

## Flu Shot? \*Influenza, another reason to wash hands

*Children's Health Education, The Singing Nurse Music*



**Influenza (Flu)-another reason to wash your hands and to cough or sneeze in your shoulder.**

Yours truly, The Singing Nurse took the plunge and is here to remind you to get your flu shot if you are able. Remember it's not about us, even though getting the flu shot will benefit us as well.

**Getting our flu shot** is an act of kindness towards those we love and especially to the medically fragile people we rub shoulders with everyday.

**The flu shot this year** includes H1N1 and 2 other influenza viruses. Check out the CDC website, they have gobs of great info on how they choose the viruses and all the scientific stuff, if you are into to that sort of thing. The resources at the CDC provides great info for a school science project for older children in school or homeschoolers.

**Children** of course have the highest rate of infection because they are together in close proximity.

**Symptoms may include:**

\*fever \*sore throat \*chills \*fatigue \*cough \*headache \*muscle aches

Infants, the elderly, pregnant women and people with health conditions may become very ill.

**The flu can also cause:** high fever, pneumonia and diarrhea and seizures in children.

Tens of thousands die, and more are hospitalized from the flu each year.

**The CDC and the American Academy of Pediatrics** recommend that all people 6 months and older receive the flu shot.

**Flu season** is usually between Oct and May.

**Check with your doctor** before getting a flu shot to make sure you and the children in your life are able.

**Adverse reaction to the shot** can be from very mild discomfort to a very rare life threatening reaction.

**Please call your doctor** with any question and 911 for anything that appears life threatening. Don't be afraid to ask questions and seek help for the safety and well being of those you care for. **When in doubt check it out.**

This has been a summary of info found @ the CDC and AAP websites.

Check out their great handouts for parents.

**Be Health Considerate:** Have a great year, stay healthy and active, be kind to your neighbor and don't go to school, work or large gatherings when you are ill. And remember, when in doubt check it out, and... **wash your hands.**

The Singing Nurse uses [“Rubba Dub Dub”](#) and [“Don't Spread Your Germs Around”](#) to teach families about hand washing, not spreading germs and health living.

Other resources: [Hand Washing Lesson Plan](#), [Animated Hand washing Song](#), [Music](#)

**For Healthy Families, Ms. Dawn, The Singing Nurse**



[www.TheSingingNurse.com](http://www.TheSingingNurse.com)

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