



How to Handle School Sick Days

During flu season, parents do their best to keep kids healthy, but sometimes even the most vigilant preventive measures can't stand up to the flu. Preventing the spread of flu in schools is critical to keeping everyone as healthy as possible. Healthcare professionals recommend that sick children stay home until they're recovered enough to go back to school, typically about 24 hours after symptoms improve. This helps not only to protect the child's health, but also to prevent the spread of the virus to other children. Determining whether your child is well enough to go to school can be tricky. Consider the following signs as you make your decision.

Fever

If your child has a temperature of 99.5 degrees F or more, it's best to keep him or her home. A fever is a sign that the body is fighting off infection, which means your child is vulnerable, and can also spread the virus to others. Wait at least 24 hours after the fever has come down and stabilized without medication to consider sending your child back to school.

Vomiting and Diarrhea

Vomiting and diarrhea are good reasons for your child to stay home. These symptoms are too difficult to deal with at school, and are signs that the child is still capable of spreading the infection. Wait at least 24 hours after the last episode before considering a return to school.

Fatigue

If your little one is falling asleep at the table or acting particularly fatigued, he or she is unlikely to benefit from sitting in class all day. Make sure your child stays hydrated and let him or her rest.

Persistent Cough or Sore Throat

A persistent cough is likely to be disruptive in class, and is one of the primary ways of spreading a flu infection. If your child has a severe sore throat and a regular or persistent cough, keep him or her home until the cough is nearly gone or easily controlled.

Red, Runny Eyes or Rashes

Red, runny eyes can distract a child from learning and can be difficult to manage in class. A rash can be a sign of another infection, or a reaction to the flu virus. Keep your child home until these symptoms clear up, or until you've checked with the doctor about them.

Appearance and Attitude

Does your child look pale or tired? Does he or she act irritable or seem disinterested in regular daily activities? Are you having a hard time getting your child to eat anything? These are all signs that more recovery time is needed at home.

Pain

Earaches, bellyaches, headaches, body aches, mouth sores, and other types of pain are signals that your child is still in the middle of the flu period. He or she will be contagious to other children and won't gain anything from being in school. Keep your child home until the pain has disappeared.

In addition to these signals, ask your child's school nurse to weigh in. Most schools have general guidelines for when it's safe to send your child back to school after being sick.

<http://www.healthline.com/health/cold-flu/school-sickdays#1>



SPECIAL POINTS OF INTEREST:

- **Teen-Time:** Health Clinic for teens; available the 1st & 3rd Mondays of the month from 4:30PM-7:00PM.
- **Child Birth Education Classes:** Four week series starts on Thursday's, from 6-8PM contact Cornelia @ (910) 875-3717 Ext: 2104.
- **CPR & First –Aid Classes:** Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Diabetes Support Group:** Every 2nd Tuesday of the month from 5:30-6:30 PM. Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Board Of Health Meetings:** Held on the 2nd Monday of every month @ the Health Department 7PM.
- **Public Health Advisory Council:** Meets every 3rd Tuesday @ 1:00PM. at the health department. Contact Ulva @ (910) 875-3717 Ext: 2106.

Cooking in the 1800s

Today's rapidly increasing demands and hectic schedules make it challenging for a family to dine together. Many dinners include fast food or carryout delivery from places like KFC or McDonald's. When families do have time to prepare a meal, it is rarely "from scratch." Technology that we often take for granted—such as microwaves and refrigerators—has greatly affected what we eat and how we eat it.



Modern meals are planned around the family's schedule, but this was not the case two hundred years ago. In fact, two hundred years ago, the family planned its schedule around meals!

During the early 1800s, cooking dominated the time and energy of the average housewife. There were no big grocery stores where families could go to purchase food, and eating out was truly a rare treat, usually possible only when traveling. Most fruits and vegetables were grown on the farmstead, and families processed meats such as poultry, beef, and pork. People had seasonal diets. In the spring and summer months, they ate many more fruits and vegetables than they did in the fall and winter. During those colder seasons, families found ways to preserve their food.

The three main ways of curing (the process of preserving food) during this time included drying, smoking, and salting. Each method drew moisture out of foods to prevent spoiling. Fruits and vegetables could be dried by being placed out in the sun or near a heat source. Meat products could be preserved through salting or smoking. A salt cure involved rubbing salt into the meat, which was then completely covered in salt and placed in a cool area for at least twenty-eight days. During this time, more salt was constantly added. When the meat was no longer damp, it was washed, then shelved or bagged and left to age. Families would hang meat preserved through a smoke cure in rooms or buildings with fire pits. For a month, the meat was constantly exposed to smoke, which dried it out while adding flavor. Using different kinds of wood for the fire, such as hickory or oak, could produce different tastes.

A typical day on the farm began very early. Women rose and built the fire based on the meals planned for that day.

Preparing meals was not just a matter of starting a fire for cooking. Spices, such as nutmeg and cinnamon, and seasonings, like salt and pepper, had to be ground up with mortars and pestles. Milk had to be brought in from the family dairy cow and cream and butter made from it. After someone brought in the milk, it usually sat out for about an hour. The cream rose to the top, separating from the milk. Women placed this cream into a butter churn and beat it until it hardened, first into whipped cream and eventually into butter!

Every family member contributed to the production and preparation of meals. Men and boys spent most of their time outdoors. Chores included working crops in the fields, feeding larger livestock, and hunting. Diets included wild game, such as deer and turkeys. Women and girls worked mainly in the kitchen and fed smaller livestock.

When it came time to butcher animals, families joined with their neighbors to share the workload and the meat. Pork was the staple meat in the Southeast until the 1940s. Hogs proved more manageable than their much larger counterparts, cows. The taste of pork also improved with curing. Neighbors often gathered in the fall, using the time to get their work done but also to catch up, sharing news and gossip. What began as a chore turned into a social event. This was also the case at harvest time. Neighbors pitched in to bring in crops such as corn and wheat. After the work was done, everyone might celebrate with feasts, bonfires, and dancing.

Clearly, meal preparation two hundred years ago involved several more steps than it does now. Much like today, families usually ate three daily meals. The main meal in the 1800s, however, was not the large evening meal that is familiar to us today. Rather, it was a meal called dinner, enjoyed in the early afternoon. Supper was a smaller meal eaten in the evening.

A big difference between the way people eat today compared with long ago is the work and time needed. For modern families, food and meals are merely an afterthought in the schedule. Two hundred years ago, food and food preparation stood at the center of the family's daily lifestyle. Without the advances in technology that help us store, preserve, and prepare food, men and women would spend much of their time getting meals ready to eat. Instead of calling pizza delivery, imagine spending all day in front of a fire!

<http://ncpedia.org/culture/food/cooking-in-the-1800s>

OCTOBER IS BREAST CANCER AWARENESS MONTH

Hoke County Health Department will host the *3rd Annual Walk Against Breast Cancer* event on Friday, October 2, 2015.

Registration fee is \$5 which includes a Subway sub sandwich, your choice of chips or a cookie,



and water. There will be 15 tickets available for this year's

event. Registration fee is due by Wednesday, September 30, 2015. No money will be collected on day of event. If you are interested in participating in the event please contact Cindy Morton. All participants are to meet at the health department in the education room at 12:15 pm.

For more information or to register contact Cindy Morton at (910)875-3717 Ext: 2115

5 steps you can take to get ready

Disasters can strike on ordinary days. But that doesn't mean you should live in fear. With just a few easy steps, you can be ready when emergencies come. Here are five to get you started!

- HAVE A PLAN**
Knowing what to do is an important part of getting ready for disasters. Know what type of disasters are common in your area and come up with a plan for each of them.
- BUILD YOUR STOCKPILE**
Speaking of stockpiles, yours should be complete! Add in plenty of non-refrigerated food. Make sure you have a flashlight, a battery-powered radio, first-aid kit and extra batteries.
- GET YOUR VACCINES**
Seriously, this is important. Getting vaccinated means there is one less person who can get sick and infect others.
- DON'T FORGET YOUR PETS**
Like humans, pets require at least a three-day supply of food and water. Pet food should be stored in airtight, waterproof containers. Include blankets, leashes and other supplies your pets will need.
- KNOW YOUR H2O**
Water is critical to life. During a disaster, your taps might stop flowing or water might be contaminated. That's why it's critical to have bottled water in your emergency stockpile.

ACTION STEP Pick a place for you and your family to meet.

ACTION STEP Add a three-day supply of water to your stockpile today.

ACTION STEP Put together an emergency stockpile for your pets.

ACTION STEP Make a list of supplies and put together your stockpile.

ACTION STEP Ask your doctor if you are up to date on your shots.

Get more preparedness tips at www.APHAgotready.org

