



Newsletter

August 2018
Issue 27, Vol. 1



Pregnant? Get vaccinated.

Nursing Talk

Skills Fair 2018

Pregnant? Get vaccinated.



Learn about the vaccines you need before and during your pregnancy to help protect yourself and your newest family member from serious diseases.

Vaccines are an important part of planning and having a healthy pregnancy. During pregnancy you share everything with your baby. If you are planning to become pregnant, talk to your healthcare professional to be sure you are up to date on your vaccinations. If you are pregnant, CDC recommends getting two vaccines during your pregnancy:

- Tdap to help protect against whooping cough (pertussis)
- A flu shot to help protect against influenza (flu)

Thinking About Having a Baby?

If you are thinking about having a baby, you may need to get some vaccines before your pregnancy begins. In some cases, you may



Taking care of yourself, working with your doctor, and getting your home ready are a few ways you can prepare for a healthy pregnancy. You should also get vaccinated against whooping cough and the flu during each pregnancy. Also available on **YouTube** [<https://www.youtube.com/watch?v=wGvr4S33tW4>].

need to be vaccinated several weeks before you become pregnant. This is because it takes time for your body to build up disease protection (immunity) after vaccination. Some vaccine-preventable diseases, such as rubella, can cause serious complications for your baby. If you get rubella during your pregnancy, your baby could be born with birth defects or have other complications. If you don't have immunity to rubella, then you need to get vaccinated before you become pregnant. So planning ahead is very important.

Pregnant? Vaccines Will Help Protect You and Your Baby

During your pregnancy, you should get vaccines against both whooping cough and flu (if you haven't already received the vaccine during the current flu season). Vaccines not only protect you but also provide your baby some protection for several months after birth.

If you are pregnant, you are at increased risk for serious complications from the flu. Flu is a potentially serious, contagious respiratory illness that can lead to hospitalization and even death. During pregnancy, changes in your immune, heart, and lung functions make you more likely to get very ill from the flu. Flu vaccines vary in how well they work from season to season. When flu vaccines are well matched to circulating viruses they have been shown to reduce the risk of getting sick with flu by about half. Flu vaccine also has been shown to protect against flu-related hospitalizations. When you get a flu shot while pregnant, you'll

help protect yourself from getting sick from the flu. Though not specifically examined among pregnant women, some studies suggest that flu vaccination can make illness milder among people who do still get sick.

Another benefit of getting a flu shot during your pregnancy is that you'll pass antibodies on to your baby. Children younger than 6 months are too young to get a flu vaccine, but they are at high risk of being hospitalized from flu. If you get vaccinated during your pregnancy, your baby will be born with flu protection that can last several months. There also is some evidence that pregnant women who get the flu vaccine may be less likely to have a preterm delivery.

Whooping cough is also serious for your baby. If your baby catches whooping cough, he or she can develop serious complications or even die from the disease. About half of babies younger than one year old who get whooping cough end up in the hospital. When you get the whooping cough vaccine during pregnancy, your body creates and passes antibodies to your baby before birth. These antibodies provide your baby some short-term protection from whooping cough in early life. Plus, you'll have protection so that you are less likely to pass whooping cough on to your baby.

Talk to your doctor about other vaccines you may need before, during, and after becoming pregnant.

Timing of Maternal Vaccinations

You can get the flu shot at any time during *Continues on page 3*

Pregnant? Get vaccinated.

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your pregnancy. Flu activity is usually the highest between December and February, but seasonal outbreaks can happen as early as October and can last as late as May.

You should get the whooping cough vaccine between 27 and 36 weeks of pregnancy, preferably during the earlier part of this period.

Safe Disease Protection

Millions of pregnant women have safely received flu shots for many years. CDC contin-

ues to gather data on safety of flu shots during pregnancy. There is a lot of evidence that flu vaccines can be given safely during pregnancy, though these data are limited for the first trimester. The whooping cough vaccine is very safe for you and your baby. Getting it between 27 and 36 weeks of pregnancy will not put you at increased risk for pregnancy complications like birth weight or preterm delivery.

More Information

- Vaccines for Pregnant Women [<https://www.cdc.gov/vaccines/adults/rec-vac/pregnant.html>]
- Resources for Pregnant Women [<https://www.cdc.gov/vaccines/pregnancy/pregnant-women/resources.html>]
- Pregnant Women & Influenza (Flu) [<https://www.cdc.gov/flu/protect/vaccine/pregnant.htm>]
- Pregnancy and Whooping Cough [<https://www.cdc.gov/pertussis/pregnant/mom/index.html>]

Source: <https://www.cdc.gov/features/pregnant-vaccines/>

Animals in Schools & Daycare Settings



Animals can be entertaining and educational. However, people, especially children, can get sick from contact with animals. The good news: You can help prevent illnesses from animals.

Children can learn a lot from animals, and it's important to make sure they stay safe and healthy while they're learning. People can get sick when they forget to wash their hands[698 KB] [<https://www.cdc.gov/healthypets/resources/exhibits-hand-washing.pdf>] right after touching an animal or its habitat. Young children are more likely to get sick because their immune systems are still developing. They also are more likely to put their fingers or other items into their mouths, which can

cause them to become infected.

What types of diseases can animals spread?

Animals may carry germs like Salmonella and E. coli O157 on their bodies and in their droppings, even when they appear clean and healthy. The germs can spread to cages, bedding, and wherever animals roam. Disease outbreaks also have resulted from hatching eggs and chicks in the classroom, and from contaminated animal products used for hands-on learning, such as owl pellets for dissection.

Salmonella or E. coli infection might cause vomiting, diarrhea, fever, and stomach cramping. Young children are more likely to develop

Nursing Talk

READ THE FINE PRINT

Dear Cassandra,

What obligation does a merchant have to honor an expired coupon? What can I do if I have discovered that I have some expired coupons in my coupon organizer?

Coupon Clipper in Cicero

Dear Coupon Clipper,

Recently I received a sales flyer from a hardware store where I often shop. The flyer contained a \$5.00 off coupon if a customer bought \$25.00 worth of merchandise. I was very excited. I tried several times to find an expiration date on the coupon. The print was so small. Even when I was wearing my glasses, it was almost impossible to read the coupon.

It was easy to make a list of items I needed: a roll of green Duck Tape, one roll of Scotch clear shipping tape, two packages of GE 60 watt crystal clear light bulbs for the kitchen chandelier, and a 45 watt GE flood lamp bulb/LED for the kitchen chandelier.

When I went to the hardware store to buy the items, I presented the coupon at check-out. The total cost of the items was \$40.75. However, the cashier told me that the store coupon had expired and that I could not receive the \$5.00 discount. I was very disappointed. I asked her to honor the coupon since it was almost impossible to find and read an expiration date on the coupon. She said her supervisor had forbidden her to honor any coupons past their expiration date.

When I got home, I checked the receipt more carefully. The cashier had charged me for two rolls of Scotch clear shipping tape at \$6.99 each, but I had asked for and received only one roll. The next day I went back to the store and showed the receipt to the cashier. She apologized and said I could go back to the shelves and get a second roll.

Some stores and restaurants do accept expired coupons, especially if they have expired within the last few days or a week. Burger King floods the market with coupons with hard-to-read expiration dates, but the employees don't seem to look at the expira-

Animals in Schools and Daycare Settings

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severe illness from these kind of infections, which could lead to hospitalization and death.

How can I reduce the chance of illness?

- Always wash hands with water and soap right after handling animals, their food, or their habitats (for example, cages, terrariums, aquariums, water bowls, and toys). When around animals, also wash your hands after removing dirty clothes or shoes, before eating and drinking, and before preparing food or drinks.
- Clean and disinfect all areas where animals have been.
- Adults, including teachers, should always supervise handwashing for young children.
- Use hand sanitizers if running water and soap are not available. If you only use hand sanitizer, be sure to wash your hands with soap and water as soon as possible.
- Tanks, feeders, water containers, and other equipment used for frogs, lizards, turtles and other amphibians and reptiles should not be cleaned in sinks or areas where food is prepared, served, or eaten. Adults should clean up after reptiles and amphibians.

What else helps prevent illness around animals?

- Reptiles, amphibians, chickens, ducks, and ferrets should not be allowed in daycare centers, schools, or other settings with children younger than 5 years.
- Adults should supervise children's contact with animals. Never allow children to put their hands or objects (including pacifiers) in their mouth while around animals.
- Create specific areas for interaction with animals. Do not allow animals to roam freely around the classroom, especially in areas where food or drink is prepared, served, or eaten.
- Do not dissect animals or other animal products where food for people is prepared, served, or eaten. Thoroughly clean and disinfect surfaces used for dissection.

- Consult with parents to determine special considerations for children who have allergies, asthma, or other illnesses.

Other Animals Not Recommended in School or Child-Care Settings:

- Nonhuman primates, such as monkeys and apes.
- Wild animals more likely to spread rabies, such as bats, raccoons, skunks, foxes, and coyotes.
- Stray animals and aggressive or unpredictable animals.
- Venomous or toxin-producing spiders, insects, and reptiles. Frogs, snakes, lizards, and other amphibians also may be venomous.

How do I check that animals are healthy before they come into my school or daycare classroom?

- Even though animals appear healthy, they still may spread germs which can make you sick. Make sure all animals have appropriate and regular veterinary care, and proof of rabies vaccination for dogs, cats and ferrets, according to local or state requirements.
- If the animal comes from a different state or country, it may need a health certificate issued by a veterinarian in order to travel across state lines or to enter the U.S.
- If the animal becomes sick or dies:
 - Contact your veterinarian.
 - Take extra precaution when handling a sick animal because a sick or stressed animal is more likely to be shedding harmful germs that can make people sick or to bite which can cause injury or spread germs.
 - Inform the pet store or breeder about the animal's illness or death as soon as possible. Consider waiting before purchasing another pet from the same source.
 - Clean and disinfect the cage before reusing with another animal.

Source: <https://www.cdc.gov/features/animalsinschools/index.html>

Nursing Talk

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tion dates anyway.

Cashiers at some stores will override an expired coupon if it has expired within the last seven days. Other cashiers will reach below the counter and pull out a valid coupon for you to use in place of your expired coupon. Some companies have a "grace period" of several days or even up to a month built into their computer systems.

Don't give up on trying to use coupons. Just be careful to check the fine print.

Cassandra

We invite you to submit questions for this column. E-mail edward.lara@ahhc-1.com.



Testing Time

Where: 1660 N. Farnsworth Ave., Suite 3
Aurora, IL 60505

Dates: 9/17/18 - 9/21/18

IN-SERVICES

As you might know already, not everybody is required to attend the Skills Fair this year. **However, everybody is required to complete the In-Services.** Login as you normally would, and you will find a link that says **AHHC Competency**. You can also go to: www.ahhc-1.com/ahhc_competency.php, or go to the bottom of any page on our site and find a button labeled **IN-SERVICES**. You will be required to complete the following:

1. Annual Education Test
2. Hand Hygiene Test
3. Mandatory Influenza Vaccination Form

All requirements **MUST** be completed by **August 30th, 2018**. Not complying with this will result in suspension until all requirements are completed.

Please direct your questions or concerns to the HR department. You can call us at 630.236.3501 or e-mail us at HR@ahhc-1.com.

CPR Class Schedule

Date:	Time:
September 19	1000-1300

CPR spots are scheduled on a first come first served basis. Don't delay. **Reserve your spot today.**



WANTED 461 PEOPLE

TO READ THE BLOG EACH WEEK

MUST BE CURIOUS, INTELLIGENT,
THOUGHTFUL INDIVIDUALS WHO ARE OPEN TO
NEW IDEAS. LEARN NEW NURSING PROCE-
DURES, COLLECT RECIPES, READ
MONEY-SAVING TIPS, WATCH VIDEOS, ENJOY
RERUNS OF LETTERS TO CASSANDRA,
AND MORE.

JOIN the hundreds of nurses, office staff,
family members, and the general public.
Become a faithful reader of the American
Home Health blog at www.ahhc-1.com.

FOR MORE INFORMATION,
CALL 1-630-236-3501.

AHHC Newsletter

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