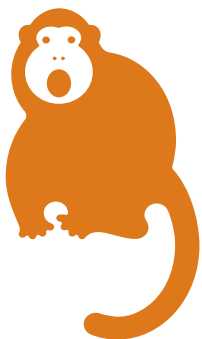


Children's Health Tips

brought to you by Sutter Roseville Medical Center



Sutter Roseville Medical Center provides women and children in Placer County advanced medical care in a family-centered environment. Sutter Roseville's renowned Family Birthing Center, which was recently updated and expanded, is the only one in the Sacramento region to receive the Maternity Care Excellence Award and a five-star rating from the national consumer group HealthGrades for two consecutive years (2009/2010). In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies that need specialized care.



*Sutter Roseville
Medical Center*

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Top Ten Ways to Keep Your Kids Healthy This Winter

1. Get a flu shot – in the arm or sprayed up the nose.

Unless your child doesn't mind needles, consider FluMist®. It's nasal spray that's shown to be just as effective as the traditional flu shot. And, it's FDA-approved for healthy kids aged two and older.

2. Sleep clean.

Launder your kids' bed and bath linens in hot water during cold season. Pillows should be replaced at least once a year, unless you use hypo-allergenic pillow coverings.

3. Sleep often.

Rest is critical for keeping your child's immune system functioning at full strength during cold and flu season.

4. Eat well.

In addition to quality sleep, young bodies need to be adequately nourished to fend off germs. Make sure your child gets enough protein, fruits and vegetables.

5. Don't share – germs, that is.

Cold season is not the time to share toys, since that is an excellent way to transmit germs. Because it may be difficult to keep playthings separate when kids are having fun together, be mindful to disinfect shared toys – before and after play time.

6. Disinfect, launder and clean germ culprits.

Germs thrive on commonly touched surfaces such as doorknobs, remote controls, light switches, pens/markers, computer keyboard, books, steering wheels and child car seats.

7. Encourage hand washing.

Human hands carry their fair share of germs. Get your kids in the habit of washing their hands regularly – both at home and while out in public.

8. Breathe fresh air.

Fresh air is nature's way of keeping germs in check. Take advantage of any warmer days to open a few windows to let your house "breathe". It's important for them to breathe "outdoor" air since germs thrive indoors during the winter. Take advantage of the warmest time of day and go outside to play.

9. Get some exercise.

Physical activity gets the heart pumping and blood flowing – promoting overall health. Plus, it's a great way to warm up when you're cold.

10. Stay in touch with your pediatrician.

In addition to office visits, take advantage of calling the advice nurse when you're not sure what to do about certain symptoms or medications.

