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In The News

[CDC Grand Rounds: Getting Smart About Antibiotics](#) – CDC

[Pill Problem: UPMC leads antibiotic overuse research](#) – The Pitt News

[Antibiotic Resistance: Let's Change the Way We Understand It](#) – Food Safety News

[Teach hand washing in school to fight drug-resistant bugs, urge experts](#) – The Guardian

Influenza Vaccine Protects Children and Child Care Workers

Article by Early Childhood Education Linkage System (ECELS) / Healthy Child Care PA

The spread of seasonal influenza outbreaks can be prevented by ensuring that all caregivers in a child care facility and children who are over 6 months of age get the flu vaccine. There are two kinds of flu vaccine. The flu shot vaccine is made from the inactivated (killed) virus. The nasal spray vaccine is made from live weakened virus.



Health insurance usually covers the full cost of the vaccine without a co-payment. Flu vaccines are available from a variety of settings, including health care professionals, community health clinics, and pharmacists (adults only). Health personnel at grocery stores and drug stores may offer the vaccine, too. If you must pay for the vaccine, it costs around \$30, much less than a lost day of work due to illness.

Child care directors and providers can identify someone at their facility to check who has received a vaccine this year and to remind those who have not been vaccinated to do so. Excellent posters, information sheets, and other tools are available on the [Centers for Disease Control and Prevention \(CDC\)](#) website. If you or anyone around you has not yet had a flu shot, encourage them to get one soon. For any concerns about the benefits of getting the flu vaccine, talk with your health care provider.

For more information on ECELS, visit www.ecels-healthychildcarepa.org or email ecels@paaap.org.

Tips for Reducing Stress in Children during Vaccine Visits

Summary by Aneesha Maini, *Student*

The thought of taking a child to a vaccine appointment can be stressful. Am I prepared to take my child to receive his/her shot? How do I make the experience easier for my little one? How can I help my child if he or she experiences a reaction to the vaccine? These are all common questions that parents have about vaccinating their children.

Fortunately, there are many simple techniques that can help to ensure a less stressful shot visit. For example, come prepared with your child's favorite toy or blanket in order to comfort him or her when it comes time to get the shot. When you are in the doctor's office, comfort your child by cuddling them or singing to them. Ask the nurse if you can hold your child on your lap while they administer the vaccine. After the shots, make sure to go over any information the doctor provides about the vaccines. Also, remember to schedule your next visit because keeping up with immunizations is vital for preventing diseases in your child. If your child experiences redness or soreness at the place where the shot was given, place a cool, wet cloth on his/her arm for some relief. Using some of these simple techniques during and after a shot visit can alleviate some stress for you and your child. Be sure to remind children that vaccines are a good thing and that shots help to keep them healthy.



Click [here](#) for a complete list of tips from the CDC. More information on vaccines can be found at the [Pa. Department of Health website](#).

Ask the Expert!

Please send any questions you may have to knowwhentosayno@pa.gov.

Your questions will be featured in the upcoming newsletters with answers from our collaborators.

If you have any ideas for future newsletters or would like more information, please feel free to contact us.

To unsubscribe, please email us.

Get Smart Team:
Knowwhentosayno@pa.gov

 /GetSmartPA

Good hand hygiene now, could mean less illness later

While adults have an average of two to three colds annually ([CDC](#)), young children have as many as eight to 10 colds each year before they turn two years old ([CPS](#)). Increased time spent indoors during the fall and winter seasons places children in closer contact with each other. Due to increased exposure to the cold virus, it may seem like children have one cold after another all winter.

Limit the spread of the cold virus by emphasizing thorough hand washing behavior, covering coughs and sneezes appropriately, and limiting the sharing of toys that young children may place in their mouth.

Click on the picture at left to print a PDF of this hand washing sign to hang up in bathrooms frequently used by young children.



Q&A about the Get Smart Art Competition

Q: Our family is so busy, why should my children participate?

A:

- We have 15 Amazon gift card prizes and our first place winner in each age group will also receive a hardcover children's book.
- This is a great opportunity to have an educational conversation with your children. It's a teaching moment! Learning through art is a great way to reinforce a topic and help children remember good behaviors – like hand washing and coughing or sneezing into their elbow.
- Teaching others! The top entries will be featured on our website and used to teach other kids. We use art entries on posters and in presentations to spread our encouraging message to others.



Abby, Grade 2
2014 Winner

Q: I have a drawing to submit for the contest. Do I need to send any other information?

A: The only other item you will need to send is a signed entry form, available on our [website](#). You can mail the drawing and the form to Get Smart Drawing Competition, Pa. Department of Health, 625 Forster St., Room 933, Harrisburg, PA 17120 OR scan the drawing with the attached entry form and email it to Knowwhentosayno@pa.gov. If you are a child care provider and at least 70 percent of your children age 3-12 participate, please complete and send a group submission form along with the artwork and entry forms.



NEW! Follow us on Twitter: @GetSmartAbxPA

Looking Ahead...

- △ In October, Get Smart will be at the State Museum of Pennsylvania, Harrisburg, Pa., for the Night of the Great Pumpkin. Bring your friends and family for this exciting seasonal event held October 16, 2015, from 6:00 PM to 9:00 PM. The museum will feature a planetarium show, arts and crafts, Glo Germ activities, and more!