



Newsletter

July 2017
Issue 17, Vol. 1



**Hand, Foot &
Mouth Disease**

Nursing Talk

In-Services

Hand, Foot & Mouth Disease



Hand, foot, and mouth disease is common in infants and young children. It usually causes fever, painful sores in the mouth, and a rash on the hands and feet. Most infected people recover in a week or two. Wash your hands often and practice good hygiene to reduce your risk of infection.

Hand, foot, and mouth disease, or HFMD, is a contagious illness that is caused by different viruses. It is common in infants and children younger than 5 years old, because they do not yet have immunity (protection) to the viruses that cause HFMD. However, older children and adults can also get HFMD. In the United States it is more common for people to get HFMD during spring, summer, and fall.

What Are the Symptoms of HFMD?

Symptoms of hand, foot, and mouth disease often include the following:

- Fever.
- Reduced appetite.
- Sore throat.
- A feeling of being unwell.
- Painful sores in the mouth that usually begin as flat red spots.
- A rash of flat red spots that may blister on the palms of the hands, soles of the feet, and sometimes the knees, elbows, buttocks, and/or genital area.

These symptoms usually appear in stages, not all at once. Also, not everyone will get all of these symptoms. Some people may show no symptoms at all, but they can still pass the virus to others.

Is HFMD Serious?

HFMD is usually not serious. The illness is typically mild, and nearly all people recover in 7 to 10 days without medical treatment. Complications are uncommon.

Rarely, an infected person can develop viral meningitis (characterized by fever, headache, stiff neck, lack of energy, sleepiness, or trouble waking up from sleep) and may need to be hospitalized for a few days. Other even more rare complications can include polio-like paralysis, or encephalitis (brain inflammation) which can be fatal.

Is HFMD Contagious?

Yes. The viruses that cause HFMD can be found in an infected person's:

- Nose and throat secretions (such as saliva, sputum, or nasal mucus).

- Blister fluid.
- Feces (poop).

HFMD Quick Facts

- Usually causes fever, painful sores in the mouth, and a rash on the hands and feet.
- Is a contagious disease.
- Mostly affects infants and children younger than 5 years old, but people of any age can be infected.
- Has no specific treatment.
- Infection risk can be reduced by practicing good hygiene, such as washing hands often.
- Is not the same as foot-and-mouth disease.

HFMD spreads from an infected person to others through:

- Close contact, such as kissing, hugging, or sharing cups and eating utensils.

Hand, Foot & Mouth Disease

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- Coughing and sneezing.
- Contact with feces, for example when changing a diaper.
- Contact with blister fluid.
- Touching objects or surfaces that have the virus on them.

People with HFMD are most contagious during the first week of their illness. However, they may sometimes remain contagious for weeks after symptoms go away. Some people, especially adults, may not develop any symptoms, but they can still spread the viruses to others. This is why you should always try to maintain good hygiene, like washing hands often with soap and water, so you can minimize your chance of getting and spreading infections.

Who Is at Risk for HFMD?

HFMD mostly affects infants and children younger than 5 years old. However, older children and adults can get it, too. When someone gets HFMD, they develop immunity (protection) to the specific virus that caused their infection. However, because HFMD is caused by several different viruses, people can get the disease again.

Can HFMD Be Treated?

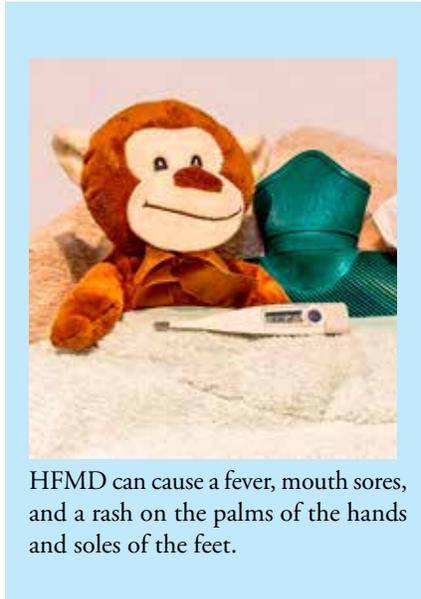
There is no specific treatment for HFMD. Fever and pain can be managed with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen. It is important for people with HFMD to drink enough fluids to prevent dehydration (loss of body fluids).

Can HFMD Be Prevented?

There is no vaccine to protect against HFMD. However, you can reduce the risk of getting infected with the viruses that cause HFMD by following a few simple steps:

- Wash your hands often with soap and water for 20 seconds, especially after changing diapers, and help young children do the same.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups and eating utensils with people who have HFMD.

- Disinfect frequently touched surfaces and objects, such as toys and door-knobs, especially if someone is sick.



HFMD can cause a fever, mouth sores, and a rash on the palms of the hands and soles of the feet.

Is HFMD the Same as Foot-and-Mouth Disease?

No. HFMD is often confused with foot-and-mouth disease (also called hoof-and-mouth disease), which affects cattle, sheep, and swine. Humans do not get the animal disease, and animals do not get the human disease.

More Information

- About Hand, Foot, and Mouth Disease [<https://www.cdc.gov/hand-foot-mouth/about/index.html>]
- Handwashing: Clean Hands Save Lives [<https://www.cdc.gov/handwashing/>]
- CDC Podcast: Hand, Foot, and Mouth Disease [<http://www2c.cdc.gov/podcasts/player.asp?f=4046594> - 4:20 minutes]

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

Nursing Talk

LEAVING MONEY ON THE TABLE

Dear Cassandra,

Although I work full time as a pediatric private duty nurse, my expenses always seem to exceed my income. Is inflation high? What simple steps can I take to reduce my expenses?

Short of Cash in Calumet

Dear Short of Cash,

Inflation is NOT the culprit this year. According to <http://www.Kiplinger.com>, "Inflation so far this year has been running lower than expected. The drop in crude oil prices is limiting an anticipated surge in gasoline prices. A glut of cars coming off lease is driving used-car prices down. Brand-name prescription drugs with expiring patent protection have kept overall drug increases modest. And although the costs of hospital services are rising unabated, private physician's service costs are actually down from the end of 2016."

What simple steps can you take to reduce your expenses? Where are you leaving money on the table? Phrasemix.com defines leaving money on the table as "an idiom which means not getting as much money as you could." For example, if you are going to college and you don't apply for any grants or scholarships, you are probably leaving money on the table.

If you are going to buy a new or used car, you will be negotiating the price of the vehicle. In business, this is called horse-trading. It involves negotiations which require compromise. Before you go to the dealer's lot, you will want to do a lot of research about the vehicle you are considering purchasing. Be prepared. As Phrasemix.com says, "If you blindly accept whatever they decide to offer, you're definitely leaving money on the table."

Keep your eyes and ears open for special promotions. For example, Jewel has been

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New 2018 CDC Yellow Book Available

Want the latest travel health recommendations?

Use the new CDC Yellow Book 2018 for your pre-travel health questions.

What is the Yellow Book?

CDC Health Information for International Travel, commonly known as the “Yellow Book,” is published every two years with the latest health recommendations for international travel. It is written primarily for health care providers, including doctors, nurses, and pharmacists, who help travelers prepare for upcoming trips. The book offers an in-depth look at travel health risks and ways to prevent them, advice for people with special travel health needs, and more.

People in the travel industry, international corporations, missionary and volunteer organizations, people who live abroad, and even travelers on short trips also find the Yellow Book an excellent resource.

What information can I find in the Yellow Book?

Topics in the Yellow Book include:

- Updated vaccine requirements and recommendations.
- Diseases related to travel: what causes them, where they occur, how to prevent them, and how to diagnose and treat them.
- How to prevent and treat other health risks such as altitude illness, motion sickness, injuries, and travelers’ diarrhea.
- Health insights about popular tourist destinations and itineraries.
- Advice for special types of travel, including study abroad, travel for work, and wilderness travel.
- Guidance for travelers with specific needs, such as infants and children, pregnant travelers, and those with chronic medical conditions or weakened immune systems.

Learn more by exploring the 2018 Yellow Book [<https://wwwnc.cdc.gov/travel/page/yellow-book-home>] on the CDC Travelers’ Health website [<https://wwwnc.cdc.gov/travel/>].

What’s new for the 2018?

The 2018 edition offers a variety of new sections and information, including:

- Updated information on emerging global diseases, such as Zika, Ebola, and MERS.

- Expanded, specific information for travel to 16 select destinations, including new sections on Cuba and Burma (Myanmar).
- New cholera vaccine recommendations.
- Updated guidelines on the use of antibiotics to treat travelers’ diarrhea.
- Easy-to-use maps, including global disease maps, 15 country-specific malaria risk maps, and yellow fever vaccine recommendation maps for 10 countries.

Did you know...?

- CDC partners with the CDC Foundation and Oxford University Press to publish the Yellow Book.
- CDC’s first Yellow Book (1967) was actually a small pamphlet titled Immunization Information for International Travel. It was about the size of an index card and contained information about only a few diseases, such as cholera, smallpox, yellow fever, and malaria. The 2018 edition is a book containing eight chapters that span about 650 pages.
- Access to the Yellow Book is technologically savvy! We’ve offered it online since 2002, as an eBook since 2011, and debuted it as a mobile app in 2012.

CDC wants travelers to enjoy the sights, activities, and cultures of countries around the world by staying healthy and safe while traveling internationally. As they plan the details of their itinerary, travelers can also prepare to protect their health while abroad.

How can I get my own copy of the Yellow Book?

You can purchase the Yellow Book through Oxford University Press (save 30% with promo code AMPROMD9), other major online booksellers, at most major bookstores, and as an eBook. The book is also available for free online and is soon to be available as a mobile app. Find more details on the CDC Travelers’ Health Yellow Book homepage [<https://wwwnc.cdc.gov/travel/page/yellowbook-home>].

Source: <https://www.cdc.gov/features/yellowbook/>

Nursing Talk

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offering one point for every dollar spent on groceries. You can receive twenty-cents off each gallon of gas purchased at participating Shell stations for every two hundred dollars of grocery purchases at Jewel. For details, go to <http://www.jewelosco/rewards/gas-rewards-321/>.

Sometimes you just have to ask for a better rate on a service. If you have internet, don’t be afraid to call your carrier. You will soon learn that their rates are fluid. Every month there is a new promotion. To successfully renegotiate your internet rate, you will need to be persistent. If you have had AT&T phone service for a number of years, you may qualify for lower internet rates as part of AT&T’s new Customer Loyalty Program.

Some special programs can be worth hundreds or even thousands of dollars to you each year. For example, if you own your own home in Kane County and it is your principle residence, you probably qualify for the Homestead Exemption. That currently reduces the Equalized Assessed Value (EAV) by \$6,000. If you are sixty-five or older and own your own home, you probably qualify for the Senior Citizen Homestead Exemption. That currently reduces the EAV by \$5,000. If you are at least sixty-five years old and own your home and you have household income no greater than \$55,000, you may be eligible for the Senior Citizen Assessment Freeze Homestead Exemption. Contact your own County Assessment Office to request the forms, or get them online.

Read your local newspaper to keep informed about money matters. Make it your goal to avoid leaving money on the table.

Cassandra

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

AHHC Newsletter

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Dates: 9/11/17 - 9/15/17

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, 2017**. 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 13	1000-1300

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



WANTED 472 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.

