

PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER August 2021



Vaccine-preventable diseases are still a threat. Vaccination is the best protection. Vaccines are safe and effective at preventing serious diseases.

You have the power to protect against vaccine-preventable diseases.

Work with your doctor or nurse to ensure your children have all their routine vaccines.

Adults and children 12 years and older can get other vaccines at the same time as COVID-19 vaccination.

Talk with your doctor if you have questions.

<https://www.cdc.gov/vaccines/events/niam/parents/key-messages.html>



Get Vaccinated Now

The time to get children vaccinated is now! We are about 5 weeks out from the start of the school year: the length of time to make sure your child is fully vaccinated against COVID-19.

- For children 12 and older getting the Pfizer vaccine, it takes a total of 5 weeks to go from the first dose to fully vaccinated: Two doses separated by three weeks, and then two more weeks after the final dose to be fully vaccinated.

- Even with a mild case of COVID-19, children are still at risk of other long-term complications (e.g., “Long COVID,” MIS-C), and can spread the virus to other unvaccinated people.
- Our kids deserve a worry-free, safe, and fun fall back in the classroom, participating in sports and doing activities with friends — taking easy preventative measures like getting vaccinated will help ensure they can just be kids again.

Source: Key Messages: ‘Vax to School’ Student Vaccination Campaign



Get \$100 to keep yourself, your friends and family, and your community safe from COVID-19! Minnesotans 12 years of age and older who receive their first dose between Friday, July 30 and Sunday, August 15 will be eligible for a \$100 Visa gift card to spend however they choose. Claim your prize – Starting Wednesday, August 4. <https://mn.gov/covid19/100/>



US Breastfeeding Committee states, “We envision a world in which every family is supported at every step along the infant feeding journey, with warm and coordinated hand-offs and transitions so that the needs of lactating families and those who support them are anticipated and met, every step of the way.”

Why It Matters

Only 1 in 4 infants is exclusively breastfed until age

6 months as recommended.

Low rates of breastfeeding add more than \$3 billion a year to medical costs for the mother and child in the United States.

Black infants are 15% less likely to have ever been breastfed than White infants.

Breastfeeding Is an Investment in Health, Not Just a Lifestyle Decision

Benefits for Infants

Infants who are breastfed have reduced risks of:

- Asthma
- Obesity
- Type 1 diabetes
- Severe lower respiratory disease
- Acute otitis media (ear infections)
- Sudden infant death syndrome (SIDS)
- Gastrointestinal infections (diarrhea/vomiting)
- Necrotizing enterocolitis (NEC) for preterm infants

Benefits for Mothers

Breastfeeding can help lower a mother's risk of:

- High blood pressure
- Type 2 diabetes
- Ovarian cancer
- Breast cancer

"Breastfeeding provides unmatched health benefits for babies and mothers. It is the clinical gold standard for infant feeding and nutrition, with breast milk uniquely tailored to meet the health needs of a growing baby. We must do more to create supportive and safe environments for mothers who choose to breastfeed."

Dr. Ruth Petersen, director of CDC's Division of Nutrition, Physical Activity, and Obesity

<https://www.cdc.gov/breastfeeding/about-breastfeeding/why-it-matters.html>

August is Children's Eye Health and Safety Month

10 Healthy Vision Tips

1. Eat right to protect your sight. Keep your eyes healthy by eating a well-balanced diet.
2. Get moving. Having a healthy body decreases your risk of conditions that can lead to vision problems.
3. Speak up if your vision changes
4. Wear your glasses
5. Keep the germs away. Wash your hands before putting them close to your eyes.

6. Gear up. Wear the right protection to keep your eyes safe.
7. Wear your shades. The sun's rays can hurt your eyes.
8. Give your eyes a rest with the 20-20-20 rule: Every 20 minutes look about 20 feet away for 20 seconds.
9. Say NO to smoking. Smoking can put you at risk for serious eye issues.
10. Talk about eye health with your family.

<https://www.nei.nih.gov/learn-about-eye-health/nei-for-kids/healthy-vision-tips>

Parenting Tips

10 Internet Safety Tips for Kids

1. Don't give anyone your password, name, address, the name of your school or any information about your family
2. Don't talk to strangers on the Internet
3. Don't agree to meet anyone in person that you've met online
4. Don't fill in a profile that asks for your name and address
5. Don't visit a chat room without an adult's / parent's permission
6. Don't stay online if you see something you think your parents won't like
7. Don't post pictures of yourself without your parents' permission
8. Do not download or install anything on your computer without your parents' permission
9. If you have any questions about something you read, ask your parent or guardian
10. If you are talking to someone online and they make you uncomfortable, remember you don't have to talk back to them.

<https://www.mcgruff-safe-kids.com/2014/08/10-internet-safety-tips-for-kids/>



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