



Halfway Health News



October 2009

Dear Parents/Guardians,

The CDC recommends all children age 6 months to 18 years old receive an annual flu vaccination and I would encourage you to speak with your health care provider about getting your child the flu shot. The vaccination has arrived and is being distributed by local doctor offices and the Polk County Health Department.

The H1N1 vaccination is to be available in mid-October, however the quantity that Polk County is to receive has not been determined yet. Once the H1N1 vaccination arrives, the health department will distribute the vaccinations to local doctor's offices. I would like to remind all the H1N1 flu is a new strain of the seasonal Influenza A.

Miles for Smiles will be at Halfway School from November 16th thru November 20th. I will be sending out information at a later date on how to get your child signed up for the dental exam and cleaning.

Sincerely,
Julie Wilken, RN

Ways to Stay Healthy During the Flu Season

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Know the signs and symptoms of the flu.** A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering.
- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever** (100 degrees Fahrenheit) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don't go to class or work.
- **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** Also if you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes).

What are the Signs and Symptoms of H1N1 Flu

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include:

- ✓ fever
- ✓ cough
- ✓ sore throat
- ✓ body aches
- ✓ headache
- ✓ chills and fatigue.

Some people have reported diarrhea and vomiting associated with swine flu.

In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

Important Dates

- 10-9-09- Fire Safety Day
- 10-23-09 thru 10-31-09-Red Ribbon Week
- 10-26-09-K-6 Drugs, Strangers and Other Danger Assembly
- 11-16-09 thru 11-20-09 Miles for Smiles at Halfway School