



**November  
Children's  
Birthdays**

Gracen  
Jaloni  
Grayson  
Iker  
Visanthe

Diabetes Awareness Month  
National Epilepsy Month  
Prematurity Awareness Month

**Employee Birthdays**

Jordan B. 11/12  
Stacey H. 11/26

Employee of the Month

**ABOVE  
AND  
BEYOND**

**ASHLEY ADAM, SRNA**

**Employee  
Anniversaries**

Kim E. 2 yrs.



# NOVEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 <b>FALL BACK</b> Daylight Saving Time ends	4	5	6	7	8	9
10	11	12	13	14 <b>World Diabetes Day</b>	15	16
17 <b>World Prematurity Day</b>	18	19	20	21	22	23
24	25	26 <b>Natl Cake Day</b>	27	28 <b>Thanksgiving Center Closed</b>	29	30



### **What is the Flu?**

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. This virus changes each year.

### **Prevention**

The best way to protect your family from the flu is to get a flu shot. Wash your hands often with soap and water. Avoid touching your eyes, nose or mouth. Avoid close contact with sick people. The flu virus is easily spread. If you suspect your child has the flu, limit contact with others to prevent the spread of the virus.

### **What to look for**

Fever, runny nose, sore throat, cough, muscle pain, headache and chills are all symptoms of flu.

### **Treatment**

Antiviral drugs (such as Tamiflu) are effective in reducing the severity and length of flu, if given within 48 hours of the start of symptoms. Acetaminophen or Ibuprofen may be given to reduce fever, muscle aches, and headaches. Cold and cough medication should only be given to children over 6 years of age (per the FDA, these medications are not safe and can cause serious side effects in children under 6). Make sure your child stays well hydrated. Seek immediate care from a doctor if your child has any trouble breathing, bluish tint to lips while coughing, chest pain, fever greater than 104, is less than 12 weeks old, is dehydrated, seems 'out of it', or looks or acts very sick.

The fever usually lasts 2-3 days, but the runny nose can last up to 2 weeks and cough can last up to 3 weeks. Your child may return to the center once fever free for 24 hours.

