

# Wash Your Hands

*The single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands! There are a few other things as well.*

## Clean your hands

Washing your hands regularly and well may help protect you from germs.



## Cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

## Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

## Stay home when you are sick

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

## Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.



Source: [www.cdc.gov/flu/protect/preventing.htm](http://www.cdc.gov/flu/protect/preventing.htm) and [www.itsasnap.org](http://www.itsasnap.org)



# Newsletter

Jul-Sep 2004

## Cold or flu?

The flu and the common cold are both respiratory illnesses caused by different viruses.

They have similar symptoms, so it can be difficult to tell the difference between them.

**Flu** is often worse than the common cold. Symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense.

**Colds** are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalisation.

Source: Department of Health and Human Services (CDC) [www.cdc.gov/flu/protect/sick.htm](http://www.cdc.gov/flu/protect/sick.htm) (May 2004)

## Clinic details

### Family Chiropractic Clinic

## Is this you?



50% of "middle-level" students are probably not washing their hands after using the bathroom.

Source: Guinan, 1997 [www.itsasnap.org](http://www.itsasnap.org)

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# Coughs and Colds



**A**s seasons change some children appear to have an endless number of coughs, colds and runny noses. These are often explained as a normal part of growing up. But are these constant infections "normal"?

To understand why young children get recurrent colds (respiratory tract infection), it is important to understand how we come in contact with the organisms that cause infection and how our bodies protect us.

## What causes a cold?

The organisms that cause coughs, colds and runny noses are found in the air (they are air borne). These organisms enter our bodies through our noses and mouths. This is why it is important to teach

# Coughs and Colds

cont...

children to cover their face and mouth when they cough or sneeze.

When a child who is infected coughs or sneezes millions of tiny organisms are propelled into the air. If breathed in by other people they also may become infected, and so it spreads. How many times have you had a cold and said "Oh the kids brought it home from kindergarten or school"?

So do we "catch a cold" or is the truth really something different?

*...If we simply "catch a cold" from being around others who have one, why do some children have more colds than others?*

If we simply "catch a cold" from being around others who have one, why do some children have more colds than others? Everyday we are all exposed to organisms in the air that can make us sick. Our body is designed in a way that may protect us from many potential illnesses, if it is functioning properly.

## Bodies protection system

Our first line of protection against organisms that cause infections is in our nose and mouth. The nose has lots of very fine hair which "filters" the air we breathe and offers us protection against air borne organisms. In the mouth, we have tonsils which help filter air before it reaches our lungs.

Once an organism enters our body the immune system produces 'good' organism to fight off the infection. The immune system is where the problem may lie. If our immune system is not functioning at full capacity our body cannot fight off the organisms and an infection has the opportunity to set in.

## Chiropractic

Chiropractic care is directed at ensuring the nervous system is balanced and operating effectively, which in turn may have a significant effect on how well our immune system is working.

If a child's immune system is fully functioning they have a better chance of fighting off colds and infections.

If your child suffer from constant coughs, colds and sore throats see your chiropractor. It may reduce the number of colds your child has. With less days off school and reduced costs in medication it may be well worth it.

# Treating a cold

If your child develops a cold, and they are not at high risk of complications, then do the following to help clear it up quickly.

- Get plenty of rest
- Drink lots of liquids
- Never give aspirin to children or teenagers who have cold symptoms
- Stay home and avoid contact with other people to protect them from catching the illness

Most healthy people recover from a cold without complications.

Source: Dept of Health and Human Services, CDC [www.cdc.gov/flu/protect/sick.htm](http://www.cdc.gov/flu/protect/sick.htm)

# Facts.....

- A sneeze can send water droplets 1.8 meters through the air at speeds up to 160 kilometers per hour.
- Only 3 out of 10 people can flare their nostrils.

The information in this newsletter does not replace informed chiropractic advice or care. You should not use this information to diagnose or treat any health problems without consulting your chiropractor.

## From the Editor

In my house it seems like a continuous struggle to get my children to remember to cover their mouths when they cough and wash their hands regularly.

To my 3 year old, who looks at his hands and doesn't see any dirt, it's a logical question to ask why he should wash them? (Explaining facts about getting sick doesn't seem to influence him either).

One of the best ways I've found to get little children interested in washing their hands is to make it fun. Try adding some bubbles and all of a sudden my 3 year old can't wait to get to the sink. Bright coloured hand towels with 'kid' designs also seem to help with the drying part.

The best method of all is to set a good example. Letting your children see you wash your hands with soap and dry them regularly helps reinforce the habit.

Often it's the little habits, like hand washing, that make all the difference in protecting children from getting ill.

*Best of Health*

*The Editor*