

# NEWS 4 A HEALTHY SHELBY COUNTY

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## Keep Your Cool

Hot weather is unavoidable during summer months, but there are important steps that you can take to stay safe and not get overheated. Extreme heat can make you ill if your body can't compensate and properly cool you off. High humidity as well as age, obesity, fever, dehydration, heart disease and poor circulation are a few factors that can affect your body's ability to cool you down.

Those over 65, under two years of age, or with chronic diseases or mental illness are at higher risk of heat-related illness. Here are a few ways those at greatest risk can protect themselves:

- Stay in air-conditioned buildings as much as possible.
- Do not rely on fans as your primary cooling device during extreme heat.
- Drink more water than usual. Drink before you get thirsty!
- Check on friends and neighbors and have them check on you as well.
- Don't use a stove or oven to cook (Yay!) —it will cause your house to become hotter.

Outside work and other strenuous exercise can cause even healthy people to become sick during hot weather. Here are a few tips to stay healthy:

- Limit outdoor activity during the hottest part of the day.

- Wear and reapply sunscreen.
- Start slow and gradually pick up your pace.
- Drink extra water and pay attention to muscle cramps. They are an early sign of heat-related illness.
- Wear lightweight, loose, light-colored clothing.
- Schedule workouts early.

### *Symptoms of Heat-related Illness*

#### **Heat Exhaustion**

- Heavy Sweating
- Excessive thirst
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Feeling weak, dizzy, or faint

#### **Heat Stroke**

- Nausea and vomiting
- Headache
- Hot, flushed, **dry skin**
- Decreased sweating
- Decreased urination

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#### **Special points of interest:**

- Those suffering from heat stroke may have an increase in body temperature
- Confusion, delirium, or loss of consciousness may occur with a heat stroke.



## Vaccinate—Before It's Too Late!



Meningitis is a vaccine preventable disease that can be deadly. Symptoms can occur suddenly and can include fever, headache and stiff neck.

Immunizations have had an enormous impact on improving the health of children in the United States. Most parents today have never seen first-hand the devastating consequences that vaccine-preventable diseases have on a child, a family, or community. While these diseases are not common in the US, they persist around the world. It is important that we continue to protect our children with vaccines because outbreaks of vaccine-preventable diseases like pertussis, mumps, and measles can and do occur in this country.

ready for school, make sure they're fully vaccinated. Typically, your child needs a certificate of immunization to enroll in a new school. Your doctor's office or health clinic should be able to give you a record of your child's immunizations. You can also ask your local health department or child's doctor's office if they have a record of the vaccines your child has received.

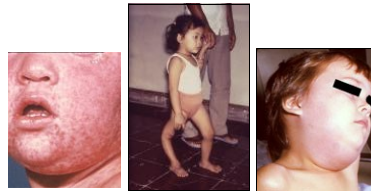
Making sure that children of all ages receive all their vaccinations on time is one of the most important things parents can do to ensure their children's long-term health—as well as the health of friends, classmates, and others in the community.

The CDC does not set immunization requirements for schools or childcare centers. Instead, each state decides which immunizations are required for your child's enrollment and attendance at a childcare facility or school in that state.

Immunization requirements and allowable exemptions may vary by state, and they may be updated and changed regularly.

See the last page of this newsletter for the 2017-2018 Missouri School Immunization Requirements.

**Many childhood diseases can be prevented by having your child vaccinated.**



*These pictures show the consequences of measles, polio, and mumps—all diseases that can be prevented by childhood vaccinations.*

Vaccination is one of the best ways parents can protect infants, children, and teens from 16 potentially harmful diseases. Vaccine-preventable disease can be very serious, may require hospitalization, or even be deadly, especially in infants and young children.

As you help your kids get



# Mark Your Calendar!

# COLOR



**2<sup>nd</sup> Annual  
Knockout  
ACCIDENTS**

**AUGUST 19 • KESSLER PARK • SHELBYVILLE**

**7:30AM Late Registration/T-Shirt Pick Up  
8:00AM Walk Starts**

**REGISTRATION FEE: \$25 ADULT; \$20 SCHOOL AGE KIDS; KIDS 0-4 FREE  
FEE TO INCREASE \$5 AFTER AUGUST 10<sup>TH</sup>**

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*We have your best interest at heart.*

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#### August Blood Pressure Clinics

- |    |                            |            |
|----|----------------------------|------------|
| 1  | Shelbyville Senior Housing | 9:30-10am  |
| 8  | Clarence Senior Citizens   | 2-2:30pm   |
| 16 | Shelbina Nutrition Site    | 11-12 noon |
| 17 | Bethel Fest Hall           | 1:30-2pm   |

For more info:

[www.cdc.gov](http://www.cdc.gov)

[www.webmd.com](http://www.webmd.com)

[www.medicinenet.com](http://www.medicinenet.com)

### Recipe of the Month

#### Summer Squash Casserole

##### Ingredients:

- 4 zucchini, chopped
- 2 onions, chopped
- 1 can condensed cream of mushroom soup
- 1/2 cup sour cream
- 3 medium carrots, grated
- 1 pkg croutons
- 1/2 cup butter
- 8 oz shredded cheese

##### Directions:

Preheat oven to 350°F. Boil zucchini and onion in a small amount of water for 5 minutes. Place boiled squash and onions in a 9x13 inch baking dish. Mix in soup, sour cream, carrots, croutons and butter. Top with shredded cheese. Cover dish and bake in preheated oven for 1 hour.

