

HealthyBy Choice

...One Day at a Time

Volume 13, Issue 8 • August 2018



Children's Eye Health and Safety Month

Protecting young children from eye injuries at home and at play

The most common causes of eye injuries to children are:

- Misuse of toys
- Falls from beds, against furniture, on stairs, and when playing with toys
- Misuse of everyday tools and objects (work and garden tools, knives and forks, pens and pencils)
- Contact with harmful household products (detergents, paints, glues, etc.)
- Automobile accidents.

Indoor Safety

- Use safety gates at top & bottom of stairs.
- Provide lights and handrails to improve safety on stairs.
- Pad or cushion sharp corners and edges of furnishing and home fixtures.
- Install cabinet and drawer locks in kitchens and bathrooms.
- Store personal-use items (cosmetics, toiletry products), kitchen utensils, and desk supplies where they are out of reach for children.
- Keep paints, pesticides, fertilizers, and similar products properly stored in a secure area.

Toy Safety

- Read all warnings and instructions on toys.
- Avoid toys with sharp/rigid points, shafts, spikes, or dangerous edges.
- Keep toys intended for older children away from younger children.
- Avoid flying toys and projectile-firing toys; these pose a danger to all children, particularly those under five years old.
- Be aware of playground/play area items that pose potential eye hazards.
- Keep BB guns away from kids.

Car Safety

- Use occupant restraints such as infant and child safety seats, booster seats, safety belts, and shoulder harnesses in cars.
- **Children age 12 and younger should never ride in the front seat.**
- Store loose items in the trunk, or secured on the floor. Any loose object can become dangerous in a crash.



Vision plays an important role in your child's physical, mental, and social development. Uncorrected vision problems can impair child development, interfere with learning, and even lead to permanent vision loss. Early detection and treatment of eye problems are critical.

Be an advocate for your child's vision and eye health!

1. Make sure your child's healthcare provider, educator, or public health program completes regular vision screenings.
2. Take your child to an eye doctor (optometrist or ophthalmologist) if they do not pass a vision screening, if they are at increased risk of a vision problem due to developmental delay, medical condition, or a family history of vision problems, or if you have a concern about your child's vision.
3. Follow all treatment recommendations the eye doctor prescribes for your child- including eye glasses, wearing an eye patch, medications, and/or surgical recommendations.



See that safety is a priority!



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National Immunization Awareness Month

Influenza (Flu) Vaccine

The best way to prevent flu and its potentially serious complications is to get a flu vaccine each season. A yearly flu vaccine is recommended for everyone age 6 months and older, with rare exception.

While everyone should get vaccinated, certain people are at higher risk of serious complications if they get flu, including:

- People 65 years and older
- Children younger than 5 years, but especially those younger than 2 years
- Pregnant women
- People with certain health conditions, such as asthma, chronic obstructive pulmonary disease (COPD), diabetes or heart disease
- People living in facilities (e.g., nursing homes)



- ◆ Annual flu vaccination also is important for anyone who lives with or cares for people at high risk of serious flu-related complications.
- ◆ Flu is unpredictable and can vary widely in how severe it is from one season to the next depending on many factors, including what flu viruses are spreading, how much flu vaccine is available, when flu vaccine is available, how many people get vaccinated and how well the flu vaccine is working that season.
- ◆ Significant flu activity can begin as early as October, last as late as May and most commonly peaks in February.
- ◆ It takes about two weeks after flu vaccination for antibodies to develop to protect against flu virus infection.
- ◆ It's best to get vaccinated before flu season begins. Though flu seasons vary in their timing, getting vaccinated by the end of October, if possible, helps ensure you are protected before flu activity begins to increase. Some young children need two doses of flu vaccine, given at least four weeks apart. These children should get their first dose as soon as possible to allow enough time to get the second dose before flu season starts.
- ◆ Flu vaccines will not protect against flu-like illnesses caused by non-flu viruses.
- ◆ Complications of flu can include viral and/or bacterial pneumonia, ear infections, ~~sinus infections, bronchitis and~~ worsening of chronic medical conditions, such as congestive heart failure, asthma or diabetes.



Better safe than sorry...vaccinate!

