

February is...

American Heart Month, Low Vision Awareness Month; International Prenatal Infection Prevention Month; Teen Dating Violence Prevention Month

LOVE YOUR HEART



You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to your day or choosing healthy foods, can have a big impact on protecting #OurHearts.

HEALTHY SMILES



Healthy Smile Tips

- Brush your teeth 2x/day with fluoride toothpaste.
 - Clean between your teeth daily.
 - Eat healthy foods and limit sugary beverages.
 - See your dentist at least twice a year.
- ADA American Dental Association®

ECHO (Enhancing Collaborative Health Options & Opportunities)

Prenatal Infection

Healthy pregnancy behaviors can help prevent many types of prenatal infection.

The mnemonic HYGIENE is a great way to remember the basics of helping prevent prenatal infections.

According to the World Health Organization (WHO), each year nearly 20 million pregnant women carry group B strep (GBS). Although GBS is harmless for most pregnant individuals, it can be extremely serious when it passes to babies during pregnancy, childbirth or in the early weeks of life.

Not all babies exposed to GBS become infected, but, for those who do, the results can be devastating. GBS can cause babies to be miscarried, stillborn, born prematurely,

become very sick, have lifelong handicaps, or die. Even babies born to someone who tests negative can become infected by group B strep.

What is a prenatal infection? A prenatal infection occurs when germs cause illness that impacts the pregnant individual, the unborn baby or the newborn after delivery. Prenatal infections include, but are not limited to: group B strep (GBS) disease, congenital cytomegalovirus (CMV), fifth disease, chlamydia, gonorrhea, listeriosis, toxoplasmosis, and Zika virus disease.

Source: Group B Strep International

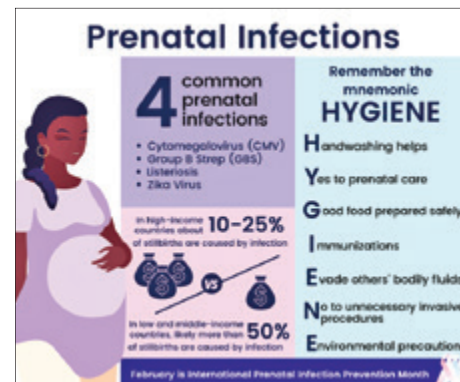
MESSAGE FROM MZCD STAFF

Dr. Ronald Caldwell, Kontia Grant, Sapphire De'Bellott, Barbara Anderson, and Anita Love.



Prenatal Infection Prevention

Many types of prenatal infection can be prevented with healthy pregnancy behaviors. Use the word "HYGIENE" to help you make these behaviors routine!



Source: Group B Strep International

H • Handwashing helps. Infections that may be prevented: Influenza (flu), congenital cytomegalovirus (CMV), salmonellosis, and toxoplasmosis.

Y • Yes to prenatal care. Infections that may be prevented: Group B strep, hepatitis B virus, and Chlamydia trachomatis.

G • Good food prepared safely. Germs that may be identified and treated: Listeriosis and salmonellosis.

I • Immunizations. Infections that may be prevented: Influenza, German measles (also known as rubella), and chickenpox.

E • Evade others' bodily fluids. Infections that may be prevented: Influenza, congenital CMV, fifth disease, gonorrhea, and syphilis.

N • No to unnecessary invasive procedures. Infections that may be prevented: Group B strep disease and E. coli infection.

E • Environmental precautions.

Teen Dating Violence

Teen dating violence, also known as intimate partner violence or intimate relationship violence, is a serious problem in the US, affecting approximately 10% of all teenagers between the age of 12 to 18. It includes stalking, harassment, physical or sexual abuse.

According to the Centers for Disease Control, teen dating violence has both serious short-term and long-term consequences. While healthy relationships tend to have a positive effect on emotional development and future relationships, abusive relationships often do the opposite. Dating violence victims are likely to experience suicidal thoughts, anti-social behaviors, depression, and anxiety, and engage in unhealthy behaviors such as alcohol and drug use.



Unfortunately, many cases go unreported because victims are afraid to tell their family and friends. If you are experiencing dating abuse, then please get help immediately. We have various resources to assist you. If, on the other hand, you have been accused of violence, you may face serious criminal charges and might need a criminal defense attorney to assist you.

Source: CDC

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



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Project EMPOWER (Education Means Power)

Education Means Power. In collaboration with Community Partnerships to impact the Substance Abuse Crisis.

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