

# TidBit Times

October Edition 2018



## “Shoo, Flu—Don’t Bother Me!”

### How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It’s especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.

Flu viruses are constantly changing and so flu vaccines are updated every year to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.



### Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

### What are some other ways I can protect my child against flu?

- In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.
  - Stay away from people who are sick; cover your cough and sneezes; wash your hands often with soap and water; do not touch your eyes, nose, and mouth; and clean and disinfect surfaces and objects that may be contaminated with flu viruses.
- These everyday actions are a good way to reduce your chances of getting sick and prevent the spread of germs to others if you do get sick. However, a yearly flu vaccine is the best protection against flu illness.

For More Information visit: <https://www.cdc.gov/flu/protect/children.htm>

### Halloween should be fun AND safe :)

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don’t run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.

### STAY SAFE! Halloween Safety Tips



## Recipe of the Month: Butternut Squash Soup

1 (12 ounce) package refrigerated cubed butternut squash

½ cup finely chopped onion

2 tablespoons unsalted butter

1 (14.5 ounce) can reduced-sodium chicken broth

1 (12 fluid ounce) can fat-free evaporated milk

1 teaspoon packed brown sugar

½ teaspoon kosher salt

½ teaspoon ground nutmeg

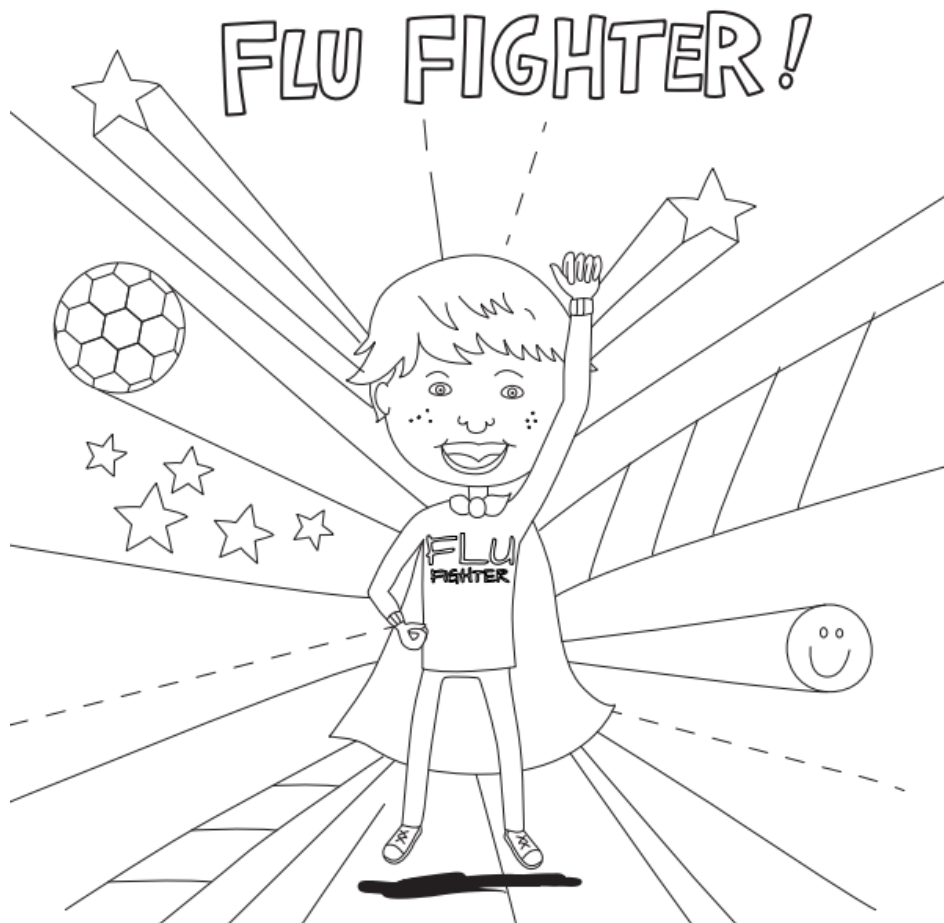
¼ teaspoon ground white pepper



- Cook butternut squash in microwave-safe baking dish with a lid. Add 2 tablespoons water. Cover. Microwave on 100 percent power (high) for 3 minutes. Stir. Microwave on high for 3 minutes more. Stir again. Microwave on high about 2 minutes more or until squash is very tender. Using a potato masher or fork, mash squash.
- In a heavy medium saucepan cook onion in hot butter until tender, stirring frequently.
- In a food processor or blender combine cooked onions, mashed squash, broth, evaporated milk, brown sugar, salt, the ½ teaspoon ground nutmeg, and white pepper. Cover and process until smooth. Return soup to the saucepan. Cook & stir over medium-high heat until heated through.

Recipe from [www.eatingwell.com](http://www.eatingwell.com)

Coloring Page— Get your vaccination, wash your hands, and be a FLU FIGHTER!



**Public Health**  
Sheboygan County  
Division of Public Health

**Sheboygan County  
Division of Public  
Health**

Phone: 920-459-4382

Fax: 920-459-0529

Email:

[public.health@  
sheboygancounty.com](mailto:public.health@sheboygancounty.com)

**Like us on Facebook!**

[facebook.com/  
SheboyganPublicHealth](https://facebook.com/SheboyganPublicHealth)