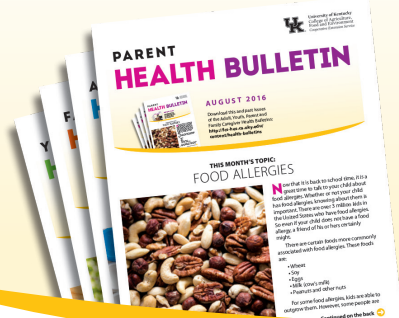




PARENT

HEALTH BULLETIN



NOVEMBER 2019

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

HAVE A HEALTHY FALL



Rep your kids safe and healthy this fall. The transition to the shorter and busier days of autumn can be a challenge for all families. To help ease the transition, follow these health tips to get you ready for the colder months and to keep your family healthy.

Prevent the flu

Flu is more dangerous than the common cold for children. The best way to prevent the flu is to be vaccinated each year in the fall. Health experts recommend that all people age 6 months and older get the flu vaccine each year. Other ways to prevent the spread of the flu is to cover your nose and mouth with a tissue when you cough or sneeze. You should also encourage your family to wash their hands often and to stay home if they get sick.

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The most important thing you can do to help avoid the spread of germs and sickness is wash your hands.



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Wash hands

To avoid the spread of germs and sickness, the most important thing you can do is wash your hands. Encourage your kids to wash their hands with soap and clean running water for 20 seconds. If that is not possible, you can use alcohol-based hand sanitizer.

Food safety

During the holidays, food seems to be always present! Be sure to keep it safe by following basic food safety steps:

- Clean hands and cooking surfaces.
- Separate foods to avoid cross-contamination.
- Cook foods to proper temperatures.
- Chill promptly.

Share family health history

We observe National Family History Day on Thanksgiving Day. Over the holiday or at another

family gathering, talk about and write down the health conditions that run in your family. Learning about your family's health history can help you take steps to ensure a longer, healthier future for not only you but your children as well.

Check batteries

It is important to check or replace carbon monoxide batteries twice a year when you change the time on your clocks each spring and fall. You should also replace smoke alarm alkaline batteries at least once a year.

RESOURCES:

- <https://www.cdc.gov/family/autumn>
- <https://www.cdc.gov/family/autumn/autumntips.pdf>

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