



Things to Think About!

Check it Out

By Karen Morgan

Here are just a few links for additional information on the topic we've covered in this newsletter. Hope it's helpful.



National Network for
Immunization Information

www.immunizationinfo.org/



www.cispimmunize.org



www.vaccine.chop.edu

If you have any contact info for similar services available in your home state we'd love to add them to our web listings. Anything you would like to see added can be sent via the email address listed below.

Also, if you have a topic you would like to see covered in our newsletter, or have a specific question that we can answer directly, please feel free to contact us anytime through the following email address...

snrproject@hotmail.com

To see more of what we have to offer, please visit our website at www.snrproject.com.

'Tis the Season...

By Linda Jorgensen



It's that time again! Fall is past, winter is setting in and families everywhere are eagerly beginning their annual winter Holiday preparations. Family get-togethers, parties and outings, shopping, decorating and cooking are anticipated with fervor unlike any other seen throughout the rest of the year.

It's also the time when unwelcome visitors begin lurking in the background. With all the public activities many families begin seeing an increase in virus caused colds, the 'flu, croup, RSV (Respiratory Syncytial Virus) and in some cases pneumonia.

For most people these illnesses are an inconvenience to be dealt with during the winter months. A few days home from school or work, some decongestants and chicken soup along with plenty of fluids and rest will put a typical healthy individual back on their feet. But for infants, small children and those with suppressed autoimmune systems, chronic heart and/or lung disorders or chronic ill health these ailments can be incapacitating if not down right life threatening.

Avoiding Respiratory Ailments...

How many of us have heard the saying, "An ounce of prevention is worth a pound of cure"? This common folk saying is key to preventing many of the winter ailments we all seem to suffer from.

The following is a list of preventative actions that can be taken to help individuals and families avoid various upper respiratory infections, and other ailments, that occur during the winter months.

- 1. Hand washing.** Use plenty of water, soap and good scrubbing technique to eliminate disease-causing pathogens from your skin. If soap is not available vigorously scrub your hands under running water. Wash before and after eating, using the restroom or shaking hands with another individual. If unable to wash at a sink right away use a good hand sanitizer until you can. Use a good hand lotion to keep your skin healthy and intact.

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2. **Avoid direct contact** with surfaces that may harbor bacteria. Shopping cart handles, shared computer keyboards, hand shaking, etc. Most stores now provide a "cleaner station" for shopping cart handles. Disinfecting wipes and paper towels are provided for consumer use. Most disinfectants take a few minutes to be completely effective. Again, a good scrubbing will take away a large number of bacteria.

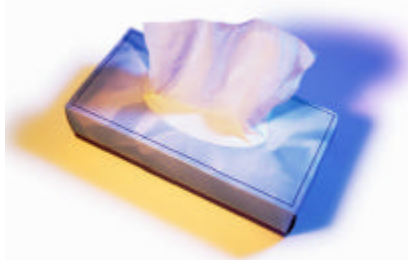


3. **Immunizations for Adults:** Ensure your own immunizations are up to date. The Centers For Disease Control in Atlanta, Georgia, recommend adults receive the TDP immunization every 5-10 years. Preventing

Whooping Cough in adults will also prevent Whooping Cough in children. Yearly Flu vaccines are also recommended.

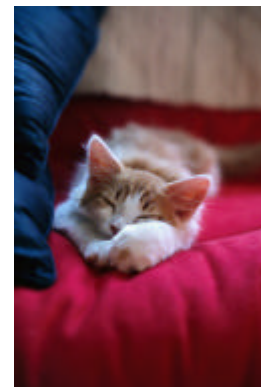
4. **Immunizations for Children:** Ensure your child's immunizations are current before the winter season starts. Obtain a yearly Flu shot. * **Your child's immunization schedule may vary depending upon your provider's judgment and the vaccine manufacturer's recommendations. As always, consult with your child's physician when obtaining medical treatment, such as immunizations.**

5. **Have a cold? Stay home!** As with any illness rest and proper care are important to an uncomplicated recovery. Should your child (or you) experience unusual symptoms or have symptoms that last longer than a couple of days consult immediately with your family physician. Quick, proper treatment will help prevent courses of often-expensive medications, trips to the Emergency Room or even lengthy hospital stays. This also will prevent the illness from spreading to others and avoid a repeat infection.



6. **Avoid Large Crowds.** For the same reason you would stay home, avoid large crowds. Not everyone with a cold or "flu bug" will stay home. Avoiding large crowds will decrease possible exposure to individuals who may be contagious.

7. **Plenty of Rest, proper nutrition and liquids.** Studies done by various Universities have shown proper rest and nutrition helps the body fight off infectious diseases better. Especially maintain hydration. Be sure to drink enough water or other fluids. An added benefit, better tolerance for colder temperatures. Be sure your child gets the rest they need, eats properly and gets plenty of fluids. All of you will be happier in the long run.



ALWAYS contact your family physician or specialist if symptoms do not resolve themselves within a few days, become worse, or are accompanied by rashes or unusually high fevers. When in doubt, **CALL YOUR DOCTOR!** Don't hesitate to call with questions. That's what they are there for.

Initiating responsible precautions, thinking ahead of time and acting quickly if, or when, signs and symptoms of illnesses occur will help ensure a calm, (mostly) illness-free Holiday Season.

We hope you all have a wonderful Holiday Season. Merry Christmas!

Sincerely,
Linda & Karen

