

# NEWS 4 A HEALTHY SHELBY COUNTY

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### Special points of interest:

- Measles can be contagious up to 4 days before the rash appears and remains contagious for 4 days after the rash appears.
- Measles is spread by droplets from cough or sneeze of an infected person.

## MEASLES

Measles is a highly contagious disease that is spread by droplets from the cough or sneeze of an infected person. Also known as rubeola, measles can cause a rash all over the body, fever, and respiratory infection.

Measles is caused by a virus and can be contagious up to 4 days before the rash appears and remains contagious for up to 4 days after the rash appears. Luckily, once you've had measles, you can't get it again.

Even though most people get over measles within 2 weeks, it can sometimes cause more serious complications such as pneumonia, brain swelling, and rarely seizures and meningitis.

### Symptoms

- High fever
- Runny nose
- Sneezing
- Sore throat
- Hacking cough
- Red, sore eyes
- Red spots inside mouth
- Rash all over body

It usually takes 7 to 18 days for symptoms to appear after exposure.

### Treatment

There is no medication for the treatment of measles. However, over-the-counter pain relievers can be used to reduce fever. Getting plenty of rest and fluids is also recommended. Because it is such a highly contagious infection, staying away from others is very important. Anyone with measles should not attend school or work for at least 4 days after the rash first appears.

### Prevention

Measles can be prevented by getting your child properly vaccinated with the MMR. This vaccination is given at 1 year of age and again before a child enters kindergarten. It offers protection against measles, mumps, and rubella.

If your child is not up-to-date on his/her MMR vaccination, please give us a call the Shelby County Health Department today at 573-633-2353 to schedule a time to get them vaccinated.

## FARM SAFETY FOR KIDS



Always watch for children when moving equipment

***Always turn off farm machinery if you are leaving it***



Keep all lawn tools and power machinery out of reach of children.

Each year, a significant number of young people are killed, injured or permanently disabled on farms in the United States. An estimated 1 million children and adolescents under 20 years of age reside on farms, with about half of that performing work on the farm. In addition to the youth who live on farms, an additional 230,000 children and adolescents were hired to work on farms. An estimated 33,000 children have farm related injuries each year in the US. More than 100 of these children die as a result of their injuries. Of the leading causes of fatal injuries to youth on US farms, 23% involved machinery, 19% motor vehicles (includes ATVs), and 16% were due to drowning.

### Safety Rules

Here are some rules that can be used on your farm or around your house to keep your children safe.

Safety Rules for Farms:

- Always turn off farm machinery if you are leaving it
- Leave safety equipment in place, e.g. brakes and guards
- Take keys out and put them out of reach of young children
- Lock away all chemicals
- Keep guns locked away and ammunition should be kept in different place
- Make sure water areas, e.g. dams, are fenced off and the gate locked.
- Make sure wells, tanks, and swimming pools are covered or fenced
- Leave ladders locked up or lying flat on the ground
- Keep protective glasses, earmuffs, helmets and gloves in easy to reach places
- Always wear seat belts in cars

or trucks

- Always wear a helmet when riding quads, bikes, or horses
- Cover up and use sunscreen and hats in the sun
- Put away portable machinery, e.g. lawn mowers, out of the reach of children.
- Always wear boots or strong shoes outside of the house

### Emergency Plan

Farms can be dangerous places for everyone. It is a great idea if everyone knows what to do in case of an emergency. Here are some topics to talk with your children about and get a plan in place! After a plan is in place it is a great idea to practice going through the plans until everyone is sure about what they need to do. It could save time and maybe someone's life in an emergency situation. Here are some sample questions to help your family know what to do:

- What should you do if there is a fire?
- What should you do if someone is injured?
- What if animals get out on the road?
- What if there's a flood?
- What if you find something dangerous?
- What if someone was bitten by a snake?
- What if there are extreme weather conditions?
- What are the emergency numbers that you may have to call?

CDC'S NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION

# DO YOU GET ENOUGH SLEEP?

1 IN 3  
Adults don't get enough sleep.

Adults need 7+ hours of sleep per night.

## 7 OR MORE



Lack of sleep is linked to several chronic diseases and conditions, including:

- DIABETES
- HEART DISEASE
- OBSESITY
- DEPRESSION

## Tips for Good Sleep

- Go to bed and get up at the same time each day, including weekends.
- Keep bedrooms quiet, dark, and a comfortable temperature.
- Remove electronic devices from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Being active during the day can help you fall asleep at night.

Learn more about good sleep habits at [www.cdc.gov/sleep](http://www.cdc.gov/sleep)



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion

NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION  
@CDCChronic | [www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease)

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*We have your best interest at heart.*

## *May Blood Pressure Clinic*

*16 Shelbina Nutrition Site*

*11 am—12 pm*

For more info go to:

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

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

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## RECIPE OF THE MONTH

### **Black Bean Dip**

#### Ingredients:

- 1 can black beans, drained
- 1 can pinto beans, drained
- 1 can black-eyed peas, drained
- 1 tomato, chopped
- 1 can white corn, drained
- 1 green pepper, chopped
- 1 red onion, chopped
- 1 can Rotel
- 1/2 cup Italian dressing

#### Directions:

Stir all ingredients together. For best results, refrigerate overnight before serving.

