Flu Season is Here!

With record-setting numbers of influenza cases in Nebraska, it seems especially important to be aware of ways to help prevent getting the flu. Here are some tips from Nebraska DHHS:

- The single best way to prevent the flu is by getting a flu vaccine every year. Everyone over the age of six months is recommended to get a flu vaccine, with very few exceptions.

- Cover your cough!

- Wash your hands often with soap and water or an alcohol-based hand cleanser.

- Stay home when you are sick.

- Do not share eating utensils, drinking glasses, towels, or other personal items.

- Avoid touching your eyes, nose, or mouth.

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It’s important to note that not everyone with flu will have a fever.
National Children’s Dental Health Month

The American Dental Association promotes children’s dental health every February with a new dental goal each year. This year, the goal is to promote fluoride in water with the slogan, “Fluoride in water prevents cavities!” Water fluoridation is estimated to reduce tooth decay by 20-40%. The CDC (Centers for Disease Control and Prevention) estimates that around 60% of the U.S. population receives fluoridated water through the taps in their homes. However, if you receive water in your home from a well or private source then you will need to have your water checked by a laboratory or your local health department to see if fluoride levels are adequate. Children under six months of age do not need to be supplemented with fluoride. Talk to your dentist about your water source to determine if your child needs fluoride supplements. The AAP (American Academy of Pediatrics) recommends that children receive an oral health risk assessment by a dentist or pediatrician by six months of age. Every child should have a regular dentist established by the time they are 12 months old. Dental check-ups are recommended every six months, or more or less frequent, depending on the child’s dental health.

Here are some tips for brushing:

- Don’t skip brushing—make it a habit to brush for two minutes, two times a day.
- Make it fun for your child by singing 2-minute songs or read a story to them while they’re brushing.
- Let them watch you brush your teeth, or brush your teeth together.
- Try different kinds of toothpaste until you find the one your child likes, and remember to use only a pea-sized amount on their toothbrush.
- Don’t give up! Sticking to a routine and encouraging good oral health will benefit your child for a lifetime.

National Nutrition Month

Every March is National Nutrition Month, focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits. Here are some healthy tips for 2020:

- Eat breakfast.
- Be active.
- Watch portion sizes.
- Enact family meal time.
- Get cooking.
- Fix healthy snacks.
Sarpy/Cass Baby Café
Grand Opening!

The Sarpy/Cass Baby Café has been open to the public since October. This service aims to support our breastfeeding families in Sarpy and Cass Counties by providing weekly meetings for pregnant and breastfeeding families to attend. Free professional lactation support is available if needed.

Our Grand Opening is scheduled for Tuesday, April 7, 2020 during National Public Health Week. We hope this opening will bring positive attention to all Baby Cafes across the country who support breastfeeding families. We encourage, and welcome, community members to attend and offer their support. Stay connected to our social media pages and website to keep informed on the details of the Grand Opening.

Website:
www.sarpycasshealthdepartment.org

Like us on Facebook:
www.facebook.com/SarpyCassMCH/
www.facebook.com/SarpyCassHealth

Free Breastfeeding Resources Available To The Public

Breastfeeding Resource Lending Library

Thanks to some funding from the Nebraska Breastfeeding Coalition, the Sarpy/Cass Health Department now houses a breastfeeding resource lending library. Included in the library are books and videos on a variety of breastfeeding-related subjects. Some of the items included are books on what to expect while breastfeeding, exclusive pumping, breastfeeding in the workforce, feeding children with special needs, and children’s books about breastfeeding and weaning. There are also DVDs available as well, and some materials geared especially toward dads. If you are interested in checking out materials or seeing what we have available, please contact Michelle mleahy@sarpycasshealth.com or Katie kgraves@sarpycasshealth.com and we would be happy to assist you!
Emergency Preparedness for Pregnant Women, Infants and Children

It’s widely recommended that everyone keep emergency supplies on hand to be prepared for a disaster. This includes items like non-perishable food, water, flashlights, batteries, and important documents. In a disaster, pregnant women and families with infants have special considerations, and should include some additional items in their emergency kits.

If you are pregnant, your kit should include:

- nutritious foods, such as protein bars, nuts, dried fruit and granola
- maternity and baby clothes
- prenatal vitamins and other medications
- extra bottled water
- emergency birth supplies, such as clean towels, sharp scissors, infant bulb syringe, medical gloves, two white shoelaces, sheets and sanitary pads
- two blankets
- closed-toe shoes

If you have an infant, your kit should also have:

- a thermometer
- copies of vaccination records
- antibacterial wipes and hand sanitizer
- dish soap
- a portable crib
- baby food in pouches or jars and disposable feeding spoons
- two baby blankets
- extra baby clothes and shoes for older infant
- baby sling or carrier
- diapers, wipes and diaper rash cream
- medications and infant pain reliever, such as ibuprofen or acetaminophen
- small disposable cups
- ready-to-feed formula in single serving cans or bottles*
  *For use if medically necessary

Source: [http://aphagetready.org/new_pg_MODInfantSupplies.htm](http://aphagetready.org/new_pg_MODInfantSupplies.htm)

For more information on emergency preparedness, contact the Sarpy/Cass Health Department’s Emergency Preparedness Coordinator, Brittney Hensley, at bhensley@sarpycasshealth.com or 402-339-4334.