

# Lexington



## Employee Anniversaries

Kendra 2 yrs.

## Employee Birthdays

Afton 10/3  
Lauren H. 10/4  
Mikenzie 10/9  
Takaya 10/13  
Allison D. 10/17  
Natalie 10/20  
Aaliyah 10/23  
Debbie H. 10/28  
Lisa O. 10/30

## October Children's Birthdays

Hussein  
Aubrey  
Alexandra  
Zara  
Presley  
Victoria  
Zoe  
Aaliya  
Chance  
William  
Anthony

EMPLOYEE OF THE MONTH  
ABOVE AND BEYOND

STACY FAIN

# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Wear blue shirt day bully prevention, Stretch &amp; Grow</i>	3 <i>Leaf Painting</i>	4 <i>Walk to School Day</i>	5 <i>Leaf pick up</i>	6	7 <i>Make a card for your teacher day</i>
8	9 <i>Thanksgiving Day in Canada</i>	10	11 <i>TKC Pumpkin patch &amp; photo shoot</i>	12 <i>Pumpkin painting, Story Time Bus</i>	13	14 <i>Universal Music Day</i>
15	16 <i>Boss Day, Stretch &amp; Grow</i>	17 <i>Evans Orchard Field Trip</i>	18 <i>Medical Asst. recognition party</i>	19	20	21 <i>Reptile Awareness Day</i>
22	23	24	25 <i>Not so spooky story time, PJ day</i>	26 <i>Story Time Bus</i>	27 <i>Haunted House, Halloween Pot Luck</i>	28 <i>All about chocolate day</i>
29	30 <i>Stretch &amp; Grow</i>	31 <i>Halloween Party</i>				

## Flu Season      What You Should Know

Influenza, or “the flu,” is a highly contagious viral infection of the respiratory tract (nose, throat and lungs). The flu is often confused with the common cold, but flu symptoms tend to develop quickly (usually 1 to 4 days after a person is exposed to the flu virus) and are usually more severe than the typical sneezing and congestion associated with a cold.

Influenza is often accompanied with:

- Fever
- Headache
- Extreme tiredness
- Dry cough and sore throat
- Runny or stuffy nose
- Muscle aches
- Nausea, vomiting and diarrhea are also common symptoms in children



A person infected with the flu virus will typically suffer from the illness for approximately 7 to 10 days, with 5 to 6 days of limited activity and about 3 days of bed rest.

Each year, between 10 and 20 percent of the U.S. population are infected with the virus. The flu is highly contagious and easily passed to young children. In fact, children are 2x to 3x more likely than adults to get the flu because their immune system is still developing. Annual flu vaccination can help prevent the spread of influenza between individuals and may help save lives of those most susceptible of having severe and fatal complications from the flu.

### Who Should Get Vaccinated Against the Flu?

It is important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications. These include:

1. Pregnant women
2. Children younger than age five, but especially children younger than two years old
3. People 50 years of age and older
4. People of any age with certain chronic medical conditions
5. People who live in nursing homes and other long-term care facilities
6. People who live with or care for those at high risk for complications from flu

Please contact your child’s pediatrician for his/her annual flu shot. Flu shots are also being given at a number of Kroger, Meijer, and Walgreens locations, no appointment necessary, usually 7 days a week but call or go online for more information and specific locations.