


COMMUNITY NEWSLETTER!



**National Influenza
Vaccination Week!**
December 4-8, 2023

IN THIS ISSUE:

Flu Season &
Pregnancy

The Ultimate Flu Season
Word Search

5 Important Facts to Keep
You & Your Baby Healthy
This Flu Season

THE FLU & PREGNANCY

Did you know that you can get the flu year-round, but you are more likely to catch it between December and February?

Influenza, also called the flu, is a virus that can cause serious illness. It's more than just a runny nose and sore throat. The flu can make you very sick, especially if you get it during or right after pregnancy.

When a woman is pregnant, her immune system finds it a bit challenging to fight infections. As a result, pregnant women have a higher chance of catching the flu and other illnesses. In fact, they are more likely than nonpregnant women to become very ill or have serious complications.

Pregnant women who get the flu are more likely to have a premature birth (a baby born too soon) or a baby born with birth defects of the brain and spinal cord. For these reasons, it's best to get a flu shot if you get pregnant. Getting a flu shot can help reduce your risk of getting the flu, having serious flu complications, and needing treatment in a hospital. Turn to **Page 3** for **The 5 Most Important Facts to Keep You & Your Baby Healthy This Flu Season!**



ULTIMATE INFLUENZA (FLU) SEASON WORD SEARCH

Do you know how to prevent the Flu? Test your knowledge on ways to lessen your risk of catching the flu or developing serious complications.

Word Bank:

Vaccine
Soap
Water
Sleep
Doctor
Handwashing
Soup
Vitamins
Fever
Exercise

Z V M N I M C V B N D C I G Z
W B A I R T B J O W B H G E D
K W X C X G M C D E V F D H X
J Z P S C O D P B X J A R A G
F E V E R I U H V E O Y J N D
M F N F R G N N I R L X I D D
L H Q L Q S B E T C Q W J W P
S G C E T U F F A I X W Q A X
L F Q G F E G E M S B M O S S
E D O C T O R F I E I I M H S
E K J S A U C P N S L B T I O
P Q N A T A R U S S C B D N U
J W A T E R E S I A O D E G P
G C V O C B V I P E W A L L A
M B I M G Y E A V H D K P D U



Flu Vaccinations are FREE under most Insurance Plans!

To find locations near you to get a flu vaccine, scan the QR code or visit the CDC's website: www.vaccines.gov/find-vaccines



5 Facts to Keep You & Your Baby Healthy This Flu Season

Pregnant women who do not take the flu shot are 40% more likely to be hospitalized because of severe symptoms and complications. This is because the flu spreads easily from person to person.

When someone with the flu coughs, sneezes or speaks, the virus spreads through the air. You can get infected with the flu if you breathe it in or if you touch something (like a door handle or a phone) that has the flu virus on it and then touch your nose, eyes or mouth.

In addition, people with the flu may be able to infect others from 1 day before they get sick up to 5 to 7 days after. People who are very sick with the flu or young children may be able to spread the flu longer, especially if they still have symptoms. So, here are **5 ways to keep you and your little one healthy during flu season**:

1 Take Prenatal Vitamins, Eat Healthy & Exercise.

If you are pregnant, your body is working harder to adjust to all the new physical changes that come with motherhood. For this reason, pregnancy can lower your immune system. Fortunately, you can naturally boost your immune system by taking daily prenatal vitamins, getting plenty of rest, staying hydrated, exercising, and eating a healthy diet high in fruits, vegetables, and protein, and low in sugar.

2 Wash Your Hands.

Flu viruses spread mainly by droplets made when people with flu cough, sneeze, or talk, so make sure to clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

3 Avoid People Who Are Sick.

The Flu can spread easily, especially if the person still has symptoms. Consequently, it is best to avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

4 Get the Flu Shot.

According to the CDC — the best way to reduce your risk of getting the flu and its complications — is to get vaccinated each year. Flu vaccines have been scientifically shown to be safe for pregnant women. In fact, getting the flu vaccine during pregnancy can reduce your baby's risk of contracting the flu during the first six months of life.

5 Seek Care Immediately if You Feel Sick.

The flu often comes on quickly. If you think you have the flu even if you've been vaccinated, call your healthcare provider right away. They may prescribe an antiviral medicine to help prevent or treat the flu. After that, if you have a fever that won't go down or you feel your baby move less or not at all, get medical care as soon as possible!



CAHSC 2023-2024 Board of Directors

Board Officers

Betsy Wood	President
Nikita Graham	President Elect
John Hightower	Treasurer
Cheron Davis	Secretary
Dr. Monica Hayes	Past President

Board Members

Antoinette Bowen
Marie Clewis
Greg Cowan
Melissa Damelio
Chesha James
Jodi-Ann Livingstone
Audrey Moore
Libbie Stroud
Trishay Young

The Traveling Crib

Follow the Traveling Crib!

In 2017, we launched a safe sleep initiative for Leon and Wakulla counties, called the "Traveling Crib"! The purpose is to provide a visual of a safe sleep environment for children from birth to 12 months old. According to the American Academy of Pediatrics, babies should sleep Alone, on their Backs, and in a safe Crib.

LAST MONTH: Bond Community Health Center



THIS MONTH: HCA Florida Capital Hospital

What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as C&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education, breastfeeding education,



women's health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



If your baby falls asleep in a car seat, stroller, swing, infant carrier, or sling, you should move them to a firm sleep surface as soon as possible. The American Pediatrics Association (APA) recommends infants be put to sleep on a flat, non-inclined surface without soft bedding to avoid suffocation hazards. But, always keep the "ABC's of Safe Sleep" in mind— Babies should be put to sleep alone, on their backs, and in a crib!

