



FOCUS ON:

influenza “the flu”

How does the flu spread?

The flu spreads through droplets when someone coughs, sneezes, or talks. It can also spread by touching surfaces with the flu virus on it

What are symptoms of the flu?

Fever, cough, sore throat, runny/stuffy nose, body aches, headache, chills, vomiting, diarrhea.

How can I protect my student from the flu?

The most important thing you can do is get the flu vaccine for your child and your family. Flu vaccines are recommended by the CDC for all children older than 6 months. You must get a flu shot every year to be protected.

In addition to the flu shot, try to help prevent the spread of germs:

- Avoid other sick people
- Keep your child home from school if they are sick
- Use a tissue to cover coughs and sneezes
- Wash hands often daily with soap and water for 20 seconds
- Avoid touching your eyes, nose, or mouth with your hands
- Disinfect home surfaces and toys to reduce germs

If your child has these signs, go to a doctor or emergency room right away:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not going to the bathroom or not making as much urine as they normally do
- Severe or persistent vomiting
- Not waking up or not interacting
- Flu-like symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough

Source: <http://www.cdc.gov/flu/pdf/freeresources/updated/fluguideforparents.pdf>

Remember: If your student is sick, they cannot return to school until 24 hours after their fever is gone, without the use of fever-reducing medications.

What's Happening this Month in Health Services?

October Wrap-up:

Hearing screening exams were completed for Kindergarten, 2nd, 5th, 8th, and 10th graders

November News:

1st Graders-

1st grade CHDP physical exams (for current 1st graders) are due November 22nd (the day before Thanksgiving break). 1st graders will be excluded from school beginning December 2nd if this paperwork is not received.

This requirement helps ensure that all children entering school are more successful as a result of having fewer health problems and better school attendance.

Your student's school will contact you this month if documentation of your child's physical hasn't been received yet. If you need assistance finding a provider for your student, you may contact Placer County Health & Human Services at (510) 886-3620

When washing your hands, sing "Row, Row, Row Your Boat" 3 times through to reach the recommended 20 seconds. You can replace with these words to make it more fun for young children:

**Wash, wash, wash my hands
Make them nice and clean
Rub the bottoms and the tops
And fingers in between**

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured produce is **mandarins**



Health and Learning Success Go Hand-in-Hand

Did you know a single serving of fruits or vegetables usually costs less than 25 cents? These small costs have big health benefits. Eating a variety of colorful fruits and vegetables and being active every day are healthy habits that can help your child do better in school, feel good, stay healthy, and grow strong. *Harvest of the Month* provides ideas to help your family eat more fruits and vegetables and be more active every day.

Produce Tips

- Look for plump mandarins that feel heavy for size and have stems still attached.
- Look for mandarins with glossy, deep orange skins. (Some patches of green near the stem are okay to eat.)
- Keep on the counter and use within a few days. Or, store in the refrigerator for up to one week.
- **Helpful Hint:** Mandarins that have a deep orange-red color are called *tangerines*. Other types of mandarins include satsumas, clementines, and tangelos.

Healthy Serving Ideas

- Serve breakfast with a glass of 100% fruit juice.
- Provide healthy after-school snacks like fresh or canned mandarin slices (packed in 100% fruit juice).
- Dip tangerine segments into lowfat flavored yogurt.
- Add mandarins to green salads.
- Squeeze juice of citrus fruits over chicken and fish to make tender and juicy. Or, use juice to make reduced fat salad dressings.

For more ideas, visit:
www.kidsnutrition.org

ORANGE FREEZE

Makes 4 servings.
1¼ cups per serving.
Prep time: 5 minutes

Ingredients:

- 1 cup 100% orange juice
- 10 ice cubes
- 1 cup 1% lowfat or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups drained, canned mandarin oranges

1. Place all ingredients in a blender.
2. Blend for about 30 seconds or until smooth.
3. Pour into four glasses and serve.

Nutrition information per serving:

Calories 91, Carbohydrate 18 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 33 mg

Adapted from: *Kids...Get Cookin'!*,
Network for a Healthy California, 2009.

Let's Get Physical!

Help your child be active and prepare for spring fitness testing with these tips:

- Set a weekly goal for each family member. (Example: Walk 10,000 steps and do stretches every day.)
- Post goals in a highly visible area, such as on the refrigerator.
- Encourage each other to meet goals and set new ones.
- Decide on a "reward" for meeting goals. (Example: family outing or hike).

For more ideas, visit:
www.activeca.org

Nutrition Facts

Serving Size: ½ cup tangerine, sections (98g)	
Calories 52	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Sugars 10g	
Protein 1g	
Vitamin A 13%	Calcium 4%
Vitamin C 43%	Iron 1%

How Much Do I Need?

- One medium mandarin orange is about a ½ cup of fruit sections.
- A ½ cup of mandarins is an excellent source of vitamin C and a good source of vitamin A.
- Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Vitamin C is found only in plant foods.
- Our bodies do not make or store vitamin C so try to eat foods with vitamin C every day.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables can help you stay healthy. Fruits and vegetables come in a variety of forms – fresh, frozen, canned, dried, and 100% juice – and all forms count toward your daily amounts. Find out how much each person in your family needs. Make plans to help your family reach the goal amount.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.