



# Charleston County First Steps EHS-CCP Health and Wellness Quarterly Newsletter

## KEEPING YOUR FAMILIES SAFE AND HEALTHY

### March is Sun Safety Month!

Skin cancer is the most common cancer in the United States. Anyone can get skin cancer, even people with darker skin types. Early sun exposure in childhood has been linked with an increased risk of developing skin cancer later in life. Use these tips to keep your child safe!



**Limit time in the sun.** Avoid exposure to the sun between the hours of 10am and 4pm. Seek shade whenever possible.

**Use the right sunscreen.** The best sunscreens are broad-spectrum, meaning they protect from both UVA and UVB radiation. Look for ones that are SPF30 or higher. For kids, ingredients like zinc oxide or titanium dioxide are safest since they aren't absorbed.



**Wear protective clothing.** Hats with a wide brim, sunglasses, and long-sleeved shirts all protect our skin from the sun. Unlike sunscreen, this protection lasts for hours without needing to reapply!



Colleen Cotton, MD

#### Special Thanks to the Health Services Advisory Committee

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### Parent-Child Matching Game Activity

Supplies needed: Black Sharpie marker, plastic Easter eggs

Draw a shape using the sharpie that crosses both halves of an Easter egg. Once all the Easter eggs have shapes drawn, separate the top and bottom halves of the eggs and work with your child to match the shapes.

- For younger children: Use circles, hearts, squares, and triangles. Keep the top and bottom colors the same, which reinforces color matching.
- For older children: Try more advanced shapes like oval, rectangle, diamond, pentagon, star, hexagon, and octagon. You can also mix and match the top and bottom colors.

Shaniqua Christian, Center Director



# COVID-19 VACCINE FAST FACTS

NUMBER OF DOSES

**2**

TIME BETWEEN DOSES

**24-42 DAYS** REASONABLE

**19-23 DAYS** IDEAL



**1**  
FACT

**The vaccine will not give you COVID-19.**

A COVID-19 vaccine does not contain any part of the virus and cannot cause an infection or positive result on a viral test.

**2**  
FACT

**Quick development does not mean it's not safe.**

Rapid development is the result of decades of scientific progress and collaboration among scientists across the globe.

**3**  
FACT

**It may provide protection against more than one strain.**

All viruses develop small mutations over time. Information to date shows that Pfizer and Moderna are effective against multiple strains presently in circulation.

**4**  
FACT

**The vaccine will not change your DNA.**

The vaccine is an mRNA vaccine, which does not interact with DNA in any way. It triggers an immune response that produces protective antibodies.

**5**  
FACT

**The vaccine has not been linked to infertility or miscarriage.**

There is no evidence that shows the vaccine causes infertility or the likelihood of miscarriage.

**6**  
FACT

**We know exactly what is in the vaccine.**

Pfizer and Moderna have published the ingredients list for their vaccines. Speculation that either contains microchips or tracking has been proven false.

## COMMON SIDE EFFECTS

The second dose side effects are more intense and usually start within 1-2 days of the vaccine, and last for 1-2 days.

- Tiredness
- Headache
- Muscle pain
- Chills
- Joint Pain
- Nausea
- Fever
- Injection site pain
- Injection site swelling
- Injection site redness

**INFORMATION & SCHEDULING**

MUSC<sup>HEALTH</sup>.ORG/VACCINE OR 843-876-7227



**MUSC Health**  
Medical University of South Carolina

# Heart Disease in South Carolina

About 630,000 Americans die each year from heart disease. It was the leading cause of death and disability in the US until COVID. The most common form of heart disease in the US is coronary artery disease, which can lead to heart attacks. In 2019, heart disease was the leading cause of death in South Carolina.

## Did you know about these risk factors?

- ♥ **Smoking** Cigarette smokers have a 70 percent higher chance of dying of heart disease than nonsmokers.
- ♥ **Overweight or obese** Being overweight increases the risk of heart disease by 32 percent.
- ♥ **High blood pressure** Also known as hypertension, it is often called the “silent killer” because it has no symptoms. People with uncontrolled hypertension are three times more likely to die from heart disease.
- ♥ **High cholesterol**. People with high blood levels of cholesterol have twice the risk of heart disease as people with lower levels of cholesterol.
- ♥ **Sedentary Lifestyle** Half of adults in South Carolina don’t get the recommended level of physical activity. This is more common for women than men. Physical inactivity is estimated to cause 30 percent of coronary artery disease. Walking is one of the simplest ways to get and stay active!

Marilyn and Sherman Pyatt

## Check for the Heart-Check Mark

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association’s recommendations for an overall healthy eating pattern. 1000+ products carry the Heart-Check mark.

Look for the Heart-Check wherever you shop – it’s in almost every aisle!



Barbara Phillips

## Heart Healthy Oats-- *Cooking Together*

*March is National Nutrition Month*

- 1/2 cup old-fashioned rolled oats
- 1/4 cup plain yogurt OR 1/4 cup more milk
- 1-2 teaspoons maple syrup or honey
- Toppings: Fruit, nut butter, nuts, seeds, choc. chips, etc.
- 1/2 cup milk (any kind)
- 1 teaspoon chia seeds (optional)
- 1/2 teaspoon vanilla extract (optional)
- Pinch of sea salt

Stir together oats, milk, yogurt, maple syrup, chia seeds, vanilla and sea salt in a jar or storage container with a lid. You can also mix in some toppings if desired. Place in the fridge overnight (or 2-4 hours if in a rush). The next morning (or when ready to eat), remove lid and give oats a big stir. If they seem too thick, add a little more milk. Top with your favorite toppings and enjoy! Overnight oats last up to 5 days in the fridge in a sealed container.

Marilyn Pyatt