



Monmouth County Regional Health Commission No. 1

What To Do If You Think You Have H1N1 or Seasonal Flu?

The symptoms are similar for both:

- fever
- cough
- sore throat
- runny/stuffy nose
- body aches
- headache
- chills and fatigue

A significant number of people who have been infected with novel H1N1 flu virus also have reported diarrhea and vomiting. People with certain chronic medical conditions, children younger than 5 years old, and pregnant women may be at higher risk for severe illness.



Cover your cough

IF YOU THINK YOU HAVE H1N1 FLU:

- **Stay at home** (or in your hotel room if traveling) except to seek medical care.

- Do not travel or go to work or school .
- **Avoid close contact** with others for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.

EVERYONE SHOULD:

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Wash your hands often** with soap and water or use an alcohol-based hand gel.
- Avoid touching your eyes, nose, or mouth.
- Avoid contact with ill persons.

August is National Immunization Awareness Month

Immunization is one of the most significant public health achievements of the 20th century. Vaccines have eradicated smallpox, eliminated wild poliovirus in the United States, and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis, and other diseases. But despite these efforts, people in the U.S. still die from these and other vaccine-preventable diseases.

Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families, friends, and community from serious, life-threatening infections. August is recognized as National Immunization Awareness Month (NIAM). The goal of NIAM is to increase awareness about immunizations across the life-span, from in-

fants to the elderly. August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations: Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming flu season. For more information on vaccines please visit <http://www.cdc.gov/vaccines/events/niam/default.htm>

Play It Safe In the Sun

Summer is a great time to have fun outdoors. It's also a time to take precautions to avoid sunburns, which can increase your risk of skin cancer.

To help prevent skin cancer while still having fun outdoors, regularly use sun protective practices such as:



Hide and Seek. UV rays are strongest and most harmful during midday (10 am-2 pm), so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella or a pop-up tent. Use these options to prevent sunburn, not just to seek relief once it's happened.



Cover 'em Up. Clothing that covers your child's skin helps protect against rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. A t-shirt, long shorts or a beach cover-up are good choices, too – but it's wise to double up on protection by applying sunscreen and keeping your child in the shade when possible.



Get a Hat. Hats that shade the face, scalp, ears and neck are easy to use and give great protection. Baseball caps are popular among kids but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.



Shades Are Cool. And they protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.



Rub on Sunscreen. Use sunscreen with at least SPF 15 and UVA/UVB protection every time your child goes outside. Only use a small amount of sunscreen on infants under 6 months old. It's preferable to keep them out of the sun if at all possible.

Protect the Ones You Love from Drowning

We all want to keep our children safe and secure and help them live to their full potential. When most of us are enjoying time at the pool or beach, injuries aren't the first thing on our minds. Yet, drownings are the leading cause of injury-related death for young children ages 1 to 4, and three children die every day as a result of drowning. Thankfully, parents can play a key role in protecting the children they love from drowning.. Here are some good first

- **Fence it off.** Install a four-sided

isolation fence, with self-closing and self-latching gates, around backyard swimming pools. Pool fences should completely separate the house and play area from the pool.

- **Make life jackets a "must."** Make sure kids wear life jackets in and around natural bodies of water, such as lakes or the ocean, even if they know how to swim.
- **Learn CPR.** Learn cardiopulmonary resuscitation (CPR) and become recertified every two

years. Immediate CPR can help a child stay alive and reduce the chance of brain damage.

- **Be on the look out.** Supervise young children at all times around bathtubs, swimming pools, ponds, lakes, and other bodies of water. Adults watching kids near water should avoid distracting activities like playing cards, reading books, or talking on the phone.