

Shots for Tots News

December 2012, Issue I

Greetings! The Cleveland County Immunization Coalition (CCIC) is a local organization with a mission to promote immunizations and reduce vaccine preventable diseases. The CCIC partners with local healthcare providers, childcare providers, schools, health departments, and community services to increase immunization rates and educate professionals and the community on the safety and importance of vaccines.

We have created this bi-monthly e-newsletter aimed at childcare providers, with a goal of giving you brief seasonal information regarding immunizations and healthy activities, snacks and articles. We hope you find this information helpful and easy to use.

The CCIC meets monthly and are always looking for new members who have a desire to work with us on our mission! If you are interested in finding out more about us, please see the "for more information" section at the end of the newsletter. Enjoy!

Flu Season has Begun!

Is Flu really that big of a deal?

Yes, but it is preventable!

The illness itself:

The flu is a contagious respiratory illness that affects the nose, throat and lungs. It can make you mildly or moderately sick but sometimes it causes death. Symptoms can include: fever, feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue. Some people may have vomiting and diarrhea, though this is more common in children than adults. The flu spreads by droplet contact. A cough, a sneeze or even talking can spread the virus from person to person. Sometimes you can get flu from a surface touched by an infected person, usually by inadvertently touching your own face afterward. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick.

How to prevent the flu:

The best way to prevent the flu is to get the flu vaccine every year. The vaccine is now available in intramuscular (standard shot) and intradermal (just under the skin) injections and in intranasal (nasal spray) form. Flu season peaks in January-February so it is best to get the vaccine as soon as it is available in the fall to establish full protection before the peak hits. **Everyone 6 months and older should get a flu shot.** Certain individuals are at higher risk of developing the flu such as pregnant women, children younger than five, adults over 65, and people with certain medical conditions.

Common myths about the flu shots:

The flu shot will make me sick. The flu shot is made with an inactivated version of the virus, so it can't make you sick. Often people will feel mild achiness, low grade fevers, etc. after a vaccine because the immune system is kicking into gear and using the vaccine appropriately.

I'm healthy. I don't need the flu shot.

Each flu season, different flu viruses spread and affect people differently based on their body's ability to fight infection. Even healthy children and adults can get very sick from the flu and spread it to friends, co-workers, and family. You never know when your immune system might become stressed and have difficulty fighting illness. Poor diet, lack of sleep and stress are issues that can affect your immunity. *It's never too late to get the vaccine. It is the best way to protect yourself and your family!*

It's just the flu, why should we worry so much? It is estimated that, on average, approximately 5% to 20% of U.S. residents get the flu, and *more than 200,000 people are hospitalized* for flu-related complications each year. Last year, 45,000 people died from the flu, which could have been prevented with a simple vaccine.

<http://www.cdc.gov/flu/keyfacts.htm>



Healthy Activity

What Time Is It, Mrs. Fox?

Can you outfox the Fox? (This game is for 3 or more players and should be played in an open area.)

The object of the game is to walk past Mrs. (or Mr.) Fox without getting caught.

To play, pick someone to be the Fox. Everyone else should line up on the starting line.

The Fox will stand about 20 feet away with her back turned.

The rest of the players say, "What time is it Mrs. (or Mr.) Fox?"

If Mrs. (or Mr.) Fox answers a time like, "It's five o'clock" players take five steps forward. If she answers, "It's one o'clock" players take one step forward, and so on. The players can take any size step they want.

If Mrs. Fox says, "It's time to eat you!" she turns around and chases the other players back to the starting line.

If Mrs. Fox catches someone, he/she becomes the next Fox.

SIDS Awareness Month

October is SIDS Awareness Month! Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of an infant younger than one year of age. Each year, the United States loses more than 4,500 babies to SIDS, and is the leading cause of death in infants 1-12 months. Although the rate of SIDS has decreased about 50% since the 1990's, there are still certain populations who are at higher risk of suffering from SIDS, including non-Hispanic black and American Indian/Alaska Native infants. *Research has shown that SIDS is not related to vaccines.*



What can we do to prevent SIDS?

Always place a child on their back when sleeping. Infants are more likely to have periods of apnea (pauses in

breathing) when placed on their stomach when sleeping. Tummy sleep has 12.9 times the risk of death as back sleep, according to the American Academy of Pediatrics. Thus, the "Back to Sleep" campaign was started to educate caregivers about the most effective method in preventing SIDS.

Make a safe sleep environment for your infant. Place your child on a firm sleep surface, such as an approved crib mattress, covered by a fitted sheet. Never place an infant on sheepskins, pillows, blankets, etc. Keep soft objects, toys and loose bedding out of the sleep area. Even bumper pads can become a problem. Any item that can cover an infant's face can diminish their ability to breathe properly.

Stop smoking. Do not allow smoking around your baby.

Use a pacifier. Once breastfeeding has been established, a pacifier aids in SIDS prevention

Don't allow the baby to become overheated in sleep. Dress in light sleep clothing, in a room that the temperature is comfortable for an adult

Don't co-sleep. A baby should *always* be alone and in a crib for sleep. Adults can accidentally fall asleep or roll over on a baby and this can result in smothering or falls.

Sources:

<http://www.sids.org/>

<http://www.cdc.gov/SIDS/index.htm>

<http://www.nichd.nih.gov/news/resources/spotlight/102110-SIDS-awareness-month.cfm>

<http://cribsforkids.org/>

Healthy Recipe

Turkey Rollups

From EatingWell: Spring 2004, The EatingWell Diabetes Cookbook (2005), The Essential EatingWell Cookbook (2004)

2 servings, 2 rollups each

Active Time: 5 minutes

Total Time: 5 minutes

Ingredients

- 4 slices deli turkey breast, (about 2 ounces total)
- 8 teaspoons honey mustard, or mango chutney
- Freshly ground pepper, to taste

8 sesame breadsticks

1 Preparation

Spread each slice of turkey with 2 teaspoons mustard (or mango chutney) and season with pepper. Wrap each prepared turkey slice around 2 breadsticks.

Nutrition

Per serving: 82 calories; 4 g fat (1 g sat , 1 g mono); 10 mg cholesterol; 10 g carbohydrates; 3 g protein; 0 g fiber; 238 mg sodium; 47 mg potassium.

Nutrition Bonus: Protein, selenium, niacin, vitamins B6 and B12.



For more information on the Cleveland County Immunization Coalition, please contact:

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