



HEALTH CORNER

OCTOBER 2014

Did you know?

October is Children's Health Month, and it's full of opportunities to teach your kids safe and healthy habits. Below are tips for parents to teach kids how to stay safe and healthy in the fall and all year long.

- Take steps to stop the spread of germs and ask your health care provider if you and the kids should get a flu vaccination in the fall. Also, be sure to keep the kids home when they're sick. Remind family members to wash hands frequently to the length of a short tune and to cover their nose and mouth with a tissue when sneezing or coughing. For more tips, visit: <http://www.cdc.gov/family/autumn/index.htm>
- Autumn often requires us to make changes in our lifestyle or routine due to weather, school activities, and upcoming holidays. Create habits to help you and your children stay healthy and safe throughout your lives. For more tips, visit: <http://www.cdc.gov/family/parentautumn/index.htm>
- Halloween is in October, so remind trick-or-treaters to avoid entering homes of people they don't know, use sidewalks and crosswalks, and wait until you've checked the treats before eating them. For more tips on how Halloween Health and Safety, visit: <http://www.cdc.gov/family/halloween/index.htm>
- The fall is a great time for camping and hiking. Camping is a great way to get physical activity. Do things such as walking, hiking, biking, or swimming to keep you active during your camping trip. Be sure to stay in groups, wear insect repellent containing DEET, treat clothes and gear with permethrin, and bundle up for cool evenings. For more tips, visit: <http://www.cdc.gov/family/camping/index.htm>
- Learn to prevent and recognize concussions. The Centers for Disease Control and Prevention (CDC) youth sports tool kit teaches coaches, athletes, and parents to play it safe when it comes to concussions. A concussion is a brain injury caused by a bump or blow to the head that can change the way your brain normally works. Even what seems to be a mild bump or blow to the head can be serious.

To help ensure the health and safety of young athletes, CDC developed the Heads Up: Concussion in Youth Sports initiative to offer information about concussions—a type of traumatic brain injury—to coaches, parents, and athletes involved in youth sports. The "Heads Up" initiative provides important information on preventing, recognizing, and responding to a concussion. To check out more about the CDC's Heads Up concussion in youth Sports, visit: <http://www.cdc.gov/features/concussion/>

HAVE A SAFE AND HEALTHY OCTOBER