



# Health Bulletin

Health tips and news for the community



## Did you know that if you drink alcohol when you are pregnant, you can hurt your unborn baby?

If you drink while you are pregnant, you can hurt your baby's brain, heart, kidneys, and other organs. Your baby could be born with a problem called **fetal alcohol spectrum disorder or FASDs**.

### What are fetal alcohol spectrum disorders?

Fetal alcohol spectrum disorders (FASDs) is the name given to a group of conditions that a person can have if his or her mother drank alcohol while she was pregnant.

### What causes FASDs and how can they be prevented?

FASDs are caused by drinking alcohol while pregnant. All alcoholic drinks can hurt an unborn baby. To prevent FASDs, a woman should not drink **ANY** alcohol while she is pregnant.

### Inside this Health Bulletin:

- Fetal Alcohol Spectrum Disorders
- Flu Season
- Talking About Sex With Our Kids



### Stay in Touch with the Health Bulletin

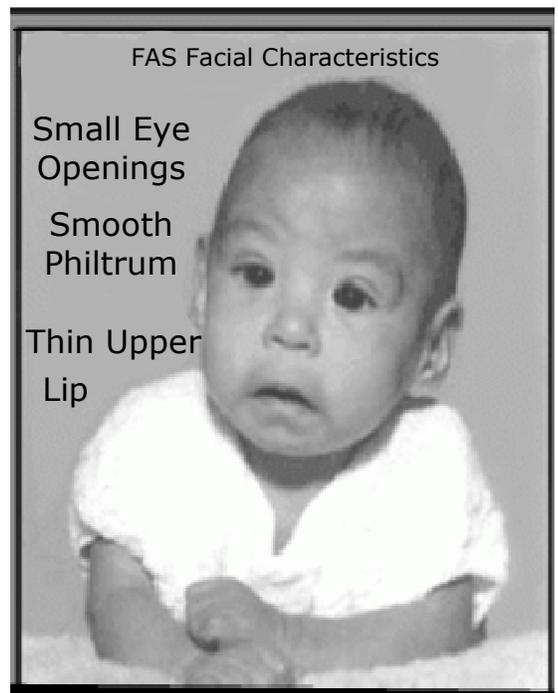
You can find the Health Bulletin in many languages at <http://www.phila.gov/Health/DiseaseControl/healthBulletin.html>.

For more information about the Health Bulletin, contact Marialisa Ramirez at 215-685-6496 or [HealthBulletin@phila.gov](mailto:HealthBulletin@phila.gov).

## What are some signs of FASDs?

### Physical signs:

- ◇ Small eye openings
- ◇ Smooth philtrum (the space between the upper lip and nose)
- ◇ Thin upper lip
- ◇ Small size head
- ◇ Short stature
- ◇ Low body weight
- ◇ Problems with the heart, kidneys, bones, or hearing



### Intellectual and behavioral signs:

- ◇ Problems with:
  - ◇ Memory, judgment or impulse control, motor skills (walking, running), school (especially in math) and paying attention.
  - ◇ Low IQ

## What can I do if I think my child has an FASD?

If you or the doctor thinks there could be a problem, ask to see a specialist who knows about FASDs.

**To learn more about FASDs**, go to [www.cdc.gov/ncbddd/fas](http://www.cdc.gov/ncbddd/fas), or the National Organization on Fetal Alcohol Syndrome at [www.nofas.org](http://www.nofas.org).

To find resources about what to do if you are having trouble stopping drinking, contact the Office of Addiction Services at 215-685-5403 or visit: <http://www.dbhids.org/office-of-addiction-services>

**To help your child reach his or her full potential, it is very important to get help for FASDs as early as possible!**



## Flu Season is Here!

Here is how you can protect yourself and your loved ones from getting the flu:

Cover  
your  
Cough



**1. Take time to get the flu shot.** For information on flu clinics, call the **Flu Hotline at (215) 685-6458**.



**2. Wash your hands** often with soap and water, or use hand sanitizer.



**3. Cover your nose and mouth** with a tissue when you cough or sneeze. Then throw the tissue away.

**4. Don't touch your eyes, nose or mouth.** Germs spread this way.

**5. Avoid** being around sick people.

Cover  
your  
Cough



**6. If you are sick, limit your time with other people and stay home** for at least 24 hours after your fever is gone. Your fever should be gone without using a fever-reducing medicine, like Tylenol. You do not want to get them sick!



Learn more about the flu by visiting:

**<http://www.phila.gov/health/DiseaseControl/FightingFlu.html>**

## Talking about Sex with Our Kids

[www.TakeControlPhilly.org/parents](http://www.TakeControlPhilly.org/parents)

***Philadelphia has some of the highest rates of STDs in the country, and teenagers are affected the most.***

***1 out of 3 kids in Philadelphia will get an STD during their teen years.***

***Talk to your kids about safer sex, your kids want to hear from you!***

# Talking to your teenagers about sex can be hard, but they need to hear from you. Here are some tips:

**Relax and take a deep breath.** Don't get angry and don't give up. You may save your child from dying from a serious disease.

**Start early.** Don't wait for your teenager to ask questions. You should start the conversation.

**Find teaching moments.** If a TV program shows a sex scene or your teen tells you about something that came up at school about sex, use these moments to talk about safer sex (many teens do not know proper use of condoms).

**Be honest and give good information.** Use [www.TakeControlPhilly.org/parents](http://www.TakeControlPhilly.org/parents) for good information on safer sex, condoms, and STDs, including HIV.

**Make this conversation normal.** The more often you talk to your teen about safer sex, the easier it is for your teen to talk openly with you about it.

**Tell them waiting is best.** Let them know that waiting to have sex is best. The longer teenagers wait to have sex, the less likely it is that they will get an STD. If they choose to have sex, teach them that safer sex is important.

