

News 4 A Healthy Shelby County

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Special points of interest:

- Repellents with DEET should not be used on infants aged < 2 months.
- ≤ 30% DEET should be used on children aged > 2 months.

To DEET or not to DEET?

We all know that mosquitoes can spread many harmful and deadly diseases. There are many different kinds of insect repellents out there and it is often hard to know what to use, especially if you have small children. This article will hopefully help you answer all of those questions!

Insect repellents containing DEET have been tested and approved for kids, but should be used with caution. Otherwise, read the label of the product before purchasing to see if there are age restrictions. Repellents with DEET should not be applied to children younger than 2 months of age. Parents should choose the type and concentration of repellent to be used by taking into account the amount of time the child will be outdoors, exposure to mosquitoes, and the risk of mosquito-transmitted disease in the area.

The National Pesticide Information Center can also provide information through a toll-free number (800) 858-7378 or at npic.orst.edu.

Proper use of DEET repellents:

- Read and follow the instructions on the label to avoid excessive use.
- The more DEET in a product, the longer the protection. However, concentration of 50% or more do not increase length of protection. Recommended concentration is 10%-30% DEET.
- To make sure you will not react to a product, apply to a small area first.
- After returning indoors, wash repellent from skin and wash clothing before wearing again.
- Do not spray directly on face; spray hands and then apply to face. Avoid nose, mouth, and eyes.
- Only apply to exposed skin and clothing—do not apply under clothing.
- Do not spray in enclosed areas.
- DEET can damage products containing plastic, rayon, spandex, synthetic fabrics, leather and painted or varnished surfaces.

Suicide Prevention

Suicide is the 10th leading cause of death overall in Missouri. On average, one person dies by suicide every 8 Hours in the state. The state of Missouri is ranked 17th out of 50. Ten teenagers out of 100,000 decide to kill themselves. These numbers cannot be ignored. Educating our teens about suicide in school and at home can help reduce these numbers, while allowing teens to express their feelings and communicate their problems freely with someone can help save their lives as well. If you or someone you know is contemplating suicide please call 1-800- SUICIDE for more information.

Teen Suicide Prevention

To help lower these teen suicide risks, it is important to know what the signs of depression and suicidal thoughts and tendencies are to help prevent suicide from happening. These signs may include teens showing signs of depression, inability to sleep or sleeping too much, irritability, refusal to talk, difficulty coping with stress, grief or other life challenges as well as drinking or drug use. Other risk factors or symptoms of depression or suicide may include suicidal tendencies like self-mutilation where a teen may be harming themselves through cutting, burning, etc. All of these are signs and possible symptoms of depression. About 90 percent of people who commit suicide have previously shown signs of depression.

Suicide Warning Signs:

Most suicidal youth demonstrate observable behaviors that signal their suicidal thinking. These include:

- Suicidal threats in the form of direct “I am going to kill myself” and indirect “I wish I could fall asleep and never wake up again” statements
- Suicide notes and plans, including online postings
- Prior suicidal behavior
- Making final arrangements (e.g., making funeral arrangements, writing a will, giving away prized possessions)
- Preoccupation with death
- Changes in behavior, appearance, thoughts and/or feelings, withdrawing from/ignoring family and friends

Katie's Korner

What to Do

Youth who feel suicidal are not likely to seek help directly; however, parents, school personnel, and peers can recognize the warning signs and take immediate action to keep the youth safe. When a youth gives signs that they may be considering suicide, the following actions should be taken:

Remain calm.

Ask the youth directly if he or she is thinking about suicide—“Are you thinking of suicide?”

Focus on your concern for their well-being and avoid being accusatory

Listen

Reassure them that there is help and they will not feel like this forever

Do not judge

Provide constant supervision. Do not leave the youth alone

Remove means for self-harm

GET HELP: No one should ever agree to keep a youth's suicidal thoughts a secret and instead should tell an appropriate care giving adult, such as a parent, teacher, or school psychologist. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional or administrator.

GET HELP NOW:

Text **CONNECT TO 741741**

Free, 24/7, confidential, nationwide, any age

Guide you to coping skills

Answers over 90% of texters within 5 minutes or less

National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255)

Go to the nearest hospital emergency room

Call 911 for emergency services

MOCARS ACI Hotline: 1-800-356-5395

COMING SOON! FREE DENTAL CLINIC

WHERE: Shelby
County Health
Department
WHEN: Friday,
July 21, 2017

*MORE UPDATES
COMING SOON!*

Shelby County Health Dept
700 E. Main
Shelbyville, MO 63469

Phone: 573-633-2353
Fax: 573-633-2323



The Shelby County Health Department will be hosting a **FREE Dental Clinic** at our office on Friday, July 21, 2017. Services will be provided by **Macon Dental**.

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700 E. Main
Shelbyville, MO 63469

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Fax: 573-633-2323

We have your best interest at heart.

www.shelbycountyhealth.com

June Blood Pressure Clinics

6	Shelbyville Senior Housing	9:30-10am
13	Clarence Senior Citizens	2-2:30pm
15	Bethel Fest Hall	1:30-2pm
21	Shelbina Nutrition Site	11-12 noon

For more info go to:

www.kidshealth.org

www.cdc.gov

www.suicide.org

www.suicidepreventionlifeline.org

Recipe of the Month

Southwest Alfredo Pasta

Ingredients:

- 1 cup frozen corn
- 2 cups dry penne
- 2 cups cooked chicken
- 1 cup black beans (rinsed and drained)
- 1 Tbsp olive oil
- 1 red pepper, diced
- 14 oz jar Alfredo sauce

Directions:

Heat a large saucepan over medium heat. Add 1 Tbsp of olive oil, and then the diced red pepper. Cook until soft, remove from

pan and set aside. Add water to the saucepan, bring to a boil and add the penne. One minute before you need to remove the pasta (according to package directions), add the frozen corn. Drain the cooked pasta and warmed corn and return to the pan. Stir in the cooked pepper, chicken and black beans. Then stir in the Alfredo sauce and taco seasoning.

