

For additional information, please visit www.safekids.org, or call the JCHD Health Education Division.