

Hot Topics

- [*Important*: Tylenol/Acetaminophen changes dosing, increases medicine concentration](#)
- [Poisonous plants: prevention and treatment](#)
- [Bites & Stings: prevention and treatment](#)

Breakfast Makes Champions!

According to the American Dietetic Association, children who eat a healthy breakfast are able to concentrate better, work more quickly, make fewer mistakes, think more creatively, and score higher on tests. Conversely, children who skip breakfast are subject to suffering hunger symptoms, including headache, fatigue, sleepiness, irritability and inability to concentrate. In addition, kids who “fuel up” in the morning are more likely to meet their daily nutritional needs, maintain a normal weight, and perform better in sports and other extracurricular activities.

Nutritious grab-and-go breakfasts recommended by the American Dietetic Association that are tasty and convenient: Ready to eat cereal with milk with cut-up fruit; Instant oatmeal; Toasted bagel with cheese; Fruit-filled breakfast bar and yogurt; Toasted waffle topped with fruit and yogurt; Fruit smoothie (fruit and milk whirled in the blender); Peanut butter on whole-wheat toast; banana or apple; English muffin or bagel with mozzarella and tomato sauce.

Facts about Pertussis for Adults

If it has been 10 years or more since you had a Tdap, speak with your physician about receiving a booster.

Pertussis also known as “whooping cough” has been on the rise in the U.S. over the last decade, across all age groups. Protection against pertussis from early childhood vaccines wear off, leaving adults and adolescents at risk for infection. Early symptoms of pertussis are similar to the common cold or bronchitis and may include runny nose, sneezing and low-grade fever. The infection causes coughing that lasts for weeks, even months. Sometimes a “whoop” sound occurs while gasping for breath during a bad coughing spell.

Adults and adolescents can spread pertussis to infants who have not yet had all their vaccines, even before symptoms appear.

The most effective way to prevent pertussis is through vaccination. A booster vaccine, known as Tdap(tetanus-diphtheria-acellular pertussis) is now available to protect against pertussis in adults and adolescents. Children get a different formulation, called DTaP. As, we make sure our children’s vaccinations are up to date, let’s make sure we are protected as adults.

COLD or the FLU?

How to Tell the Difference

The cold and flu are both respiratory illnesses, but they are caused by different types of viruses. [Flu symptoms](#) usually come on quickly (within 3-6 hours) and consist of a fever, body aches, dry cough, and extreme tiredness. Cold symptoms are less severe and people experience a stuffy nose, productive cough, slight tiredness, and limited body aches. Stomach symptoms, such as nausea, vomiting, and diarrhea may also occur, but are more common in children than adults. Runny nose may also occur, but is also more common in children than adults. You do not need to experience *all* of these symptoms to have the flu. If you have one or two of these symptoms, it is recommended that you see your doctor. To find out more info on the flu or learn if the flu is active in your area, go to flufacts.com