

SPECIAL POINTS OF INTEREST:

- Stay hydrated with decaffeinated, non-alcoholic beverages.
- Caffeine and alcohol can both cause you to lose more fluids, which can lead to dehydration.

INSIDE THIS ISSUE:

- Vaccinations 2
- Back-To-School Health 3
- Blood Pressures 4
- Recipe 4

Dehydration

This has been an unusually hot summer and with that comes a lot of sweating, which can lead to dehydration if we aren't careful. Water is vitally important to the body at all times, but especially during warm weather. During exercise your body generates heat. Your body needs to get rid of this heat in order to keep from overheating. Sweating is the main way your body discards heat.

When you are preparing for outdoor activities, you should drink at least 16-20 ounces of fluid a couple of hours before starting the activity. After that, you should drink 6-12 ounces every 10-15 minutes that you are outside. After activity you should drink to replace the fluid you have lost, or at least 16-24 ounces.

What should I drink?

If you are planning a high intensity activity or plan to be exercising for longer than an hour, you may want to choose a sports drink that contains electrolytes such as sodium and potassium. These sports drinks help your body rehydrate fluids you might lose through perspiration. If you are experiencing muscle



cramping during or after exercise, you may need to replenish lost electrolytes.

Avoid caffeinated drinks and alcoholic beverages—these actually cause you to lose more fluids and can promote dehydration.

Symptoms

Thirst isn't always a good indicator of dehydration. Older adults often don't feel thirsty until they are already dehydrated. That's why it is a good idea to increase your water intake when it is hot outside and when you are ill. Below are signs and symptoms of dehydration by age:

Infants & Children:

- Dry mouth and tongue
- No tears when crying
- No wet diapers for three hours
- Sunken eyes and cheeks
- Listlessness or irritability

Adults:

- Thirst
- Less frequent urination
- Fatigue
- Dizziness
- Confusion



Put Vaccinations on Your Back-To-School List

Katie's Korner

While vaccines are often thought of as something for babies and young children, preteens and teens also need vaccines to stay healthy throughout the school year. Vaccinations protect preteens and teens against serious and potentially life-threatening diseases, including meningitis and cancers caused by HPV infections. These diseases are still around and very real. When children are not vaccinated, they are at increased risk for diseases and can also spread diseases to others in their classrooms and community.

Is your child up to date?

As you help your kids get ready for school, make sure they're fully vaccinated. Typically, your child needs a certificate of immunization to enroll in school. Making sure that children of all ages receive all their vaccinations on time is one of the most important things parents can do to ensure their children's long-term health—as well as the health of friends, classmates, and others in the community.

Between 4 through 6 years of age, your child should visit the doctor once a year for check-ups. During this time, your child receives the following vaccines:

- Diphtheria, tetanus and pertussis (DTaP): this shot protects your child from diphtheria, a potentially serious disease, as well as tetanus and whooping cough.
- Polio (IPV): protects your child from potentially serious disease, polio (or poliomyelitis). This is a disease caused by poliovirus, it can cause lifelong paralysis and can be deadly.
- Measles, Mumps, and Rubella (MMR): Protects your child from measles, a potentially serious disease, as well as mumps and rubella. It prevents your child from getting uncomfortable rash and high fever from measles, keeps your child from missing school or child care (and keeps you from missing work to care for your sick child)
- Chickenpox (Varicella): Protects against chickenpox; doctors recommend all children who have never had chickenpox get the shot. Chickenpox can be a potentially serious and even deadly disease.
- Flu vaccine: Recommended yearly to prevent influenza.

Is your preteen up to date?

CDC recommends four vaccines when they are 11 or 12 years old. These vaccines include:

- Quadrivalent meningococcal conjugate vaccine: which protects against some of the bacteria that can cause infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia). These illnesses can be very serious, even fatal.
- Human Papillomavirus (HPV): which helps protect against



HPV infections that cause cancer.

- Tdap Vaccine: protects against three serious disease: tetanus, diphtheria, pertussis (also known as the whooping cough).
- Flu Vaccine: Preteens and teens should get a flu vaccine every year by the end of October if possible.

Is your teen up to date?

Between 13 and 18 years old, your child should visit the doctor once each year for checkups. The following vaccines are recommended by the American Academy of Pediatrics.

- Flu vaccine: Recommended yearly.
- Meningococcal Conjugate Vaccine: A booster dose of meningococcal conjugate vaccine is needed at age 16 to maintain protection against some of the bacteria that can cause meningococcal disease, including sepsis and meningitis.
- Serogroup B Meningococcal Vaccine: Teens may also be vaccinated with serogroup B meningococcal vaccine preferably at 16 through 18 years old, but also up to age 23. Meningococcal disease is a serious illness caused by a type of bacteria called *Neisseria meningitidis*. There are at least 12 types of *N. meningitidis*, called “serogroups.” Serogroups A, B, C, W, and Y cause most meningococcal disease. Serogroup B meningococcal (MenB) vaccines can help prevent meningococcal disease caused by serogroup B. Other meningococcal vaccines are recommended to help protect against serogroups A, C, W, and Y.

Need help paying for Vaccines?

The Vaccines for Children (VFC) program offers vaccines at no cost to eligible children through health care providers enrolled in the program. Vaccinating on time means healthier children, families, and communities. Find out if your child qualifies for the VFC program! Children who are eligible for the VFC program can receive vaccines at NO COST through a national network of participating health care providers. The VFC program helps ensure that all children have a better chance of getting their recommended vaccinations on schedule. These vaccines protect babies, young children, and adolescents from **16 DISEASES!!**

Who is eligible for the VFC Program?

Children ages 18 years or younger who meet at least one of the following requirements:

- American Indian or Alaska Native
- Medicaid-eligible
- Uninsured
- Underinsured—means that your child has health insurance, but the insurance policy doesn't cover any vaccines or doesn't cover certain recommended vaccines.

CALL US TODAY TO GET YOUR CHILD READY FOR SCHOOL!!

Back-To-School Health

School will soon be underway. This can be a stressful time for both parents and kids. As a parent, encouraging healthy habits can be very beneficial for your child. Healthy habits can improve school performance and encourage overall good health. Here are a few tips:

Focus on Nutrition

- Skipping breakfast is linked with reduced cognitive performance according to the CDC. Be sure to start your student's day with a healthy breakfast.
- Be sure your child is getting adequate amounts of specific food groups such as fruits, vegetables, and dairy products. Lack of these food groups can actually result in lower grades for your student.
- Try to limit the amount of "empty calories" your student consumes. This may include soda, candy, cookies, and other "junk food."
- If your child is a picky eater, continue to introduce new foods into their diet, be a role model by eating healthy foods in your own diet, and don't use food as a reward—this is a bad habit to start and may carry through to adulthood.

Health Risks for School-Aged Kids

- Head lice is a common problem among school-aged children. The most common way to get head lice is by head-to-head contact. Remind

your child not to share hats or combs.

- Scoliosis is a curvature of the spine that develops during childhood or teen years. Watch for uneven shoulders or hips, and make sure your child gets regular scoliosis checkups.
- Bullying often goes unreported. Watch for the signs including changes in behavior, anxiety, depression, self-harm, or struggling with grades.
- Vision problems can often develop in school-aged children. If you notice your child squinting, tilting their head or holding handheld devices too closely, this can be a sign that your child needs their vision checked.

Good Sleep Habits

- Overuse of digital devices, especially near bedtime can cause sleep issues. Put away electronic devices at least an hour before bedtime.
- Sleep is just as important as diet and exercise. Most kids need between 8 and 10 hours of sleep per night.
- Discourage your child from exercising, taking a warm bath or hot shower just before bed. These activities can keep them awake.
- A snack before bed may help your child sleep, but caffeine should be avoided.
- If your child is struggling with sleep be sure to turn off any lights that may be keeping them awake.

Digital devices should be turned off at least one hour before bedtime.



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We have your best interest at heart.

15 August Blood Pressure Clinic
Shelbina Nutrition Site 11am-12pm

For more info go to:
www.clevelandclinic.org
www.mayoclinic.org
www.hopkinsmedicine.org
www.cdc.gov

Recipe of the Month

Granola Bars...Great for after school!

Ingredients:

- 2 cups rolled oats
- 1/2 cup shredded coconut
- 1/2 cup honey
- 2 Tbsp creamy peanut butter
- 1 tsp vanilla extract
- 1/8 tsp salt
- *1/2 cup semi-sweet chocolate chips, if desired

Directions:

Preheat oven to 325°F. Grease a 9-inch square baking dish. Spread oats and coconut evenly across baking dish. Toast until

browned, about 10 minutes. Transfer to large mixing bowl. Mix honey, peanut butter, vanilla extract, and salt in a saucepan over medium heat. Cook and stir until smooth. Pour in honey mixture over oats and coconut, *add chocolate chips if desired; stir to coat. Spread mixture evenly into prepared baking dish. Bake in preheated oven until begins to dry, about 15 minutes for crunchy granola bars, less time if you prefer chewy granola bars. Cool completely before cutting.

