

PREPAREDNESS *minute*

A MONTHLY FLIER

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Don't Spread Germs

In a nutshell, take care to:

- Practice Respiratory etiquette (cover coughs and sneezes, using disposable tissues when possible)
- Clean your hands often
- Have a healthy diet
- Exercise
- Remind your children to practice healthy habits, too.

✧ Disease Prevention ✧

“We can help build Zion when we ourselves are healthy and when we raise healthy children.” - Lesson 24: Disease Prevention, pg 170.

Not too long ago small children were the victims of childhood diseases, the very names of which struck fear into the hearts of parents. Polio, whooping cough, diphtheria, and others maimed or killed thousands of children.

Today, with the use of immunizations, these diseases are becoming more and more uncommon. In fact, they are so uncommon that many parents have become lax about immunizing their children. Some feel that there is no need; others fear adverse side effects. But parents have an obligation to protect their families through immunization.

In 1978 the First Presidency issued a statement in support of immunization programs and urged parents to participate. The statement read in part: “Immunization is such a

simple, yet vital, matter and such a small price to pay for protection against ... destroying diseases.

“We urge members of the Church ... to protect their own children through immunization. (Reported in Ensign, July 1978, p. 79.)



1. Have your children immunized.
2. Make sure your doctor or nurse knows your child's medical history.

3. Observe any reactions your child might have to the immunization.
4. Call your doctor or clinic if your child has a serious reaction.
5. Before each DTP vaccination, tell your doctor or nurse what reaction your child had to his or her previous DTP injection.

Always consult your Dr.

(LDS.org - Ensign, Jun 1986, 71)

Germs in Schools

- Approximately 1/5 of the U.S. population attends or works in schools. (U.S. Dept of Ed, 1999).
- Some viruses and bacteria can live from 20 minutes up to 2 hours

or more on surfaces like cafeteria tables, doorknobs, and desks. (Ansari, 1988; Scott and Bloomfield, 1989)

- Nearly 22 million school days are lost annually due to the common cold alone. (CDC, 1996)

- Students need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year.

Facts found on: <http://www.cdc.gov>