

KIDS' HEALTH CONNECTION

Presented by the Hales Corners Health Department
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What is Influenza (Flu)?

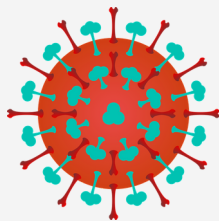
Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. Flu symptoms include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

If you have flu symptoms:

- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Clean and disinfect surfaces or objects. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

The best way to prevent flu is by getting a flu vaccine each year. For more information on the 2019/2020 flu vaccine visit www.cdc.gov/flu/season/faq-flu-season-2019-2020.htm



High Personal Conviction Waivers -- High Risk of Disease Outbreaks



Wisconsin Department of Health Services shows a growing number of families are opting out of vaccinations by using a "personal conviction" waiver. Wisconsin is one of only 18 states to allow personal conviction waivers.

Children who are allergic to a vaccine ingredient or who have weakened immune systems can get a medical exemption. Children entering school are required to be up to date on their immunizations, but a small growing percentage of kindergartners across Wisconsin lack some or all of their shots due to the personal conviction waiver.

Vaccines help to protect a community only if the vast majority of people are immunized. This is referred to as "herd immunity". When enough people are vaccinated against a certain disease, the germs can't travel as easily from person to person — and the entire community is less likely to get the disease. Herd immunity protects those who can't get vaccinated due to age or medical reasons. Choosing to protect your child with vaccines is a choice to protect your family, friends, and neighbors, too.

Why Vaccinate?

- If we stop vaccinating, diseases that are almost unknown would stage a comeback. Before long we would see epidemics of diseases that are nearly under control today.
- Immunizations can save your child's life.
- Vaccines have been studied and are very safe and effective
- Immunizations can save your family time and money by avoiding costly medical bills.

If you do not have health insurance, call the health department at 414-529-6155 to schedule an appointment. If you have health insurance, call your primary care provider.

To view your immunization record visit www.dhfs.wisconsin.gov
For more information visit www.immunize.org,
www.cdc.gov/vaccines

Vaping – What You Need to Know

A surge in cases of severe pulmonary disease associated with the use of electronic cigarettes (e-cigarettes), also called vaping, is emerging across the United States. Symptoms include:

- Shortness of breath
- Cough
- Chest pain
- Gastrointestinal symptoms of nausea, vomiting, diarrhea, and abdominal pain.

Vaping is the act of inhaling and exhaling the vapor produced by the heated nicotine liquid (often called “juice”) of an electronic cigarette (e-cigarette or e-cig), vape pen, or personal vaporizer. It’s also commonly called JUULing.



On June 10th, 2019 the Hales Corners Village Board voted unanimously to pass Ordinance No. 19-04 which prohibits the use of all electronic smoking devices, no matter the substance inside of it, from use indoors in all Hales Corners workplaces, restaurants, bars, and other businesses.

Risks of Vaping

- Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Using nicotine in adolescence may also increase risk for future addiction to other drugs.
- Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.

What Can You Do?

- Set a good example by being tobacco-free. For free help, visit www.smokefree.gov or call 1-800-QUIT-NOW.
- Talk to your child or teen about why e-cigarettes are harmful for them.
- Set up an appointment with your child’s health care provider so that they can hear from a medical professional about the health risks of tobacco products, including e-cigarettes.
- Speak with your child’s teacher and school administrator about enforcement of tobacco-free school grounds policies and tobacco prevention curriculum.
- Encourage your child to learn the facts and get tips for quitting tobacco products at www.teen.smokefree.gov.

For more information visit:

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/

<https://www.dhs.wisconsin.gov/tobaccoischanging/index.htm>



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Prevent. Promote. Protect.

**Hales Corners
Health Department**