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Special points of interest:

- It is important to note that many babies with pertussis do not show symptoms such as coughing, but instead stop breathing and turn blue due to apnea.

Inside this issue:

Car Seat Safety	2
Car Seat Flyer	3
Blood Pressure Clinics	4
Recipe	4

Pertussis

Pertussis, also known as whooping cough, is caused by a type of bacteria called *Bordetella pertussis*. It is a very contagious illness that is only found in humans. Pertussis is spread from person to person through coughing, sneezing, or breathing the same air.

Babies who get pertussis are infected by other siblings, parents, or caregivers who might not even realize they have the disease. Infected people are usually contagious for about 2 weeks after their cough begins. Antibiotics may decrease the amount of time a person is contagious.

The Tdap vaccine is the most effective way to prevent pertussis. This vaccine is available through the Shelby County Health Department. Please call 573-633-2353 for more information.

Symptoms

Early symptoms of this disease usually start with cold-like symptoms. Babies may experience apnea, which is a pause in their breathing pattern. Pertussis is most dangerous for babies and about half of them will require hospitalization. Early symptoms last for 1 to 2 weeks and can include:

- Runny nose
- Low-grade fever
- Mild, occasional cough
- Apnea—pause in breathing (in babies)

Later Stage

After 1 to 2 weeks as the disease progresses, these symptoms usually appear, and can last up to 10 weeks:

- Fits of many, rapid coughs followed by a high-pitched “whoop” sound
- Vomiting during coughing fits
- Exhaustion or extreme tiredness after coughing fits

Treatment

If your child is diagnosed with pertussis, the doctor will decide if the illness is severe enough for hospitalization. If not, here are tips for managing the illness at home:

- Do not give cough medicine unless the doctor instructs you to do so. Cough medicine is not recommended for children under 4 years old.
- Follow dosing schedule for antibiotics.
- Keep your home irritant-free by keeping it free from smoke, dust, and chemical fumes.
- Use a clean, cool mist vaporizer.
- Practice good handwashing.
- Encourage fluids and watch for signs of dehydration, which may include dry mouth, tiredness, thirst, decreased urination, muscle weakness, headache, dizziness, lightheadedness.

CAR SEAT SAFETY

Hard Facts about safety in cars:

- Road injuries are the leading cause of preventable deaths and injuries to children in the US.
- Correctly used child safety seats can reduce the risk of death by as much as 71 PERCENT!!
- THREE out of FOUR car seats are not used or installed correctly.

Top Tips about Car Seat Safety

- **Buying the right car seat.** Your baby needs to ride in a rear-facing car seat as long as possible, at least until age 2. When your child has outgrown that seat, you are ready for a forward-facing car seat.
- **Installing your car seat.** You'll need to decide on using either the seat belt or lower anchors to secure the seat down. Both are safe, but don't use them both at the same time. Once your child is forward facing, it is important to use the tether with the seat belt or lower anchors.
- **Getting the right fit.** A properly-fitted harness gives the best possible protection for your child.
- **When to change your car seat.** Look on the car seat label to make sure your child is still within the weight, height and age limits for that seat.

Booster Seats

Hard Facts about Safety in Cars:

Children seated in a booster seat in the back seat of the car are 45% less likely to be injured in a crash than children using a seat belt alone.

Top Tips for using Booster Seats:

- A booster seat provides a step between a car seat with a harness and seat belt alone. It boosts the child for a safer and more comfortable fit of the adult seat belt.
- Make sure your child has outgrown the weight or height limits allowed in the forward-facing car seat. He must be mature enough to ride without a harness. Meaning he needs to stay in the booster seat the entire ride with the seat belt properly fitted across the shoulder and below the hips.
- When your child is seated in the booster seat, make sure the lap and shoulder belts fit. The

Katie's Korner

seat belt must lie flat across your child's chest, on the bony part of the shoulder and low on the hips or upper thighs.

- DO not place the shoulder belt under the child's arm or behind the child's back.
- Older kids get weighed and measured less often than babies, so check your child's growth a few times a year. For most kids, they will be between ages 8 to 12 years old before they are ready for the seat belt alone.

Seat Belts

Hard Facts about Not Wearing Seat Belts

In 2015 more than half of teens (ages 13-19) and adults (ages 20-44) who died in crashes were not wearing a seat belt.

Top Tips about Wearing Seat Belts

Don't be in a hurry to move your child out of the belt positioning booster seat. The adult seat belt usually does not fit well until sometime between the ages of 8 and 12, depending on the size of your child.

Belt Check

- Check knees and feet. Your child's knees should bend at the edge of the seat when her back and bottom are against the vehicle seat back. Her feet should touch the floor for comfort and stability.
- Check the lap belt. The lap belt must fit snugly across the hips or upper thighs.
- Check the shoulder belt. The shoulder belt must fit across the shoulder and chest, not across the face or neck.
- If your child doesn't pass the test listed above, keep him in a booster seat until he does.
- Remember, just because the seat belt fits your child in one car doesn't mean the seat belt will fit in all cars. Do the belt check in every car before permanently moving from the booster seat to the seat belt alone.
- Be a good example. We know that when adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride. Be sure everyone in the vehicle buckles up too!

CAR SEATS

Come visit us at the **Shelby County Health Department** for all of your car seat needs. We are available for **FREE** car seat installations. Be sure to ask us how to get a free or reduced-rate car seat. Call us today for more information on how to take part in this service!

573-633-2353



**Let us help you keep your
child safe!**

Shelby County Health Department

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We have your best interest at heart.

Blood Pressure Clinic

21 Shelbina Nutrition Site 11am-12pm

For more info go to:

www.cdc.gov

www.nhtsa.gov

www.safekids.org

www.shelbycountyhealth.com

Recipe of the Month

Veggie Pizza

Ingredients:

- 8 oz cream cheese, softened
- 1 tsp dried dill weed
- 1/4 tsp garlic salt
- 1 oz pkg ranch dressing mix
- 1 small onion, finely chopped
- 1 stalk celery, thinly sliced
- 1 red bell pepper, chopped
- 1 carrot, grated

Directions:

Preheat oven to 350°F. Spray a jellyroll pan with cooking spray. Pat crescent roll dough into pan. Let

stand 5 minutes then pierce with fork. Bake for 10 minutes, let cool. In medium mixing bowl, combine sour cream, cream cheese, dill weed, garlic salt and ranch dip mix. Spread this mixture on top of cooled crust. Arrange onion, carrot, celery, broccoli, bell pepper and broccoli on top of the creamed mixture. Cover and chill. Once chilled, cut it into squares and serve.

