

# Huron County Public Health

## Healthy Kids Newsletter



### WHAT'S INSIDE...

From back to school immunizations to Halloween safety tips, this fall issue of Huron County Public Health's (HCPH) Healthy Kids Newsletter has tips and resources to keep your child safe, healthy, and ready to learn.

## Huron County Public Health Immunizations

August is National Immunization Awareness Month. Vaccinating your children according to the recommended schedule is one of the best ways you can protect them from harmful and potentially deadly diseases.

To schedule a vaccination appointment with HCPH call (419) 668-1652 Ext. 241.

### REQUIRED BACK TO SCHOOL IMMUNIZATIONS:

Disease	Immunization	Grade Level
Meningitis	Meningococcal	Required to enter 7th & 12th
Tetanus, Diphtheria, Pertussis	Tdap	Required to enter 7th.
Chickenpox	Varicella	Two doses for kindergartners. One dose for 7th-10th.
Mumps, Measles, Rubella	MMR	Two doses required K-12th.
Hepatitis B	Hepatitis B	Three dose series required for K-12th.
Diphtheria, Tetanus, Pertussis	DTaP	Required to enter kindergarten. One dose after 4th birthday.
Polio	Polio	Received final dose on or after 4th birthday.

### Back to School Tips

Lice often spreads in group settings where children play together closely like school, after school activities, and sports.

Encourage your child to not share certain items such as hats, helmets, hairbrushes, or combs. This will help reduce the risk of your child getting and spreading lice.



# Eating Healthy | Nutrition & Food Safety



## EAT MORE FRUITS & VEGGIES

### REASONS TO EAT MORE FRUITS & VEGETABLES

**FIBER.** Fruits & veggies provide fiber that helps fill you up and keeps your digestive system happy.

**LOW IN CALORIES.** Fruits and veggies are naturally low in calories.

**MAY REDUCE DISEASE RISK.** Eating plenty of fruits and vegetables may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.

**VITAMINS & MINERALS.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

### Did you know?

The average strawberry has around 200 seeds!



## GET KIDS INVOLVED

### INVOLVE KIDS IN HEALTHY COOKING & SHOPPING

Let kids wash fruits and vegetables when preparing for cooking or eating.

When shopping, let children select a new fruit or vegetable to try.

Let older kids help peel and slice carrots, cucumbers, potatoes, or other veggies.

Make a healthy snack like applesauce. Let children help stir and add the ingredients.

When making mashed potatoes, pull out the potato masher and let them have some fun.



## FOOD SAFETY TIPS

### CLEAN

- Wash surfaces and utensils after each use.
- Wash fruits and veggies, but not meat, poultry, or eggs!

### SEPARATE

- Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs.
- Keep meat, poultry, seafood, and eggs separate from other food in the grocery cart and in the fridge.

### COOK

- Cook food thoroughly before eating.
- Keep food hot after cooking.

### CHILL

- Refrigerate perishable foods within two hours.
- Never thaw foods on counter tops.

For more information, visit [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

## September is National Childhood Obesity Awareness Month

1 in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, HCPH encourages your family to make healthy changes together.

- Get active outside: Walk around the neighborhood, use local trails, go on a bike ride, or play basketball at the park. **National Walk to School Day is October 5th, 2016. Mark your calendars!**
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

# Emergency Preparedness

## DOES YOUR CHILD KNOW WHAT TO DO?

Include teens and children when preparing your family for emergencies. Working together and making children and teens a part of the process will better prepare them in case of a real emergency.



### Did you know?

If a fire starts in your home, you may have just two minutes to escape.

## EMERGENCY KITS

If possible, you should have enough supplies to last at least three days in an emergency kit. Disasters can strike without warning. Having the supplies you need can be a life-saver, especially if those supplies are hard to come by. Don't forget to include children and teens when gathering supplies for your family. Helping prepare for an emergency, can empower them and give them a sense of relief knowing their family is ready should disaster strike.

### Basic Emergency Supply List:

- Water, one gallon of water per person, per day for at least 3 days
- Food, at least a three-day supply of non-perishable food
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

For more emergency kit information and supply checklists visit [www.ready.gov](http://www.ready.gov).

## COMMUNICATION PLANS

Emergencies can happen unexpectedly. Would your child know how to get in touch with you or other family members?

Create a family communication plan to make sure you know how to get in touch with each other. Make kids memorize their home phone and parents' cell phone numbers. Create a list of other important numbers they can keep in their backpack.

If you are unable to reach someone by phone, make sure your family has a meeting spot. Create a map for your child and make sure they understand how to reach the meeting spot from school and from home. Examples can be found at [www.ready.gov/kids/parents](http://www.ready.gov/kids/parents).

## FIRE SAFETY TIPS

Talk with kids about a fire escape plan. Help them understand that they cannot hide from fire, but instead need to **"Get Out", "Stay Out", and "Call for Help"**. Practice your family escape plan and include a place for family members to meet after they have safely got out of the house.



## SMOKE ALARMS

Test smoke alarms once a month, and replace them once every 10 years.

Teach children what a smoke alarm sounds like and what to do if they hear an alarm.

A working smoke alarm and an escape plan can save your family's lives.



**FIRE PREVENTION WEEK IS**  
October 9th-15th, 2016 &  
**FIRE ALARM DAY is**  
October 14th, 2016.

Take these opportunities to talk to children about fire safety and practice escape plans. Don't forget to check your smoke alarms.

For more information, visit [www.ready.gov/home-fires](http://www.ready.gov/home-fires).



## HEALTHY HALLOWEEN TREAT

What you will need:

- String Cheese
- Pretzel Sticks
- Chives (optional)



Instructions:

1. Cut string cheese into thirds.
2. Separate cheese strands to make it look like a broomstick end. Only pull the cheese a part about two thirds of the way. Leave a third of the section intact.
3. Next poke a pretzel stick into the cheese stick. Be careful not to push too far.
4. Find the skinniest chives, and just tie it neatly around the cheese and pretzel. Pinch off the excess ends. (This step is optional)

For more detailed instructions, visit, [www.onelittleproject.com/halloween-treat-cheese-pretzel-broomsticks](http://www.onelittleproject.com/halloween-treat-cheese-pretzel-broomsticks)

## HURONCOHEALTH.COM

Visit HCPH's new Health Blog and Parents & Kids webpages for updated current events and fun activities.

Join HCPH's Mailing List to receive updates, alerts, and current Newsletters.

JOIN OUR MAILING LIST

Receive Updates, Alerts, and Newsletters

Email Address

Enroll Now

## Halloween Safety Tips

Take a few safety precautions to keep your Halloween fun and accident free.

### TRICK OR TREAT WITH AN ADULT

If your child is under 12 years old, they should have adult supervision when trick or treating. If you decide your child is mature enough to be out on their own, make sure they stick to familiar areas and stay in a group.

### KIDS' TRICK OR TREATING SAFETY

1. Use crosswalks and traffic signals when crossing the street.
2. Make eye contact with drivers before crossing in front of them.
3. Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic and to the left.
4. Watch for cars that are turning, backing up, or just not paying attention.
5. Never cross the street between parked cars, or dart out into traffic.



Source: [www.safekids.org](http://www.safekids.org)

### Did you know?

The first Jack O'Lanterns were actually made from turnips.

## Halloween Candy

*The Best and Worst Candies for Your Teeth*

### WORST:

**Chewy/Sticky Sweets**— Sticky candies can get stuck in between teeth and are hard for saliva to wash away, leading to tooth decay.

**Sour Candies**— Sour candies are very acidic and can hurt teeth's enamel quickly. Make sure children brush their teeth within 30 minutes of eating sour candy.

**Sugary Snacks**— All candy (minus the sugar-free snacks) can lead to tooth decay. Make sure children brush their teeth after eating sugary snacks. Remember kids should be brushing at least twice a day.



### BEST:

**Sugar-free Hard Candy**— Hard candy can stimulate saliva and prevent dry mouth and slow plaque build up.

**Sugar-free Gum**— Gum can help prevent cavities by cleaning left behind food out of between teeth.

Source: <http://bit.ly/knowknowyourteeth>

Check your local newspaper or city websites for updated trick or treating dates and times.