



# Healthy Families Skyline CAP

## September 2022 Newsletter

### Cold & Flu Season Preparation

- We have already seen a drastic rise in flu cases for the 2022 season. The flu vaccine is recommended for all families. The flu shot does **not** cause the flu, it keeps kids and parents from getting sick. Getting the flu is *worse* than having a cold and can make a person sick for a week or more.
- Infants younger than 6 months cannot get the vaccine, but if the parents or older children in the household get it, your baby is better protected. It is very important for adults and older kids to get the flu shot because infants are more at risk for serious complications from the flu.

Check with your local health department for information about the flu vaccine and avoid this emergency with little preparation.



### 988 Suicide & Crisis Lifeline

988 has been designated as the new three-digit code that will route callers to the National Suicide Prevention Lifeline. The counselors who answer the phone will listen, understand how the problems are affecting you, provide support, and connect you to resources if necessary.

If you or someone you know is struggling, please do not hesitate to dial 988.

If you are a veteran or know a veteran who may need help, they can also call 988 then press 1.



## Get a kit, make a plan, be informed, and get involved

Natural Disasters happen with little or no warning. When the weather looks dangerous, you want to be prepared, not looking for supplies last minute. The CDC and FEMA have teamed together to make preparation as simple as possible for all families. Their plan says “get a kit, make a plan, be informed, and get involved.” An emergency kit is a very important thing to have in any household. Here is a checklist of a few must-have items for any emergency kit:

- ◇ Water
- ◇ Food
- ◇ Flashlight
- ◇ Extra Batteries
- ◇ First Aid Kit
- ◇ Medications (7 day supply) and medical items
- ◇ Multipurpose tool
- ◇ Sanitation and personal hygiene items
- ◇ Face Masks
- ◇ Copies of personal documents (birth certificates, insurance policies, medical list, passports, etc.)
- ◇ Cell phone with chargers
- ◇ Family and emergency contact info.
- ◇ Emergency blanket



If you would like to find out more about how you can be prepared for any situation, visit [www.ready.gov](http://www.ready.gov) or contact your local Health Department

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Happy Birthday to all September Birthdays and Newborns!!



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### Important dates this month:

September 4th-10th: Suicide Prevention Week

September 5th: Labor Day

September 13th: National Peanut Day