



Kids' Health Connection

Presented by the Hales Corners Health Department

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Measles Isn't Just a Rash

As the measles outbreak continues in surrounding states, it is important to remember the importance of children being up to date on their measles vaccine. Measles symptoms include:

- High Fever
- Cough
- Runny Nose
- Red, watery eyes
- Rash that breaks out 3-5 days after symptoms begin

Measles can be serious:

About 1 out of 4 people who get measles will be hospitalized. 1 or 2 out of 1,000 people with measles will die, even with the best care.



Children should get 2 doses of **MMR vaccine:**

First dose: 12 through 15 months of age

Second dose: 4 through 6 years of age

Measles is a preventable disease! Make sure your child is up to date on their vaccines today!

For more information go to:

<https://www.dhs.wisconsin.gov/immunization/measles.htm>

Top Tips to Keep Kids Safe this Summer

Water Safety:

1. Always supervise children that are in or around water
2. Teach kids to swim at an early age
3. Have a four-sided fence around home swimming pools

Heat & Sun Safety:

1. NEVER leave infants, children, or pets in a parked car
2. Dress children in loose, lightweight clothing during warm temperatures
3. Make sure infants and children are well-hydrated
4. Use sunscreen on your child every time they go outside

Mosquito and Tick Safety:

1. When outside, use an effective repellent against mosquitos and ticks
2. Make your back-yard tick-safe by keeping patios, play areas, and playground equipment away from shrubs,

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Looking for more information on Kids' Health? Check out these websites!

<https://kidshealth.org/>

<https://www.cdc.gov/bam/index.html>

Substance Misuse Prevention Starts at Home

Unfortunately, alcohol, tobacco, and other drugs are easily available to children and teens. It's important for parents to talk with their children about the importance of not using any of these substances. Parents need to not only talk to their children about the harmful effects of drugs, but also listen to what their children say about what they know about alcohol and drugs. It's important to answer any questions your child might have in a direct and honest manner. Parents are the strongest influence children have. Here are some things you can do at home to help your child avoid using alcohol or other drugs:

- ✓ Help your child make good choices and emphasize the importance of good friends
- ✓ Teach your child different ways to say "no" when asked to use alcohol or other drugs
 - ◇ Firmly say "no"
 - ◇ Give a reason such as "my parents would be really mad at me"



- ◇ Suggest something else to do like go to a movie
- ◇ Leave and come home

- ✓ Model the behavior that you want your child to do - do not use alcohol, tobacco, or other drugs yourself

- ✓ If you do drink, drink in moderation and do not drive

- ✓ Spend time together as a family doing activities that you and your child enjoy

- ✓ Give your child a good sense of self-worth by noticing efforts as well as

successes and praising them for things done well

- ✓ Always remind your child that doing something they know is wrong is NOT a good way to fit in or feel accepted

For more information on ways to prevent substance misuse go to: <https://drugfree.org/>

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bushes, and other vegetation. Regularly remove leaves, clear tall grasses and brush around your home

3. Check yourself and your children for ticks after playing outside



Sports Safety:

1. Check to make sure playground equipment is safe and well-maintained before allowing children to play on the equipment
2. Supervise children at all times around any fall hazard
3. Make sure kids and teens wear the proper protective equipment for their sport/activity

For more information go to: <https://www.cdc.gov/>