

Mark Your Calendar A Year of Health Information

JANUARY

National Birth Defects Prevention Month

March of Dimes Birth Defects Foundation
www.marchofdimes.com
Materials and information available through the Pregnancy and Newborn Health Education Center

National Folic Acid Awareness Week

National Council on Folic Acid
www.folicacidinfo.org
See our article on folic acid in your diet!

National Blood Donor Month

www.aabb.org
Call United Blood Services to schedule a donation
843-6227,
“We Need More Heroes To Give Blood”

FEBRUARY

American Heart Month

National Women’s Heart Day, February 16th
www.americanheart.org,
info@sistertosister.org
Heart disease is the # 1 killer of women!

National Wise Health Consumers Month

www.healthylife.com

MARCH

National Brain Injury Awareness Month

www.biusa.org

National Nutrition Month

American Dietetic Association
www.eatright.org

APRIL

National Autism Awareness Month

www.autism-society.org
Pediatricians recommend 2 screenings by age 2
www.autismspeaks.org

National SAFE KIDS Week April 28th

www.safekids.org

MAY

National High Blood Pressure Education Month

National Heart, Lung and Blood Institute
nhlbiinfo@nhlbi.nih.gov
Has your school nurse checked Your blood pressure?

National Osteoporosis Awareness and Prevention

Month
www.nof.org

Do you know the 5 steps to bone health?

Mental Health Month

www.nmha.org

60 million Americans are living with mental health and substance abuse problems
www.nmih.gov

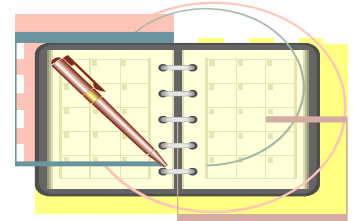
JUNE

Home Safety Month

www.homesafetycouncil.org
Find home safety checklists

National Men’s Health Week

www.men’shealthweek.org
Information on fitness, health and nutrition
www.menshealthnetwork.org



Expect this when Expecting.....

First time moms have a lot on their plates. Their body has never felt this different and many times its hard to tell what is a normal change. Here’s some tips on what to expect from your body during pregnancy:

- **Nausea and vomiting:** This is common early in pregnancy. It usually goes away after 14 weeks. Eating dry toast or crackers before you get out of bed in the morning, avoiding strong

odors, and drinking lots of fluid throughout the day are a few things you can do. If vomiting is severe and persistent consult your doctor.

- **Constipation:** Drink plenty of water, eat a high fiber diet (fresh fruits, vegetables, and whole grain carbohydrates).

- **Heartburn:** Eat small meals throughout the day, eat slowly, drink fluids between rather than

with meals, and stay away from spicy, greasy and highly fatty foods. Do not lie down immediately after eating and try raising the head of your bed or using pillows.

- **Cravings:** Pregnant women often have food cravings and usually they are not harmful as long as you maintain a balanced diet.

- **Fatigue:** This is normal especially during early pregnancy due to

Resting in a quiet dark room may also help.

Remember that pregnancy is a natural process and not an illness. Always be open and honest with your doctor or midwife, ask questions, and report anything of concern to them.



Clip and Save!

Ask the nurse.....

Here are some frequently asked questions about a child's school attendance and illness.

Q: My child had diarrhea yesterday. When can he/she return to school?

A: **Twenty-four (24) hours should elapse WITHOUT any diarrhea before returning to school. The most common cause of diarrhea is a virus. The virus is shed through the stool so a child with diarrhea is very contagious. Keep your child home a full 24 hours after the last episode of diarrhea.**

Q: My child vomited at home this morning one time. Should I send him to school?

A: **Keep your child home until there has been no vomiting for 24 hours.**

Q: My child had a fever last night. He doesn't have one this morning. I would like him to go to school. Can I send him?

A: **A child who has had a fever needs to be home without a fever for 24 hours before returning to school.**

Q. My child had a "low

grade" fever this morning so I gave him Tylenol before sending him to school.

A. Your child has a contagious illness if fever is present. Tylenol makes him more comfortable but doesn't take away the illness. Keep your child home. Don't send your child back to school until there hasn't been any fever for 24 hours without Tylenol.

Q: My child is coughing. What should I do?

A: **If the cough is constant keep your child at home. You may want to see the doctor. If the cough is once in awhile, send the child to school as long as there is no fever.**

Q. My child has a runny nose but no fever and a little cough. What should I do?

A. Medication for colds is not recommended for young children. They may make your older child drowsy during the school day. The best treatment for a cold is plenty of fluids, good nutrition and extra rest. Your child may attend school.

Q. How can I protect my child against influenza (flu)?

A. Flu-Mist is a nasal spray vaccine that can be administered to help protect against the flu. If your child has asthma the flu vaccine has to be administered with an injection. It is recommended that all children from 6 months up receive the vaccine.

Q. What is the best way to protect my child against the common cold and other viral illnesses?

A. Hand washing is the best way to prevent the spread of infection. Wash hands often with soap and water. Carry hand sanitizer with you to use when soap and water is not available.

Q. My child doesn't have any medical care.

A. Rio Rancho Family Health Center on 184 Unser NE has a sliding fee scale. No cost or low cost health care coverage is available through New Mexikids @ Sandoval County Health Department 1500 Idalia Rd. Bldg.B.