

# PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER October 2015



**CDC urges you to take the following actions to protect yourself and others from influenza:**

## **1** Take time to get a flu vaccine.

\* CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

\* While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common.

\* Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

\* Everyone 6 months of age and older should get a flu vaccine as soon as the current season's vaccines are available.

\* Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.

\* People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

\* Vaccination also is important for health care workers and other people who live with or care for high risk people to keep from spreading flu to them.

\* Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

## **2** Take everyday preventive actions to stop the spread of germs.

\* Try to avoid close contact with sick people.

\* While sick, limit contact with others as much as possible to keep from infecting them.

\* If you are sick with flu-like illness, CDC recommends that you stay home for at least 24

hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

\* Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

\* Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

\* Avoid touching your eyes, nose and mouth. Germs spread this way.

\* Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

## **3** Take flu antiviral drugs if your doctor prescribes them.

\* If you get the flu, antiviral drugs can be used to treat your illness.

\* Antiviral drugs are different from antibiotics. They are prescription medicines and are not available over-the-counter.

\* Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.

\* Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health condition or is very sick from the flu.

Visit CDC's website for more, what to do if you get sick with the flu. [www.cdc.gov/flu/takingcare.htm](http://www.cdc.gov/flu/takingcare.htm)



**When it comes to smoke alarms, it's about "location, location, location".**

The **key message** of this year's Fire Prevention Week campaign, October 4-10, is to install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of your home, including the basement. Larger homes may need more alarms.

[firepreventionweek.org](http://firepreventionweek.org)



**Tweets from our Teens**

**Twitter address: @RedPennWellness**

Kids are three times more sensitive to tobacco advertising than adults and at least one-third of underage experimentation with tobacco is attributable to tobacco advertising.

- Addiction to tobacco contributes to more than four million deaths worldwide.
- The state of Minnesota spends more than \$2 billion a year on tobacco related health costs.

**Parenting Tips**

**Children's Sleep Needs**

Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion. Not getting enough sleep at night can cause children to be hyperactive and have trouble paying attention.

How much sleep is enough? Sleep needs vary from person to person and change as people age.

Consider these sleep guidelines for different age groups.

**How much sleep do you need?**

- **Newborns** 16-18 hours
- **Preschool-aged Children** 11-12 hours
- **School-aged Children** At least 10 hours
- **Teens** 9-10 hours
- **Adults (including older adults)** 7-8 hours

The promotion of regular sleep is known as *sleep hygiene*. The following is a list of sleep hygiene tips which can be used to improve sleep.

**National Sleep Foundation recommendations:**

1. Go to bed at the same time each night and rise at the same time each morning.
2. Make sure your bedroom is a quiet, dark, and relaxing environment, which is neither too hot or too cold.
3. Make sure your bed is comfortable and use it only for sleeping and not for other activities, such as reading, watching TV, or listening to music. Remove all TVs, computers, and other "gadgets" from the bedroom.
4. Avoid large meals before bedtime.

"... Sufficient sleep is not a luxury—it is a necessity—and should be thought of as a vital sign of good health."

<http://www.cdc.gov/sleep/index.html>



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