

## Nurse's Notes

### October is National Child Health Month

The CDC, Centers of Disease Control and Prevention, recommended a month be dedicated to help teach parents about the prevention of childhood illnesses and diseases, and injuries. The CDC recommends the following for children and parents;

-Children should 1) learn to wash their hands to prevent infections; 2) eat breakfast before going to school; 3) not smoke and avoid the smoke of others; and 4) exercise, play safely, and use protective gear.

-Parents should 1) read to and be actively involved with their children; 2) get their children vaccinated; 3) get their children health-care insurance; 4) check for health hazards in their home and eliminate them; 5) place children weighing less than 80 lbs in child safety seats and all others in safety belts in rear seats of automobiles; 6) seek medical advice if their child is slow to learn; and 7) avoid tobacco and drug use and limit alcohol use.

None of this information is “new” news. We could all add a few things to the suggestions above. But it is a start. It is an acknowledgement of some of the ways we can take care of our children and ourselves every day and a gentle nudge by the CDC to do more. You can go to [cdc.gov](http://cdc.gov) for more information.

Flu season is coming to area near you! Washing our hands, getting adequate sleep, keeping our hands away from our faces, and coughing/sneezing into our sleeves are simple ways to help prevent the spread of illness. Getting a yearly flu shot is another. We are fortunate in Homer to have many options available for flu shots.

**Homer Public Health Center**-235-8857: flu vaccine for ages 6 mo – 18 yrs. Universal. Don't accept insurance. Age 18-29 years flu shot available if uninsured. Done by appointment.

**Ulmer's Pharmacy**-235-8594. Said they planned to offer flu shots. Will bill insurance.

**Scott's Family Pharmacy**-226-2580. Offering flu shots. Will bill insurance.

**Safeway Pharmacy**-226-1060 (then push 4): They can bill insurance. Call for more information.

**Private Providers** - Homer Medical Clinic 235-8586, Kachemak Bay Medical Clinic 235-7000, and Seldovia Village Tribe Clinic 226-2228

**Rotary Health Fair**- November 3<sup>rd</sup>, 2018 at the Homer High School 7:30 am-1:30pm

Your school nurse,  
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