



Newsletter

July 2018
Issue 26, Vol. 1

Hand, Foot, and Mouth Disease

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Skills Fair 2018

Healthy and Safe Swimming



Hand, Foot, and Mouth Disease



This disease is common in young children. It causes fever, mouth sores, and a rash. Wash your hands often to lessen your chances of getting sick.

Hand, Foot, and Mouth Disease is Common

Hand, Foot, and Mouth Disease, or HFMD, is a contagious illness 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.

HFMD is usually not serious, and nearly all people recover in 7 to 10 days without medical treatment. Rarely, an infected person can develop viral meningitis 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.

Hand, Foot, and Mouth Disease Mainly Affects Young Children

HFMD mostly affects infants and children younger than 5 years old. Although older children and adults can get it too. When someone gets HFMD, they develop immunity (protec-



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

- Fever
- Reduced appetite
- Sore throat
- Feeling unwell
- Painful mouth sores that usually begin as flat red spots
- 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. Not everyone will have all of these symptoms. Some people may show no symptoms at all, but they can still pass the virus to others.

tion) to the specific virus that caused their infection. But people can get the disease again because HFMD is caused by several different viruses.

Hand, Foot, and Mouth Disease is Contagious

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. 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
- Poop (feces)

HFMD spreads from an infected person to others from:

- Close contact, such as kissing, hugging, or sharing cups and eating utensils
- Coughing and sneezing
- Contact with poop, for example when changing a diaper
- Contact with blister fluid

Hand, Foot, and Mouth Disease

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Wash your hands and help children wash their hands to help keep from getting sick.

- Touching objects or surfaces that have the virus on them

This is why you should always try to maintain good hygiene, like washing hands often with soap and water, to reduce your chance of getting and spreading HFMD.

You Can Only Treat Symptoms of Hand, Foot, and Mouth Disease

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 loss of body fluids or dehydration.

Take Steps to Lessen Your Chances of Getting Sick

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.

- 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.

There is no vaccine to protect against HFMD.

Hand, Foot, and Mouth Disease is not the same as Foot-and-Mouth Disease

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] Sour

source:

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

Nursing Talk

FOLLOWING THE RULES

Dear Cassandra,

What are the rules for having a vehicle emissions test in Chicago or the collar counties? How often do the tests have to be done? Where must I take my vehicle? Will I receive a card in the mail reminding me that my vehicle must be tested?

Confused in Orland Park

Dear Confused,

Emissions testing began in 1990 when the Federal Clean Air Act was amended to require emissions testing programs in large, metropolitan areas. Most 1996 and newer passenger vehicles had to be tested after they were four years old. The original testing included an idle exhaust test and a gas cap test.

On October 20, 2016 Illinois Environmental Protection Agency Director Alec Messina announced big changes for vehicle emissions testing in Illinois. The State of Illinois was entering into a new testing contract which Messina said will save taxpayers at least \$11 million each year and nearly \$100 million over the life of the contract. The idle exhaust test and the gas cap test have been eliminated. The number of testing sites has been reduced.

Vehicles over four years old must still be tested every two years. Even model year vehicles are tested in even number years. Odd model year vehicles are tested in odd number years.

The number of testing facilities has been reduced. In fact, five vehicle emissions testing facilities, including the last two in the city of Chicago, were shut down by the Illinois Environmental Protection Agency to reduce costs and streamline operations. Below is the list of the testing stations which were closed:

- Chicago, 6959 West Forest Preserve Drive
- Chicago, 1850 West Webster Avenue
- Elk Grove Village, 2450 Landmeier Road
- Tinley Park, 7460 Duvan Drive
- Wood River, 230 North Old St. Louis Road

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Pools, hot tubs, and water playgrounds are great places to have fun, be active, or just relax. Learn how to stay healthy and safe when in the water this summer!

Swimming is one of the most popular sports activities in the United States. Just 2.5 hours of physical activity per week, including water-based activity, has health benefits, no matter our age. As with any form of physical activity, we maximize the health benefits of swimming when we each do our part to minimize the chance of illness and injury.

Swim Healthy, Stay Healthy!

Swimming is a fun and a great way to stay healthy and spend time with family and friends. However, it's important not to swim or let your kids swim if they have diarrhea. Just one diarrheal incident in the water can release millions of diarrhea-causing germs like Crypto (short for *Cryptosporidium*), *Giardia*, *Shigella*, norovirus, and *E. coli* O157:H7. This can make other swimmers sick if they swallow a mouthful of contaminated water.

Most germs are killed within minutes by common pool disinfectants like chlorine or bromine, but Crypto is a germ that can survive in properly chlorinated water for more than 7 days. This is why Crypto is the leading cause of outbreaks linked to swimming in the United States.

Tips for Healthy Swimming

Practicing healthy swimming is important to keep ourselves and our loved ones healthy. Whether in the pool, the hot tub/spa, or water playground we can all help protect ourselves and our loved ones from germs by following these simple but effective steps:

- Don't swim or let children swim when sick with diarrhea.
- Don't swallow the water.
- Take kids on bathroom breaks every hour.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Shower before you get in the water. Rinsing off in the shower for just 1

minute helps get rid of any germs that might be on your body.

Prevent Injury

Staying safe in and around the water is important, too. Don't forget sun safety and drowning prevention. Drowning is a leading cause of unintentional injury death among children 1–14 years old. In fact, drowning kills more young children 1–4 years old than anything else except birth defects.

Of drowning victims who survive and are treated in emergency rooms, more than half are hospitalized or transferred for further care. They often experience brain damage, which can cause memory problems, learning disabilities, or permanent loss of basic functioning (or permanent vegetative state). Swimmers can prevent fatal and non-fatal drowning by learning swimming skills, by wearing life vests, and by swimming under the close supervision of parents, caregivers, or lifeguards who know cardiopulmonary resuscitation (CPR).

Remember: Think Healthy. Swim Healthy. Be Healthy! This summer and year round, let's follow CDC's Steps of Healthy Swimming to protect ourselves and our loved ones from illness and injury when swimming or playing in the water.

FREE Healthy and Safe Swimming Resources

- CDC Healthy Swimming brochures (available in English and en Español) [<https://www.cdc.gov/healthywater/swimming/resources/brochures.html>]
- CDC Pool Chemical Safety posters (each available in English and en Español) [<https://www.cdc.gov/healthywater/swimming/resources/posters.html>]
- Healthy Swimming This Summer and Year Round [<https://www.cdc.gov/healthywater/swimming/materials/index.html>]
- Water Quality & Health Council (WQHC)'s Healthy Pools page [<http://www.healthypools.org/>]

source: <https://www.cdc.gov/features/healthyswimming/index.html>

Testing facilities now have testing stations for two vehicles within each bay. This doubles the output of the facility. However, expect long lines of vehicles waiting to enter the bays. On a recent Tuesday morning in Naperville, there were ten vehicles in line at each of the four bays. On the service road, another forty or more cars were lined up, slowly inching their way to the service bays.

Motorists can now purchase their new vehicle registration stickers at the testing sites once their vehicles have passed the emissions test. Motorists whose vehicles have passed the emissions test can also purchase their vehicle registration stickers online at the Illinois Secretary of State's website, www.cyberdrive-illinois.com, if they prefer.

The Illinois Secretary of State no longer mails reminder notices to owners whose vehicles need emissions tests. You will NOT receive a card in the mail.

If you think this is a lot to remember, you are correct. Last week I drove ten miles across town to go to a testing station, waited in line with the engine running for at least twenty minutes, pulled into the bay in the testing center, and was told that my vehicle did not need to be tested this year. Why? My vehicle is an odd year model, and 2018 is an even number year. I confess that I had forgotten that rule.

Distressed and disappointed,

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 462 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.

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Home Health blog at www.ahhc-1.com.

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

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