



Flying Falcon Feature

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# Sink your talons into this!

A monthly newsletter from your school nurse.



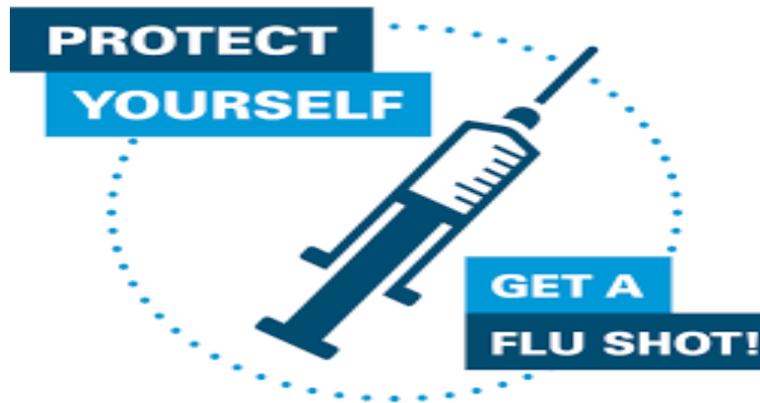
by [Dawn Rios](#) on October 1

Hi everyone! I'm excited to deliver you fun health and wellness news through my newsletter. Every month we will learn about a new topic. Upcoming events such as vision and hearing screenings, vaccine clinics and dental sealants will be shared here. My hope is that you will find a new way to get fit, make a healthy recipe and be overall happy and well!

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## THIS MONTH'S TOP STORIES

- Flu Season
- Healthy Lung month
- Halloween Safety Tips
- Word Search



## Will you get your flu shot?

Flu season is right around the corner. The best way to protect yourself is getting a yearly flu shot. Doctors recommend getting the flu shot by the end of October, before the flu starts spreading in the community.

The influenza virus spreads by droplets when you talk, cough or sneeze. This is why it's important to wash your hands often and cough/sneeze into your elbow rather than your hands. Common symptoms of the flu include fever, body or muscle aches, headache, sore throat, fatigue and vomiting/diarrhea which is more common in children than in adults.

A common misconception about the flu shot is that you will get sick from receiving it. The vaccine is made with an inactivated (killed) virus and is not infectious. However, the flu shot can produce some mild symptoms that may be mistaken for influenza. These include soreness, redness, and/or swelling at the injection site, headache, fever, nausea and muscle aches.

## October is Healthy Lung Month

Healthy lungs are crucial to your well-being. Acute and long-term respiratory conditions can affect children's lung health. The most common of these are influenza, asthma, bronchitis, croup and pneumonia. External factors that significantly affect our lungs are air pollution and tobacco use.

Did you know that when your lungs are mature, the maximum amount of air they can hold is 6 liters? That equals around three large soda bottles! Did you know that our lungs are not fully mature until 20-25 years old? Children face special risks because their lungs are still growing and they are so active.

Here are 5 tips for ensuring your lungs grow and develop in a healthy way:

1. Avoid using tobacco and second-hand smoke.
2. Avoid air pollution as best as you can.
3. Exercise regularly.
4. Reduce your risk of infections by practicing good hand hygiene and staying up to date on vaccinations.
5. Know when to see a doctor. Symptoms like wheezing, excessive coughing, and chronic respiratory infections should be reported to your physician.



## Safety tips for Trick-or-Treaters

Everyone enjoys dressing up on Halloween and eating candy. But there can be some safety risks involved. Follow these tricks to have a good time and stay safe:

Pumpkin decorating-

Consider alternatives to carving such as markers and glitter paint.

Use caution with candles.

Costume safety-

The brighter the better-attach reflective tape to costume or bag when trick-or-treating in the dark.

Choose the right size- oversized costumes pose a tripping hazard.

Avoid masks- masks obstruct your vision.

Trick-or-Treat with care-

Inspect treats before indulging.

Ration the pile- consider snacking on a few pieces at a time rather than the whole loot.



Thanks for reading this month's Flying Falcon Feature! I hope you learned something new. I'm already looking forward to next month's newsletter!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Flu and Cold Prevention

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Vaccine	Sleep	Healthy	Doctor
Soap	Immune	Handwashing	Coughing
Water	Sneezing	Hydrated	Flu
Cold			