



Johnson County Community Health Services

JOHNSON COUNTY
COMMUNITY HEALTH SERVICES

Home Health • Public Health • Hospice

Volume 1, Issue 4

July 2015

723 PCA Road
Warrensburg, MO 64093
660-747-6121



Happy Independence Day!!



Inside this issue:

Fireworks Safety	1
Improving Your Quality of Life	1
Grilling Safety 101	2
Lightning Safety	2
Healthier Eating Out	2
Calendar	3
Back-To-School Immunizations	3



Each July Fourth, thousands of people, most often children and teens, are injured while using consumer fireworks. Consumer fireworks include firecrackers and sparklers. Sparklers burn at temperatures of more than 1,200 degrees Fahrenheit, which is enough to cause third degree burns! The best advice is to leave the Fireworks to the professionals. Attend a public display conducted by trained professionals. Be sure that after the firework display not to let children pick up any fireworks that may be left over, they could still be active. For more information on Fireworks Safety go to www.nfpa.org/education. Have a safe and Fun 4th of July!!



“Improving Your Quality of Life”

Ticks can carry disease. Be sure you are checking for ticks often. Check, then re-check and then check again! Try to avoid tick infested areas, avoiding tall grass and brush. Wear light colored clothing and tuck your pants into your socks. Apply insect repellent containing **20-50% DEET**. Spray repellents with **permethrin** on clothes only, not on the skin. Be sure to examine clothing and skin frequently for ticks and be sure to check your pets for ticks too. Carefully remove any attached ticks immediately! Ticks can infect in 10 hours or less. Prompt treatment can prevent serious illness. See www.health.mo.gov for more information on ticks and how to properly remove them.



Grilling Safety 101



Here are some grilling safety tips according to the **National Fire Protection Association**:

- **Propane and charcoal BBQ grills should only be used outdoors.
- **Keep children and pets at least three feet away from the grill.
- **Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- **Never leave your grill unattended.

**Always make sure your gas grill lid is open before lighting it.



Charcoal Grills:

**If you use a starter fluid, use only

charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.

**Keep charcoal fluid out of the reach of children and away from heat sources.

**When you are finished grilling, let the coals completely cool before disposing in a metal container.

For these and other tips visit:

www.nfpa.org/safety-information/safety-tip-sheets

Lightning Safety



It's the time of year for lightning storms! Do you know what to do to keep your family safe when storms strike?

If you can hear thunder, you are within striking distance of lightning. Look for shelter inside a home, large building or a



hard-topped vehicle right away.

Do not go under trees for shelter. There is no place outside that is safe during a thunderstorm.

Wait at least 30 minutes after hearing the last clap of thunder before leaving your shelter. **Stay away** from windows and doors. Stay off porches. **There is no safe place outside.** Places with only a roof on sports fields, golf courses, and picnic areas are not safe during a lightning storm.

Tips for *Eating Healthy* When Eating Out

**As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.

**Ask for whole-wheat bread for sandwiches.

**In a restaurant, start your meal with a salad packed with vegetables, to help control hunger and feel satisfied sooner.

**Ask for salad dressing to be served on the side.

**Choose a main dish that includes vegetables, such as a stir fry, kebobs, or pasta with tomato sauce.

**Order steamed, grilled or broiled dishes instead of those that are fried or sautéed.

**Choose a "small" or "medium" portion.

**Order an item from the menu instead of heading for the "all-you-can-eat" buffet.

**If main portions are too big try: ordering an appetizer-sized portion or a side dish, sharing a main dish with a friend, or save

half immediately to take home.

**Avoid creamy sauces and gravies. Add little or no butter to your food.

**Choose fruits for dessert.

Hopefully these tips will help you make healthier choices when eating out the next time!





Johnson County Community Health Services
723 PCA Road
Warrensburg, MO 64093
Phone: 660-747-6121
Fax: 660-747-1294
WIC: 660-747-2012



"Improving Your Quality of Life"



Event Calendar

Food Safety Classes:
 7/14: Food Safety @ 10
 7/23: Food Safety @ 2

CPR/First Aid:
 7/9 @ 9

Other Events:
 7/3: Office Closed
 7/10: Childbirth Education Class @ 9
 7/22: WIC Breastfeeding Class @ 3
 7/23: Board Of Trustees Meeting @ 10

WIC:
 Warrensburg 7:30-6pm M-F
 Holden 9-3:30 pm 1st, 2nd & 3rd Wednesdays

Back-To-School Immunizations



School Starts Soon — Is Your Child Fully Vaccinated?

Make sure your children are up-to-date on vaccines **BEFORE** sending them back to school. School-age children, from preschoolers, to middle schoolers, to college students, all need vaccines!

See <http://www.cdc.gov/features/catchupimmunizations/> for more information.

Johnson County Community Health Services

has immunizations available daily, **Monday-Friday from 8 am to 5 pm** on a walk-in basis, no appointment necessary.

They are available to both insured and uninsured individuals (a fee may be required). We also bill most insurance companies.



Back to School

Don't wait until school starts, get your child's immunizations now!!

