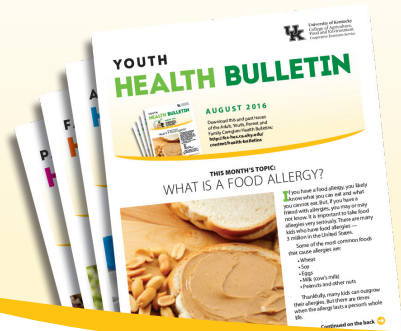




YOUTH

HEALTH BULLETIN



NOVEMBER 2019

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: STOP THE SPREAD

Each fall, you start hearing about the flu. However, many times we do not know what that means. The flu is short for Influenza, an infection that causes a fever, chills, cough, body aches, headaches, and sometimes earaches or sinus problems.

Flu vaccine

The best way to protect yourself and others from getting the flu is to get a vaccine. Health experts recommend that all people ages 6 months and older get the flu vaccine each year. Flu vaccines are usually given in the fall, before flu season starts. For kids, there are two types of flu vaccines: a shot, given with a needle, or a spray mist, given into the nose. Talk with your mom or dad about getting the flu vaccine.



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Wash hands

Once you get your flu shot, you can take another important step toward stopping the spread of winter illnesses, by washing your hands! Wash your hands well and often to wash away those germs that end up making you or others sick.

Make sure you are washing your hands correctly by following these steps:

1. Use warm water when you wash your hands.
2. Use soap.
3. Work up some lather on both sides of your hands, wrists, between your fingers, and under your nails — this is one place germs like to hide. Wash for about 15 to 20 seconds. To keep count, trying singing the “Happy Birthday” song two times while you make bubbles.
4. Rinse and dry well with a clean towel.

Keep yourself and others healthy

Remember by following some easy tips, you might be able to keep yourself and others from getting sick. To prevent germs from spreading and making other people sick:



- Get the flu vaccine.
- Wash your hands often, especially before eating and after coughing, sneezing, or blowing your nose.
- Cover your sneezes and coughs (use a tissue or your elbow instead of your hand).
- Keep your hands out of your eyes, mouth, and nose.

RESOURCES:

- <https://kidshealth.org/en/kids/flu-spread.html>
- <https://kidshealth.org/en/kids/flu-shot.html>
- <https://kidshealth.org/en/kids/flu.html>
- <https://www.cdc.gov/family/autumn>
- <https://www.cdc.gov/family/autumn/autumntips.pdf>

Can you unscramble these words?

WHAS HNASD: _____

UES SAOP: _____

EGT FUL SOHT: _____

COERV ZENSEES: _____

ANSWERS: WASH HANDS, USE SOAP, GET FLU SHOT, COVER SNEEZES

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