



➤ Back-to-school health

August

Back-to-school immunizations

August is National Immunization Awareness Month. While most parents are busy loading their shopping carts with classroom supplies for the new school year, parents should also consider preparing their children for the closed classroom environments that can kick off the cold and flu season.

Knowing what vaccinations are required for your child at various ages can help provide the defenses they need to fight off colds and viruses at the onset of the school year.

Keep up with vaccination schedules

- Keep track of your child's immunization record (obtained from your child's physician or the county health department) to ensure your child receives the required vaccinations.
- Stay on schedule so your child doesn't fall behind on their vaccinations.

Other immune boosting tips

- Pack lunches and snacks that include fruits and vegetables to keep your child's immunities up during the cold season.
- Teach your child proper hand washing techniques to kill bacteria with soap before it reaches their mouth.

Tips for a healthier end of summer

As summer winds down, we can't help but soak in every ounce of sun. But extending your fun in the sun without the right protection can expose you to additional risks. Here are a few health tips for those final summer activities:

- Drain all the water from your ears after swimming to prevent the growth of bacteria.

- Protect your skin from harmful sunburns by wearing protective clothes and a hat, and applying sunscreen on sunny and cloudy days.
- Use powder to absorb extra moisture that can create irritating heat rashes, particularly around body folds.
- Use insect repellent and check your body for ticks when you've been camping or in the outdoors.
- Cortisone and aloe are effective remedies for soothing inflammation created by painful grill burns.

Source: *Cancer.org*

Wash your hands the right way

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.

What is the right way to wash your hands?

- 1 Wet your hands with clean, running water (warm or cold) and apply soap.
- 2 Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers and under your nails.
- 3 Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- 4 Rinse your hands well under running water.
- 5 Dry your hands using a clean towel or air dry them.

Source: *Healthy Schools, Healthy People (www.itsasnap.org)*

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*Health coaching programs may not be included in all benefit plans

Moda Health offers its members free one-on-one health coaching
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♥ **get your health on**