PARENTS, TEACHERS, YOUTH LEADERS

Department of Health and Human Services
Centers for Disease Control and Prevention

Express Your Health!™

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Protect Yourself and Others

Learn about several health issues and what you can do to help yourself and others stay healthy.

Motor Vehicle Safety

Buckle up. Motor vehicle-related injuries kill more children and young adults than any other single cause in the United States. Protect yourself by always buckling up. Children should sit in the back seat of a car and be properly buckled in with a seat belt and/or booster seat, depending on the child's age. Encourage others to protect their health by buckling up too.

Child Passenger Safety
www.cdc.gov/ncipc/factsheets/childpas.htm

Motor Vehicle-Related Injuries
www.cdc.gov/health/motor.htm

Immunizations

Kids can help protect their family when they ask family members if all of their vaccines are current. Did Grandma and Grandpa have a pneumococcal vaccine if they are 65 years or older? Do Mom and Dad have a current tetanus-containing vaccine (Td or Tdap) and their influenza (flu) shots? Do all brothers and sisters have their vaccines up-to-date? Pertussis vaccine given to an older sibling can protect a baby in the household from a highly infectious disease. Survey your own family and friends and find out!

Immunization Schedules and Information
www.cdc.gov/nip/#schedules

Safe and Healthy Swimming

Swimming can be lots of fun. Protect yourself and others from germs and injury while swimming:

- Don't go swimming when you have diarrhea.
- Avoid swallowing pool water or even getting it in your mouth.
- Shower before swimming and wash your hands after using the toilet or changing diapers.

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Safe and Healthy Swimming (*continued*)

- Change diapers in a bathroom (not at poolside) and thoroughly clean the diaper changing area.
- Keep an eye on children at all times - kids can drown in seconds and in silence.
- Don't use air-filled swimming aids (such as "water-wings") with children in place of life jackets or life preservers.
- Protect against sunburn by using a sunscreen with at least SPF 15 and both UVA and UVB protection. Be sure to re-apply it after swimming.

Healthy Swimming
www.cdc.gov/healthyswimming

Family History

Most of us know that we can reduce our risk of disease by eating a healthy diet, getting enough exercise, and not smoking. But did you know that your family history might be one of the strongest influences on your risk of developing heart disease, stroke, diabetes, or cancer? Even though you cannot change your genetic makeup, knowing your family history can help you reduce your risk of developing health problems.

Family History and Health
www.cdc.gov/genomics/public/famhix/fs_web.htm

Diabetes

Diabetes is a disease that results in too much sugar (glucose) in the blood. When you eat food, your body uses the insulin it makes to turn the food into energy. But when you have diabetes, your body does not have enough insulin or the insulin does not work well enough to turn food into energy. Having a lot of glucose or sugar in the blood for a long time will slowly hurt the eyes, heart, kidneys, legs, and feet. There are two main types of diabetes. Most people with diabetes have **type 2**. People with **type 2** diabetes can take care of the disease by being physically active, eating healthy foods, or using pills or insulin. If people have **type 1** diabetes, they must take insulin every day to live.

Diabetes is a big health problem in the United States. More than 18 million people have diabetes, and there are about 41 million more people who are very close to having diabetes.

You cannot get diabetes from someone who has it like you can get a cold. People who are overweight, who are not physically active, and who have family members (such as a grandmother or a father) with diabetes have a greater chance of getting diabetes.

If someone you care about has diabetes, you can help them by going for a walk or sharing a healthy snack like an apple or carrots. Being active and eating healthy can help people with diabetes feel better, and it can lower your chances of getting **type 2** diabetes. To eat healthy means eating more grains, fruits, and vegetables, and less of foods with lots of fats and sugar.

Diabetes Public Health Resource
www.cdc.gov/diabetes

Toll-Free Diabetes Public Inquiry Hotline
1-877-CDC-DIAB (232-3422)

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Group B Strep

Group B strep (sometimes called 'baby strep', beta strep, or GBS) is a type of bacteria. For most women, group B strep doesn't cause any problems, and they probably don't know that they have the bacteria in their bodies (usually in the vagina or rectum). However, the bacteria can be passed on from pregnant mothers to their babies during childbirth, causing the infants to get very sick or even die.

When women are 35-37 weeks pregnant, they should get an easy swab test to see if they have the group B strep bacteria, even if they don't feel sick. Women who test positive for the bacteria should get antibiotics (medicine to kill the bacteria) during labor—while they are giving birth. It doesn't work to take the antibiotics before labor, because the bacteria can grow back very quickly.

The good news is that doctors try and screen every pregnant woman for these bacteria—if they find it, prevention usually works. While this disease used to kill thousands of babies every year, the new prevention guidelines for screening will help keep many babies from becoming infected with group B strep. If you know someone who is nine months pregnant, ask them if they have had their group B strep test yet!

Group B Strep Disease
www.cdc.gov/groupBstrep

Hepatitis

There are several types of viral hepatitis (a liver disease) that can affect people of all ages. Some types of hepatitis, like hepatitis B and hepatitis C, can be spread by contact with the blood of an infected person. Other types, like hepatitis A, can be spread by putting something in your mouth (even though it may look clean) that has been contaminated with the stool of a person infected with hepatitis A virus. Good personal hygiene and proper sanitation can help prevent hepatitis A. There are safe and effective vaccines to prevent hepatitis A and hepatitis B; there is no vaccine to prevent hepatitis C.

Hepatitis
www.cdc.gov/hepatitis

Viral Hepatitis: What Every Teenager Needs to Know
www.cdc.gov/ncidod/diseases/hepatitis/resource/training/hs_slideset.htm

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