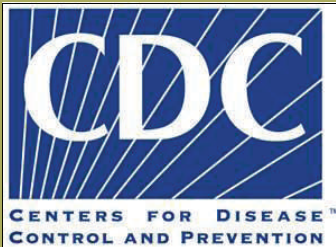


KEY TO GOOD HEALTH:

What Should I Do if I Get the Flu?



- ◆ Get plenty of rest.
- ◆ Drink plenty of liquids (water, soup, tea, etc.)
- ◆ Avoid use of alcohol and tobacco.
- ◆ Take medications to relieve the symptoms (cough suppressants, nasal decongestants, fever and pain relievers—not aspirin).
- ◆ Do not take antibiotics. They do not cure the flu.
- ◆ Reduce your stress, if possible.
- ◆ Avoid close contact (hugging, kissing, shaking hands, drinking from the same cup) with others.
- ◆ Stay home from work, school, church, sporting events, libraries, shopping centers, etc.
- ◆ Wash or disinfect your hands. Use a fresh tissue to blow your nose or to cover your mouth when you cough or sneeze. Safely dispose of the soiled tissue right away, and wash or disinfect your hands immediately



For more information visit Centers for Disease Control & Prevention, www.cdc.gov



MIAMI-DADE SCHOOLS POLICE DEPARTMENT

"Targeting Healthy Living"

E-HEALTHY NEWSLETTER

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National Immunization Awareness Month



It's almost time for school to begin and the Miami-Dade Schools Police Department wants you to get a healthy start for the new school year!

August is **National Immunization Awareness Month**, which is the reason for promoting immunizations and reminding family, friends, and coworkers to get caught up on their shots.

Immunizations (or vaccinations) aren't just for babies and young kids. According to the Centers for Disease Control, we all need shots to help protect us from serious diseases and illness. Everyone over age 6 months, needs a seasonal flu shot every year. Here are some other shots people need at different ages:

Young children:

- Children under age 6 get a series of shots to protect against measles, polio, chicken pox, and hepatitis.

Preteens:

- All 11- and 12-year-olds need shots to help protect against tetanus, whooping cough, and meningitis.
- Doctors recommend girls also get the HPV vaccine to protect against the most common cause of cervical cancer.

Adults:

- All adults need a tetanus shot every 10 years.
- People age 65 need a one-time pneumonia shot.

Talk to your doctor or nurse about which shots you and your family need.



SYMPTOMS	COLD	FLU
Fever	Rare in adults and older children, but can be as high as 102 F in infants and small children.	Usually 102 F, but can go up to 104 F and usually lasts 3-4 days.
Headache	Rare	Sudden onset and can be severe
Muscle Aches	Mild	Usual, and often severe
Tiredness and Weakness	Mild	Can last 2 or more weeks
Extreme Exhaustion	Never	Sudden onset and can be severe
Runny Nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore Throat	Often	Sometimes
Cough	Mild hacking cough	Usual, and can become severe

VISIT US ON-LINE AT POLICE.DADESCHOOLS.NET

Charles J. Hurley, Chief of Police

