



Employee of
the Month

**ABOVE
AND
BEYOND**

**DENIQUE SANDERS,
BSN RN**

Employee Anniversaries

Priscilla P. 5 yrs.
Judy P. 5 yrs.
Brennon Q. 10 yrs.

Employee Birthdays

Nicole C. 11/7
Brennon Q. 11/10
Nowana S. 11/14
Chloe A. 11/30
Reggie B. 11/13

November Children's Birthdays

Nicholas
Houstyn
Jordan
Phillip
Elizabeth
Andrew
Brennon
Jade
Braylone

NOVEMBER 2019

*Jennifer will be making homemade Chicken Noodle soup
on Tuesday, Nov. 12th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Natl Calzone Day	2
3 FALL BACK Daylight Saving Time ends	4 King Tut Day	5 Election Day, Kids vote on what is served for lunch on Friday	6 Natl Saxophone Day, Sax player as center guest	7	8	9
10	11 Veterans Day, invite a Veteran to breakfast	12 *Chicken Soup for the Soul day, read Chicken Soup for the Kids	13	14 Pickle Day	15	16
17	18 Apple Cider Day, Apple Cider for snack	19	20 Universal Children's Day	21	22	23
24	25	26 Thanksgiving luncheon for the families	27 Juke Box Day—Dress like the 50's!	28 Thanksgiving	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.

