

Sumner County Health Department Sumner County Home Health Agency Sumner County In-home Services

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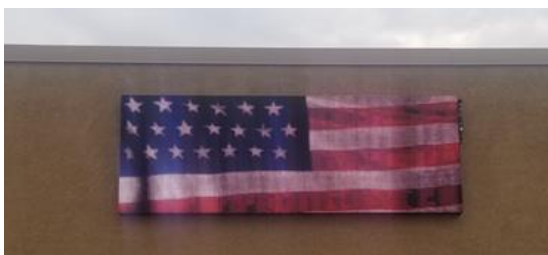
Summer Time Fun!

Summer time is in full swing! With school out, everyone is busy with vacations, summer ball, and just making memories! We hope everyone has a fun but safe summer!



What's Up

We have a new digital sign on the south east side of our building! We will be posting updates, safety tips and other information for the public. Make sure you come by and take a look!



Welcome



We are excited to have Julie Hibbs join our team here at the Health Department! Julie will start working in July as one of our Public Health RN's. Julie comes to us from the Sumner County District #1 Hospital where she has worked for the past 4 years. Prior to that, Julie worked at the Sumner Regional Medical Center in Wellington. When asked what Julie enjoys most about being a nurse she said watching people get better than they were and learning new things. Outside of work Julie enjoys spending time with her family, reading and enjoying lake time!

Welcome Julie!!!!

Grilling Safety Tips

With the warmer weather everyone wants to be outside grilling! But according to the NFPA, on average yearly, 10,600 home fires are started by grills and 19,700 patients go to the ER due to a grilling injury. Follow these safety tips to help ensure you stay fire safe this summer!



GRILLING FIRE SAFETY

KNOWING A FEW FIRE SAFETY GRILLING TIPS WILL HELP EVERYONE HAVE A SAFE SUMMER.

- Only use your grill outside. Keep it away from siding and deck rails.
- Keep a 3-foot safe zone around your grill and campfire. This will keep kids and pets safe.
- Clean your grill after each use. This will remove grease that can start a fire.
- Place the coals from your grill in a metal can with a lid once they have cooled.
- Open your gas grill before lighting.
- Keep an eye on your grill, fire pit or patio torches. Never leave any of them unattended.

STAY FIRE-SAFE THIS SUMMER!

For more information and resources, visit www.usfa.fema.gov and www.nfpa.org.



Kansas Tobacco Quitline Pregnancy Program



The Kansas Tobacco Quitline (KSquit.org or 1-800-QUIT-NOW) provides free one-on-one coaching for Kansans ready to quit using any form of tobacco, including vaping. Professional counseling is available 24 hours/day, seven days/week. The **Quitline Pregnancy program** offers up to five coaching sessions during pregnancy and four sessions postpartum with the same female coach and includes the option to receive free text message support. Currently, the Quitline pregnancy program is offering a \$20 MasterCard gift card after each coaching call is completed.



HRSA announces its free Maternal Mental Health Hotline, providing pregnant women and new moms a safe, confidential space to get help with maternal depression and other mental health needs. Call or text 1-833-9-HELP4MOMS.

Community Outreach



On May 4th, 2022, Kelly and Cheryl attended the annual Kindergarten Roundup and provided information on immunizations for school. We also had some fun with the kids with our 'Knock Out Germs' corn hole game!



May was 'High Blood Pressure Education Month'. So on May 23rd, 2022, the UMC of Belle Plaine invited us to provide blood pressure education at their monthly Healthy Congregation Initiative meeting. Living a Heart Healthy Lifestyle was the focus of our discussion. Thanks for having us!

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Summer Heat Safety Tips



Reminders about Extreme Heat Safety

- Never leave people or pets in a closed car on a warm day.
- If air conditioning is not available in your home go to a cooling center.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, seniors and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.

Germ Fighters

The Home Health and In-Home Service Departments gather every month for training. During June, the topic was infection control with a focus on good hand washing. They used “fake” germs and a black light to see if they missed any spots when washing their hands! Remember- regular handwashing is one of the best ways to remove germs, avoid getting sick and prevent the spread of germs to others.



**HELP
WANTED**

We currently have openings for a **Registered Nurse** in our Home Health Agency. If interested apply at: www.ksgovjobs.com

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KANSAS
MATERNAL &
CHILD HEALTH

Our Maternal and Child Health program works to improve the health and well-being of Kansas mothers, infants, children, and youth by providing well visits, immunizations, and other screenings.



We are a Vaccines for Children (VFC) provider that helps ensure that all children have a better chance of getting their recommended vaccinations on schedule, which means healthier children, families, and communities.

**FAMILY
PLANNING**



Our Family Planning program provides reproductive health and other preventative health services! Some of what we provide are exams, contraceptives, screening, and counseling.

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