



# Straight "A" Health

## Keeping Kids Healthy All Year Long

Fall 2009 Edition

Volume 7, Issue 1

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### Rachel's Challenge

*"Are You Up For The Challenge"*

ATTENTION!!!!!!

OPEN TO THE PUBLIC

**Wednesday,  
November 18th**

**6:30 PM**

**BCIT-Westampton  
695 Woodlane Road  
Westampton NJ**

**Guest Speakers:**

- **Larry Scott, uncle of Rachel Scott (at the young age of 16 years old, she was the first student killed at Columbine High School on April 20, 1999**
- **Dr. Judi Lynch (from Virginia Tech) will speak on lessons learned, healing and involvement with the student group Hokies United).**

**For more information call Elfrieda Francis at 609-265-5548**

### H1N1 FLU SHOTS ON THE WAY TO BURLINGTON COUNTY

A limited amount of Nasal Spray H1N1 vaccine is on its way to Burlington County for the first round of clinics in schools that have agreed to vaccinate their students.

Health officials are recommending that healthy school aged children ages 2 and older get priority for the H1N1 flu mist vaccine. Children through the age of 9 will be required to receive two doses. Those over the age of 10 will only need one dose.

The nasal spray vaccine contains a weakened live virus that won't give you the flu. Because it is a live vaccine, there are those who should not get the flu mist, including:

- People less than 2 years of age
- People 50 years of age and over
- People with a medical condition that places them at high risk for complications from influenza, including those with chronic heart or lung disease, such as asthma or reactive airway disease; people with medical conditions such as diabetes or kidney failure; or people with illnesses that weaken the immune system, or who take medications that can weaken the immune system.
- Children <5 years old with a history of recurrent wheezing
- Children or adolescents receiving aspirin
- Pregnant women

- People with a history of Guillain-Barré syndrome, a rare disorder of the nervous system
- People who have a severe allergy to chicken eggs or who are allergic to any of the nasal spray vaccine components
- Children vaccinated with a live, non-oral vaccine less than 30 days prior to the H1N1 clinic date.

In children, side effects can include runny nose, headache, wheezing, vomiting, muscle aches, and fever. In adults, side effects can include runny nose, headache, sore throat, and cough. Fever is not a common side effect in adults receiving the nasal-spray flu vaccine.

The nasal-spray flu vaccine does not contain thimerosal or any other preservative.

An injectable shot form of H1N1 vaccine should be arriving in several weeks for those who can not use the nasal spray. Typical flu symptoms are fever, headache, fatigue, cough, sore throat, runny nose and muscle aches. Some with the H1N1 flu virus are also reporting diarrhea and vomiting.

For more information about the nasal spray flu vaccine please visit <http://www.cdc.gov/FLU/about/qa/nasalspray.htm>. For more information about the H1N1 flu please visit <http://www.cdc.gov/h1n1flu/>.

**\*\*\*DON'T MISS FREE NUTRITION PRESENTATIONS FOR COUNTY SCHOOLS...INFO ON PAGE 4**



# RED RIBBON WEEK



To educate young people on the dangers of alcohol, tobacco, and other drug abuse, Burlington County will be holding a poster contest for students aged 10 to 17 during annual Red Ribbon Week Oct. 17 to 25. By creating a poster, the youth must think about the consequences of smoking, drinking or taking drugs, with the program's goal being to encourage healthy lifestyles choices.

Entries should address the theme of "Born to be Drug, Alcohol and Tobacco Free." All posters should be submitted on construction paper, cardstock or poster board no larger than 12 by 18 inches. All posters will be on display Friday, Oct. 23 from 1- 6 p.m. at the Burlington County College, Mount Holly Center, 1 High Street, Mount Holly. Entries can be dropped off at the Burlington County Health Department, 15 Pioneer Blvd., Westampton, 08060, no later than Friday, Oct. 16.

The top three winners will be voted on by visitors to the exhibit. The winner will receive a \$100 visa gift card and the first place poster will appear on the cover of the 2010 Red Ribbon Calendar. The second place winner will receive a \$50 mall gift card and third place will receive two movie passes.

The poster contest and exhibit are coordinated by the Burlington County Partnership for Healthy Adolescents, along with the Burlington County Coalition for Healthy Communities, a program of Prevention Plus of Burlington County; The Lester A. Drenk Behavioral Health Center and the Governor's Council on Alcoholism and Drug Abuse. The Partnership is funded by a grant from the NJ Department of Health and Senior Services.

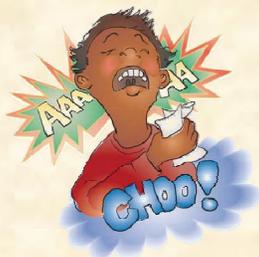
## FLU BASIC

### WHAT IS THE FLU?

The flu, the common name for influenza, is a highly contagious respiratory disease caused by influenza viruses.

### WHAT ARE THE SYMPTOMS OF THE FLU?

- Fever
- Cough
- Sore Throat
- Body Aches
- Headache



### WHO GETS THE FLU?

Anyone can get the flu. On average, in the United States, 5% to 20% of the population gets the flu each year.

### WHEN DOES THE FLU OCCUR?

Flu season in the United States is usually in the

fall and winter months. The peak of flu season is between October and April.

### HOW DOES THE FLU SPREAD?

The flu virus spreads though droplets that enter the air after people cough and sneeze.

Others can breathe them in or get them on their hands and become infected when they touch their eyes, nose or mouth.

### HOW DO I KEEP FROM GETTING SICK?

- Cover your nose and mouth with a tissue when you sneeze or cough.
- Wash your hands with soap and water frequently throughout the day, especially after coughing or sneezing.
- Stay home from work or school when you are ill.
- Consult your healthcare provider if symptoms persist or become severe.

# Halloween Health and Safety Tips

## Trick-or-Treaters:

- Carry a flashlight.
- Walk, don't run.
- Stay on sidewalks.
- Obey all traffic and pedestrian regulations.
- Look both ways before crossing the street, & always walk as a group at established crosswalks.
- Avoid hiding or crossing the street between parked cars.
- Stay in familiar neighborhoods.
- Avoid cutting across yards or driveways.
- Wear a watch that can be read in the dark.
- Make sure costumes don't drag on the ground.
- Avoid wearing masks while walking from house to house.
- Approach only houses that are lit.
- Be cautious of animals and strangers. Never enter a stranger's home or car for a treat.
- Accept treats only in doorways, never inside houses.
- Say thank you after receiving your treats.
- Bring treats home to be inspected before eating any.
- Notify law enforcement authorities of any suspicious or unlawful



## WHEN SHOULD YOU WASH YOUR HANDS?

• When they look dirty

• Before preparing or eating food

• Before and after caring for someone who is sick

• Before and after treating any wound

• After blowing your nose, coughing or sneezing



• After using the toilet

• After changing diapers or assisting anyone who has gone to the bathroom

• After handling garbage

• After touching any animal or animal waste

• After touching any surface or object that is frequently touched by other people

## THE BRIDGE

Founded by Sr. Helen Owens, OSF in 1979, The Bridge, sponsored by Our Lady of Lourdes Medical Center, is a unique program of support and positive lifestyle enrichment for teens.

Their mission is to aid in the healthy development of adolescents. The Bridge differs from other programs in that it is not crisis-oriented; rather, it addresses the challenges of adolescence, in general. The Bridge program has been offering Weekly Drop-in Sessions at no cost for 30 years, and is open to all area youth. The Bridge also offers Off-Site School and Community Programs, including student workshops, parent seminars, and teacher in-services.

The Bridge weekly drop-in sessions are staffed by youth and adult volunteer leaders who facilitate program. Some of the skills and topics covered at these sessions include: Group Dynamics, Conflict Resolution, Communication Skills,

Team/Leadership Building, Character Education, Goal Setting, and Bullying/Violence Prevention.

Please visit The Bridge and/or bring a teen to our Burlington County Weekly Drop-in Sessions, open to all youth, ages 13 to 19. These sessions meet every Thursday night, from 7:30 pm sharp to 9:00 pm, and there is no registration or cost required. The Bridge weekly drop-in sessions are held at 15 Washington Street in Mt. Holly. The Bridge also has a Camden County location which meets every Tuesday night from 7:30pm sharp to 9:00pm at 1492 Haddon Avenue in Camden.

For more information, please visit their website at [www.bridge1980.com](http://www.bridge1980.com), or call Melissa or Shana in the Bridge Office at 856-869-3122.



## FREE PRESENTATIONS

While childhood obesity numbers continue to rise to epidemic proportions, the Burlington County Health Department is trying to combat this disease by offering "free" education to our youth.

If your school is interested in having a presentation, contact John Sivon at 609-265-5467 or [jsivon@co.burlington.nj.us](mailto:jsivon@co.burlington.nj.us).

Brought to you courtesy of the Burlington County Health Department & Burlington County Board of Chosen Freeholders



### Presentation topics include :

- NUTRITION
- EXERCISE
- IMPORTANCE OF BREAKFAST
- IMPORTANCE OF SLEEP
- READING FOOD LABELS
- FOOD GUIDE PYRAMID

### Burlington County Freeholders

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### Attention Readers!

This publication is intended for wide distribution among school personnel as well as parents. Please feel free to reproduce and distribute this publication to anyone who may benefit from it.

Thank you!

~Editorial Staff