



WARREN COUNTY HEALTH DISTRICT Prevent-Promote-Protect



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ACT F.A.S.T.

During a stroke, every minute matters. Brain damage can be lessened with fast treatment. By knowing the signs and symptoms of a stroke, fast action can possibly save a life during a stroke.

Signs and Symptoms for men and women:

- *sudden numbness or weakness in the face, arms, or legs

- *sudden confusion, trouble speaking, or difficulty understanding speech
- *sudden trouble seeing
- *sudden trouble walking, dizziness, loss of balance, or lack of coordination
- *sudden severe headache

Acting F.A.S.T. can help a stroke patient get the treatment they need. Stroke treatments that work best are available only if the stroke is recognized and diagnosed within 3 hours of the first symptoms. If the patient doesn't arrive at the hospital in a timely

matter, they may not be eligible for some treatments.

If you think someone may be having a stroke, act F.A.S.T, and do the following test:

- F—Face: ask the person to smile. Does one side of the face droop?
- A—Arms: ask the person to raise both arms. Does one arm drift downward?

S—Speech: ask the person to repeat a simple phrase. Is the speech slurred or strange?

T—Time: if you see any of these signs, call 9-1-1 right away

Make sure to know the time when symptoms first occur. This information helps health care providers determine the best treatment for each person. Do not drive to the hospital by yourself. Call 9-1-1 and let the ambulance transport you to the hospital. By calling for an ambulance it allows you to receive medical care immediately. It is so important to get to medical personnel quickly so they can begin life-saving treatments.

For more information visit, www.cdc.gov/stroke/signs_symptoms.htm



SUN SAFETY

Skin cancer is the most common type of cancer in the US. UV radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles, blotches or spots on your skin. The good news is that skin cancer can be prevented. It can almost always be cured when it's found and treated early.

Take simple steps to protect your skin:

Stay out of the sun as much as possible between 10 a.m. and 4 p.m.

Use sunscreen with SPF 30 or higher. Put on sunscreen every 2 hours and after you swim or sweat.

Cover up with long sleeves and a hat.

Check your skin regularly for changes.

SUN SAFETY TIPS FOR FAMILIES

Nearly 5 million people are treated for skin cancer each year in the United States. Skin cancer can be serious, expensive, and sometimes deadly. Fortunately, most skin cancers can be prevented.

Protect your family and yourself from skin cancers. Stay sun safe outdoors:

*seek shade, especially during midday hours—under umbrellas, trees, or other shelters to find relief from the sun

*be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete

*wear sun protection gear like a hat and sunglasses to protect your face and eyes



*wear a long-sleeved shirt and pants or a long skirt for additional protection

*apply a thick layer of sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy days—reapply every 2 hours and after swimming, sweating, or toweling off

For more information visit: www.cdc.gov/cancer/skin/

KEEP WASHING THOSE HANDS

1. Wet your hands with running water.

2. Lather hands with soap and scrub for 20 seconds.



Need a timer? Sing your ABC's once or Happy Birthday twice.

3. Thoroughly wash your palms,

knuckles, fingers, in between fingers, and wrists.

4. Rinse hands well with clean, running water.

5. Dry your hands, using a clean towel.

6. Dispose paper towel in a trash can.

The offices of the Warren County Health District will be closed on Monday, May 31st in observance of the Memorial Day Holiday.



QUICK FACTS on the RISK of E-CIGARETTES—VAPING

What is the bottom line on the risks of E-Cigarettes for kids, teen, and young adults? The use of E-Cigs is unsafe and they do contain nicotine. Nicotine is highly addictive and can cause adolescent brain development. E-cigs can contain other harmful substances beside just nicotine.

What are E-Cigarettes? E-Cigs are an electronic device that heat a liquid and produce an aerosol, or mix of small particles in the air. They come in all sizes

and shapes. Some look like a regular cigarette, pipe or cigar. Most are battery operated, have a heating device, and

have a place to hold liquid. Using an E-Cig is called "vaping".

How do E-Cigarettes Work? E-Cigs produce an aerosol by heating a liquid that contains nicotine, flavorings, and other chemicals that help to make up an aerosol. This liquid is called "e-juice". E-Cig devices can be used to deliver marijuana and other drugs.

What is JUUL? JUUL is a brand of E-Cig that is shaped like a USB flash drive. All JUUL E-Cigs have a high level of nicotine. A single pod con-

tains as much nicotine as a pack of 20 regular cigarettes. Approximately two-thirds of JUUL users aged 15-24 do not know that JUUL always contains nicotine. News outlets and social media sites report that widespread use of JUUL by students are in the restrooms, classrooms, bathrooms, and the locker rooms at school.

Why is Nicotine Unsafe for Kids, Teens, and Young Adults? Most E-Cigs contain nicotine, the addictive drug in regular cigarettes, cigars, and other tobacco products. Nicotine can harm the developing adolescent brain. The brain continues to develop until the age of 25. Using nicotine in adolescence years can harm the

parts of the brain that controls attention, learning, mood, and impulsive control. Nicotine use during adolescence may also increase risk for future addiction to other drugs.

What are the Other Risks of E-Cigarettes in Kids, Teens, and Young Adults? Scientist are still learning about the long-term health effects of E-Cigarettes. Some of the ingredients could be harmful to the lungs in the long-term. For example, some flavorings may be safe to eat but not safe to inhale because the stomach can process more substances

than the lungs. Children and adults have been poisoned by swallowing, breathing, or absorbing E-Cig liquid through their skin or eyes. Nationally, approximately 50% of calls to poison control centers for E-Cigs are for kids 5 years of age or younger.

What is in E-Cigarette Aerosol? The aerosol in NOT harmless "water vapor". The E-Cig aerosol that users breathe from the device and exhale can contain harmful substances, including:

- *Nicotine
- *Ultrafine particles that can be inhaled deep in the lungs
- *Volatile organic compounds
- *Cancer-causing chemicals
- *Heavy metals such as nickel, tin, and lead

What Can I do to Prevent My Child from Using E-Cigarettes or Help Them Stop? Set a good example by being tobacco free. If you use tobacco, it is never too late to stop. Talk to your child about the dangers of vaping and how harmful it is for them. Start a conversation with them now if they on vaping or before they start.

For more information visit:

www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

