

May 2013

CLEAR CREEK COUNTY
Public and Environmental Health



MAY IS NATIONAL STROKE AWARENESS MONTH
Approximately 795,000 strokes occur in the United States each year. Recognizing the symptoms and acting quickly can help save lives and limit permanent disabilities. The National Stroke Association recommends the FAST technique for identifying potential signs of a stroke:

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME: If you observe any of these signs, **call 9-1-1 immediately.**

Tips for safe swimming

The Center for Disease Control and Prevention offers the following advice and tips for water safety.

- ❖ **Supervise when children are in or around water.** Avoid potential distractions like talking on the phone, playing games or doing yard work.
- ❖ **Use the buddy system.** Teach children to never swim alone. Choose swimming locations with lifeguards on duty whenever possible.
- ❖ **Air-filled or foam toys are not safety devices.** Many water toys like “noodles” can float, but they can’t take the place of safety equipment like life jackets.
- ❖ **Clear the pool and deck of toys.** Remove floats, balls and other toys from the pool area immediately after use so children are not tempted to enter the pool without supervision.

Cooking Matters Classes.

If you are interested in a 6 week Cooking and Nutrition class for parents of preschoolers please contact Stephanie at 303-478-1795

**CLEAR CREEK PUBLIC HEALTH'S
"CHOOSE YOUR LIFE"
DIABETES PREVENTION PROGRAM**

Where? The Clear Creek Recreation Center,
1130 Idaho Street, Idaho Springs

When: Starting Tuesday May 28 at 5:30 pm

Space is limited! This program is a perfect way to kick off the summer!

What is it? An evidence based program that incorporates lifestyle changes to help reduce the risk of developing

type 2 diabetes for individuals at high risk.

You don't think this program is for you? Think again... one in three Coloradans has pre-diabetes, you could be one and not even know.

Who is it for? People who are ready and willing to commit to themselves and make changes that will improve their health, quality of life and wellbeing

What do you have to lose? 5-7% of your body weight!

What do you have to gain? Health, self-esteem, confidence and a new outlook on the future!

What does it cost? \$8 per session (scholarships available and an incentive program that helps pay you back upon program completion)

**Interested? Contact Tami Bradley, Public Health Nurse
at 303-670-7544**

Healthy



Smiles

We all know how important it is to brush our teeth, but **Don't forget to floss.** Flossing is an activity almost no one enjoys, but it so important when it comes to your oral health. It can be awkward, difficult, time-consuming but it is an essential part of your daily cleaning routine.

- ✓ **Just the facts.** Floss at least once a day for optimal oral health. This helps remove plaque from the areas between your teeth where the toothbrush can't reach. Plaque that is not removed can eventually harden into calculus or tartar. Flossing also helps prevent gum disease and cavities.
- ✓ **Getting it done.** Try to make flossing a priority in your daily life. It makes no difference when you floss.
- ✓ **Children should be having their teeth flossed also.** An adult should floss a child's teeth as soon as they have two teeth that touch.
- ✓ **Flossing should not be painful.** You may feel discomfort at first, but don't give up. The discomfort should ease within a week or two. If pain persists, talk to your dentist.

If you find flossing difficult, consider a different flossing method. You may prefer a wooden plaque remover, dental pick, or pre-threaded flosser. Dental floss also comes in different types such as waxed, unwaxed, thick or comfort floss. Find the one you prefer the most and stick with it for a healthy smile!

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