



HEAL

Health Education & Awareness for a Lifetime

December
2014

A newsletter from the Florida Department of Health in Wakulla County
48 Oak Street, Crawfordville, FL 32327
850-926-0400



Don't Give the Gift NO ONE wants! The FLU! How to Stay Healthy During Flu Season



What are the symptoms of the Flu?

- Sore throat
- Cough
- Fever
- Fatigue
- Headache
- Body chills
- Stuff or runny nose
- Muscle or body aches



How long does it take to get the Flu?

People with the flu are contagious and can infect others from one day before symptoms show and up to seven days after becoming sick!

How do you get the flu?

- One sneeze from a person with the flu virus can spray 3000 infectious droplets in to the air at more than 100 miles per hour! A crowded area like the movie theater or mall is a prime place for getting the flu.
- The flu virus can live on hard surfaces for up to 24 hours - if you touch that surface, you can get the flu.
- Shaking hands or touching someone with the flu and not washing your hands afterward.



How do you AVOID the Flu?



- **WASH YOUR HANDS!** The Flu virus can live on keyboards, doorknobs, money, cell phones, faucets, remote controls, computer mouse, counter tops, just to name a few places!
 - ◇ Wet hands with warm water, use soap (it does NOT have to be antibacterial)
 - ◇ Rub hands together and lather soap.
 - ◇ Scrub between fingers and under nails. (And under rings)
 - ◇ Rinse with warm water and dry with a clean paper towel.
 - ◇ Shut the faucet off and open the door using paper towel.

• Get a flu vaccine! It is the BEST way to avoid the flu.

- High risk for getting the flu - Children six months to 5 years, pregnant women, child care workers, adults over 50 and health care workers .



- Stay hydrated - water is great for flushing germs out of your system
- Get plenty of rest - a tired body is more susceptible to illness.
- Eat healthy - fresh fruits and vegetables will strengthen your body and your immune system.
- Reduce Stress - just like being tired, being stressed also weakens your immune system.
- Get regular exercise - if you work out at a gym though, be sure to wipe machines down with an antibacterial wipe and let the surface DRY before using it.

What should I do if I get the flu?

- Stay home and keep sick children home! Don't return to work or school until you have been fever free for at least 24 hours, un-medicated.
- Avoid close contact with others.
- Cover your nose and mouth when you cough or sneeze.
- After you are better, change your bedding and your toothbrush.
- Disinfect doorknobs, phones, refrigerator handles, etc.



What's the best treatment for the flu?

- Rest
- Liquids
- Anti-viral Medications



Remember - the highest flu levels happen between late December and Early March! It's not too late for a flu vaccine!



Worried holiday weight gain will weigh you down?

This holiday season, the only thing that should be "stuffed" is the turkey! Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

Instead of piling on the pounds, you are invited to join the ninth annual *Eat Smart, Move More, Maintain, don't gain! Holiday Challenge*. Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season.

The (free!) Holiday Challenge includes:

- Seven weekly newsletters delivered to your inbox with tips to
- Host a healthier Thanksgiving
- Manage holiday stress
- Fit physical activity into your busy day
- Survive a holiday party
- Daily Tips
- Mid-week Challenges
- Healthy holiday recipes
- Motivation and support from other participants

How you participate is up to you— share your strategies on our [Facebook](#) page, connect for more tips on [Twitter](#), and exchange holiday recipes on [Pinterest](#).

Prizes and free gifts!

To sign up go to: <https://esmmweighless.com/holiday-challenge-live/>



The Florida Department of Health in Wakulla County has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p. m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding fee scales. You can find many types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area.

There is no charge to use the kiosk.



Classes offered by Florida Department of Health in Wakulla County

For more information or to reserve your space,
please call the Wakulla One Stop Community Center
at 745-6042 or 926-0400, ext. 215.

Prenatal Care Class - Suggested for newly pregnant mothers and their partners. This class teaches moms how to keep themselves and their babies healthy throughout their pregnancy. It covers the following information:



- Fetal Development – changes to baby and mom in each trimester
- Medical Care – choosing a provider, appointments, what to expect, what to ask
- Nutrition – weight gain, good eating habits, foods to avoid, based on MyPlate
- Exercise – guidelines, safe and unsafe activities, exercise tips by trimester
- Discomforts and how to manage them
- Hazards for pregnant moms and unborn babies
- Emotions – common stressors, stress-relief tips, support regarding body image, relationships, etc.

Mondays - January 12, 26 - February 2 - 6:30-8:30 p.m.



Baby Basics – Suggested for new parents and soon-to-be parents, grandparents, and other family members. The class includes the essentials to newborn care, common challenges, information for parents to make the healthiest choices for their new baby. The topics include:

- New Infant care to six weeks
- Physical and Mental Development
- Understanding Babies' Cues
- Comfort Techniques
- Nutrition
- Bathing and Diapering
- Sleeping
- Health & Safety
- Safety Proofing Your Home

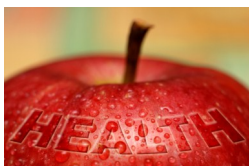
**Mondays - February 16, 23
6:30-8:30 p.m.**

Childbirth Preparation... The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. (We suggest that moms be at least 7 months pregnant when they take this class.) Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety. The next series of classes are scheduled for Tuesdays, **January 6 - February 3 from 6:30-8:30 p.m.. All classes are held at the Florida Department of Health in Wakulla.** For more information or to sign up for the class, call Grace Keith at 926-0400, ext. 215 or the Wakulla County One Stop Community Center at 745-6042. There is **no charge** for this class!



The next Hands-only CPR class is on Thursday, January 8 from 7-9 p.m., 2014 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. This class costs \$15.00. This amount will be returned when you complete the class.

Basic First Aid... There is no class currently scheduled. This course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund.



Health Education... Is there a health-related topic you need more information about? Need information on diabetes care, meal planning, nutrition, etc.? Call Health Educator, Grace Keith at 850-926-0400, ext. 215 or email: grace.keith@flhealth.gov