

Shelby County Schools Coordinated School Health

May 2021

#EveryMindMatters

Breaking the Stigma starts with YOU!



- May is Mental Health Awareness Month. Mental health is part of overall health. Mental health conditions cause changes in thoughts, feelings and mood.
- Mental Health conditions can affect many areas of your life including: home, work, school, relationships with others, sleep appetite, decision making, and may worsen other medical problems.
- Here are ways to maintain GOOD Mental Health
 1. Getting Enough Sleep
 2. Eating right and exercise
 3. Taking care of basic physical and emotional needs
 4. Staying connected socially



May is National Physical Fitness & Sports Month. This month is highlighted to promote healthy lifestyles among all Americans and improve our quality of life. Coordinated School Health highlights Coach Mooney at Lucy Elementary as they gear up for Field Day 2021 that will be held on May 28th Stay tuned !!!

Health Headline

Mental Health Awareness Month

National Physical Fitness and Sports Month

Asthma Awareness

Women's Health Week

Follow us on Instagram for updates!



Scan the QR Code or click
[Scscoordinatedschoolhealth](https://www.instagram.com/scscoordinatedschoolhealth)



Asthma Awareness and Women's Health Week

May 2021



Asthma and Allergy
Foundation of America



Know Your Asthma Zone

Green Zone-GO!

Signs: Breathing is good. No cough, wheezing or tightness or shortness of breath. You can work, play sleep

Action: Continue to take your long term control medicine

Yellow Zone- CAUTION

Signs: Cough, wheeze, chest tightness or shortness of breath day and night. Some activities are hard to do.

Action: Take your quick relief medicine right away. If you do not return to the Green Zone within a hour, refer to your Asthma Action Plan. Seek medical assistance if this is persistent.

Red Zone-DANGER

Signs: Asthma is getting worse, lot of coughing, trouble walking or talking, fingers or lips are blue. Can't do activities.

Action: CALL YOUR DOCTOR OR 911 NOW. Go the hospital or call an ambulance if after taking your medicine you are still in the Red Zone.

Resource: Asthma and Allergy Foundation
www.aafa.org

Make Healthy a Priority

Where do I start to make sure I'm taking care of me? See this list of Health Screenings and make sure you are making you a priority too!

- ♦ Mammograms: Ages 45 and Up
- ♦ Pap Smear: Ages 21-65
- ♦ Annual Check Up: All Ages
- ♦ Blood Pressure Screenings: Ages 20 and Up
- ♦ Cholesterol Check: Ages 20 and Up
- ♦ Bone Density: Ages 65 and up
- ♦ Blood Glucose Test: Ages 45 and up
- ♦ Colon Cancer Screening: Ages 50 and up
- ♦ Annual Dental Check Up: All Ages

Always make your Health a priority because if you're not healthy, how can you take care of anyone else?

Resource: Center for Disease Control
www.cdc.gov

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