



Health Bulletin

Health tips and news for the community



FALL 2012

Flu season is coming! Get vaccinated!

Vaccines (“shots”) are the best way to prevent influenza (“the flu”). Some symptoms of the flu can include sore throat, coughing, runny nose and fever. Other symptoms can include chills, headaches, tiredness, body pain, vomiting and diarrhea.

If you get the flu vaccine, it can help keep you and others from getting sick. It is important to get a vaccine before you get sick.

Inside this issue:

- Importance of Flu Vaccine
- Eye Health
- Back-to-School Health Tips
- Childhood Obesity

Who needs a flu vaccine?

- Children from 6 months to 18 years old.
- Pregnant women.
- People 65 years and older.

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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.

"Who needs a flu vaccine?" continued:

- People with certain chronic medical conditions (check with your doctor).
- People who live in a nursing home or other facility.
- People who live or work with any of the above groups (for example, healthcare workers).
- People who live with a baby up to 6 months old.
- Anyone else who wants to avoid getting sick from the seasonal flu.

Where Can I Get A Flu Vaccine?

Your doctor can give you the flu vaccine. If you do not have a doctor, there are other ways to get the flu vaccine:

- Clinics and pharmacies in your neighborhood.
- If you are over the age of 18 and live in Philadelphia, you can visit one of the health department's flu clinics to get the vaccine. To find one near you, visit:
<http://www.phila.gov/health/DiseaseControlshotschedule.html>
- You can also find a provider near your school, job, or home. To find one near you, visit:
<http://flushot.healthmap.org/>

**Free Human papillomavirus (HPV)vaccine for girls
AND boys ages 13-18.**

**Find out more by visiting our Facebook page:
[facebook.com/3forMePhilly](https://www.facebook.com/3forMePhilly)**

Childhood Obesity

Being overweight or obese can lead to serious health problems.

Obesity can lead to many health problems:

- **Heart disease**- leading cause of death in the US.
- **Type 2 diabetes**- can cause blindness and kidney failure.
- **Asthma**- causes wheezing, chest tightness and coughing.
- **Sleep apnea**- interrupts breathing



As a parent or caregiver, you can help prevent childhood obesity:

- Serve fruits and vegetables.
- Serve water or milk instead of sodas and other drinks with a lot of sugar.
- Serve smaller portions.
- Limit food and snacks with sugar and fat.
- Try to make your favorite meals healthier.
- Include 60 minutes of exercise each day. You can walk, play tag, jump rope, play soccer, swim and dance.

