

# KIDS CAN GET SICK YEAR-ROUND

Back-to-School will come all too soon, but it comes as no surprise that children, and their illnesses and injuries are actually year-round. At AdventHealth Centra Care we have seen it all and are more aware than anyone of the needs your family has throughout each season. On average, a single child can get sick more than eight times a year, sometimes back-to-back, and those sick periods can last a week or more.



## #1

### OUR KIDS: MANY ILLNESSES AND INJURIES CAN BE PREVENTED

#### Mixing Germs in Large Crowds

Returning to school can mean: colds, flu, RSV, Covid, Asthma...

#### Increased Stress and Fatigue

Schools are perfect breeding grounds for germs. After a summer spent at home or in smaller groups, kids suddenly find themselves in classrooms.

The close quarters and frequent contact mean that germs spread quickly.

#### Vaccinate Your Family Each Year to Decrease Impact of Cold/Flu

The start of a new school year can be stressful. Kids may experience anxiety. (Tummy aches, headaches, rashes...) Consult a healthcare provider for guidance and appropriate care, especially for children who are at a higher risk of severe illness.

**Annual Physicals are Important and Easily Available at Centra Care**

*Physicals can help identify potential health problems early on, allowing for timely intervention.*

## #2

### SICK KIDS NEED WELL PARENTS

#### *Take care of yourself while you are caretaking!*

Taking care of your own body can boost your immune system and help you fight off germs.

- Try to get more sleep.
- Eat fruits and vegetables which contains the micronutrients our bodies need to help ward off illness.
- Take vitamin supplements to keep your immune system strong.
- Wash your hands often. It is a simple but effective way to prevent the spread of germs.
- Disinfect surfaces often.
- Avoid sharing utensils, cups, or food.
- Teach your child how to cough correctly, into the bend of the elbow.
- Use a humidifier to help ease dry nasal congestion or a sore throat. Viruses can be more contagious when the air is dry.

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