

# Portland

# 10/13 4PM -6PM

## PARENT EVENT

GET IN THE KNOW WITH YOUR  
**MCO** MANAGED CARE ORGANIZATION

## Reminders

# The Kidz Club will be closed on 9/5 Labor Day

Remember to sign your child in and out at the computer screen.

# Flu Prevention

- Everyone six months and older should receive an annual flu vaccine
- Wash your hands with soap and water
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces

It is best to receive the flu vaccine by the end of October.

Contact your child's provider to schedule their flu shot for the 2022 - 2023 flu season!



# September

## NICU Awareness

Neonatal Intensive Care Awareness Month was established in 2014 by Project Sweet Peas, a non-profit organization. Project Sweet Peas is a 501(c)3 national non-profit organization coordinated by volunteers, who through personal experience have become passionate about providing support to families of premature or sick infants and to those who have been affected by pregnancy and infant loss.

LEARN MORE



## Therapy Spotlight



# Did you know?!



Problematic behaviors may be the result of the body's physical response to stress. Remember that building trust and safety is the best way to help regulate and decrease behaviors.

Helpful Tips:

- Offer choices when appropriate
- Respond with a calm, even voice
- Practice and encourage deep breathing
- Ask permission to help with tasks that require touching
- Try animal walks or wall push-ups
- Listen to calming sounds such as rain
- Try rocking movements in a chair or swing
- Allow your child to feel heard, try phrases such as "I hear your words" or "I know that is so hard, but we have to..."

**Flu** is an illness that is caused by a respiratory virus. When someone with flu coughs or sneezes, the flu virus gets into the air and those nearby can inhale it. The virus can also be spread by touching surfaces that are contaminated with the flu virus, and then touching your eyes, nose, and mouth.

**The Centers for Disease Control and Prevention estimates that 8-13 million people were infected with the flu virus during the 2021-2022 flu season.**

It is best to receive the flu vaccine by the end of October. Contact your child's provider to schedule their flu shot for the 2022-2023 flu season.

## Flu Prevention

- Everyone six months and older should receive an annual flu vaccine, especially those at higher risk
- Wash your hands with soap and water
- Avoid touching your eyes, nose, and mouth Clean and disinfect surfaces

## Flu Symptoms

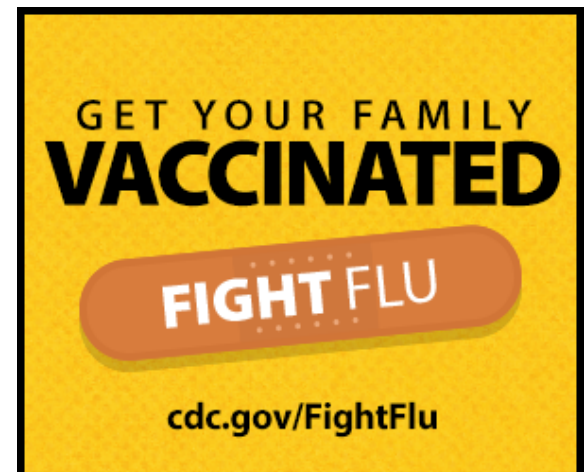
- Sudden fever
- Headache, body aches, and fatigue
- Chills
- Stuffy, runny nose
- Sore throat
- Dry, hacking cough
- Vomiting and diarrhea (less common)

## Flu Treatment

- Extra rest and fluids
- Tylenol or ibuprofen to reduce fever

Typically healthy individuals recover from flu in 1-2 weeks. Antiviral medications can help to reduce the severity and length of flu infections but must be started within 48 hours of symptom onset. Contact your child's healthcare provider for more information and to determine if an antiviral medication is appropriate.

**Chronic health conditions put you at greater risk for complications from the flu.**



<https://healthychildren.org/English/health-issues/conditions/flu/Pages/the-flu-what-parents-need-to-know.aspx>

<https://www.cdc.gov/flu/about/burden/preliminary-in-season-estimates.htm>

**PP<sup>ed.</sup>  
EC**

**The Kidz Club**  
Prescribed Pediatric Extended Care

