November Newsletter

With the Health Team

Screens Down Books Up

Take an Active Nature walk: Step outside in the cooler weather and walk around the neighborhood. Look at the for the changes in the leaves and trees. Take note of the animals that you see.

Engage in Screen Free Meal Preparation: Use the time change to involve your child in making dinner. Have them wash the vegetables, measure ingredients, or stir the bowl. This will also help develop fine motor skills and reinforce healthy household routines.

Indoor Camping Reading: Embrace the early darkness by building a simple fort and reading by flashlight.

RSV: What to know

- RSV can be spread by direct contact when a person infected coughs or sneezes.
- By touching a contaminated surface. RSV can be dangerous for infants and children.
- RSV is the leading cause of infant hospitalization in the U.S.
- RSV can be dangerous for older adults, especially those who have certain medical conditions.



What is RSV?

Is a common respiratory virus that usually causes mild, cold-like symptoms. However, it can also cause severe illness such as:

- Bronchitis (inflammation of the small airways in the lung) and
- Phenumonia (infectionf of the lungs) in children yourngerr than 1 year of age.

When is RSV season?

- RSV season generally starts during the fall and peaks in winter.
- Over the course of each fall and winter RSV reaches all corners of the United States.
- For these reasons it is important to be aware of local RSV activity in your area.

If you like to read more on how to protect and learn ways to prevent RSV check out the links bellow.

- https://www.cdc.gov/rsv/downloads/RSV-in-Infants-and-Young-Children.pdf
- https://www.knowingrsv.com
- http://www.cdc.gov/rsv

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National Diabetes Month

Celebrated from November 1–30, this month-long campaign aims to educate the public about diabetes, including its types, risk factors, and prevention strategies. It also supports people living with diabetes, their families, and healthcare providers.

- diabetes.org
- worlddiabetesday.org

Food Safety

Make sure to brush up on food safety tips for the holidays! Following four simple steps at home can help protect you and your loved ones from food poisoning. Prevent food poisoning - Clean, Separate, Cook, and Chill. For more information click on the link below
https://www.cdc.gov



Walking Pneumonia

What is walking pneumonia? How is it different from more serious pneumonia?
"Walking pneumonia" is an informal term for a common bacterial condition. It produces milder symptoms that appear more gradually than in other types of more serious pneumonia.
https://www.mayoclinic.org

Resources

- Food Bank: www.lafoodbank.org
- Free CPR Classes: acls123.com/free-cpr/
- Domestic Violence Hotline www.thehotline.org/
- Child Abuse Hotline www.childhelphotline.org

Reminder

Please ensure that you have turned in the physical and dental exams.
Missing exams will result in your child being excluded until they are in compliance.
https://voalacs.org/health/