



Healthy Ways to Family Fitness

issue 8

A NEWSLETTER PROMOTING CHILDREN'S HEALTH FROM THE ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH

FLU Q&A's

Q What is flu and how is it spread?

A Flu symptoms include fever, headache, tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches. Nausea, vomiting and diarrhea can also occur. A person can get the flu by being in contact with droplets from the nose or mouth of someone who is sick.

Q How can my family avoid the flu?

- A**
 - ▶ Clean hands frequently.
 - ▶ Get your yearly flu shot.
 - ▶ Cover coughs and sneezes.
 - ▶ Keep a supply of soap, alcohol-based hand sanitizer, paper towels and tissues.
 - ▶ Do not share items such as towels, utensils, cups and toothbrushes.
 - ▶ Clean surfaces like doorknobs and counters.
 - ▶ Stay home if you are ill and avoid crowds to reduce the spread of flu.

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Learn To Live

Healthy Living From The Anne Arundel County Department Of Health
www.aahealth.org • 410.222.7979

Healthy Habits = Healthy Family

1 STOP THOSE GERMS

Clean hands are happy hands. Here's how to wash them well.



1. Wet hands with running water.
2. Add soap and rub hands together. Count to 15!
3. Rinse.
4. Dry hands with clean paper towel.
5. Turn off water with the paper towel. *No soap and water?* Use an alcohol-based hand sanitizer.

Cover that cough. Feel a cough or sneeze coming? Teach your children to cover their nose and mouth with a tissue or their elbow when coughing or sneezing.

2 GET MOVING

And get the whole family moving with you! Exercise helps the body fight illnesses. Go for a walk, ride your bikes around the neighborhood or dance in your house. Make it fun!

3 EAT HEALTHY

Good nutrition is vital to good health. Eat a variety of vegetables, fruits and whole grains. Also include low-fat or non-fat milk products, lean meats, poultry, fish and beans. Drink lots of water and reduce salt, sugar and saturated fat. *(Recipe on back!)*

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Q What's a flu pandemic?

A A flu pandemic occurs when a new, dangerous flu spreads easily and quickly all over the world. More people become sick and die than in the usual flu season.

The Anne Arundel County Department of Health has more about pandemic flu and emergency plans at www.aahealth.org. Click Emergency Preparedness then Pandemic Influenza.

Q The flu pandemic strikes – now what?

A Make sure to follow these rules:

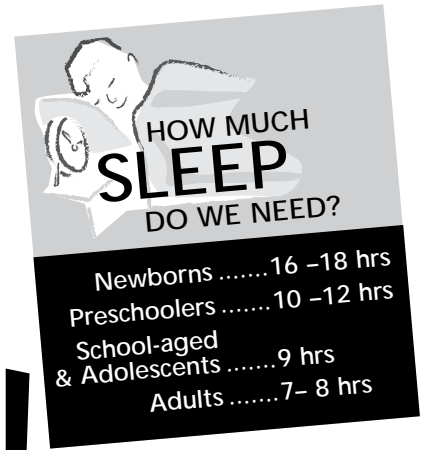
- ▶ Prepare an emergency plan in case your child's childcare center or school is closed.
- ▶ Have enough non-perishable foods so you can stay home for at least 3 to 5 days.
- ▶ Keep informed by listening to the local news.
- ▶ Keep calm and positive. If you are alarmed, your child may become more scared.

How do I know when my kids are too sick for childcare?

Keep your children at home when they are sick or have a condition that can be passed on to others, including:

- ▶ Stomachache, vomiting or diarrhea
- ▶ Red eyes with thick yellow drainage
- ▶ Constant runny nose with yellow/green discharge and fever
- ▶ Cough with fever (armpit temperature above 100°)
- ▶ Undiagnosed rash
- ▶ Conditions such as head lice, ringworm, scabies or impetigo
- ▶ Pain from earache, headache or toothache

In general, children can return to childcare or school once they have been treated or their fever ends. Ask your doctor for advice about the conditions or symptoms listed. Talk to your childcare provider about the center's procedures for sick children.



4

SLEEP TIGHT

Getting enough sleep will help your family fight off colds. How much do you and your children need?

HOMEMADE COMFORT RECIPE

Chicken Noodle Soup

- 1 tsp. olive oil
- 1/2 cup chopped onion
- 3 medium carrots, peeled and sliced
- 2 stalks celery, sliced
- 12 cups reduced sodium chicken stock
- 1 (14 1/2 ounce) can diced tomatoes
- 2 cups cooked diced chicken
- 1 tsp. assorted dried herbs or poultry seasoning (not ground)
- 1 cup frozen corn
- 1 cup frozen green beans
- 2 cups uncooked egg noodles

Makes 3 1/2 quarts or about 8 large servings.

Place a large pot over medium heat. Add oil, then add onion, carrot and celery and cook over low heat for 15 minutes. Add chicken stock, tomatoes and poultry seasoning. Bring to a boil, reduce the heat to low and cook 20 minutes. Add corn and

green beans and simmer 10 minutes. Add noodles and cook for 10 to 12 minutes or until noodles and vegetables are tender.

Per 1 3/4 cups serving: Calories: 173. Fat: 3 grams. Sodium: 650 milligrams.

Serve with whole-wheat bread or rolls, green salad and fresh fruit for dessert.

For more recipes check out the Learn To Live pages on www.aahealth.org