

Maintain, don't gain

Join the Department's challenge to keep from adding extra pounds this holiday season

Want to maintain a healthy weight this holiday season? Join the Healthiest Weight Florida Maintain, Don't Gain Holiday Challenge.

Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2 1/2 hours a week. Help kids and teens be active for at least one hour a day.



Calendar

Today

- **Health department at Exceptional Student Education Agency Fair, Vanguard High School**

Nov. 27-28

- **Health department closed for Thanksgiving**

Dec. 1

- **FluMist at Marion County Public Schools**
- **Safe Kids Marion meeting**

Dec. 2

- **FluMist at Marion County Public Schools**

Dec. 3

- **WIC Mom & Baby Club meeting**

Dec. 9

- **WIC Breastfeeding class**

Dec. 11

- **Health department closed**

Want more help? The Florida Department of Health is teaming up with North Carolina State University to offer the Maintain, Don't Gain! Holiday Challenge. Rather than focusing on trying to lose weight, this free seven-week challenge provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season.

The Holiday Challenge includes:

- Seven weekly newsletters delivered to your inbox with tips to
 - Host a healthier Thanksgiving,
 - Manage holiday stress,
 - Fit physical activity into your busy day
 - Survive a holiday party
- Daily tips
- Mid-week challenges
- Healthy holiday recipes
- Motivation and support from other participants

How you participate is up to you—share your strategies on the Holiday Challenge [Facebook](#) page, connect for more tips on [Twitter](#), and exchange holiday recipes on [Pinterest](#).

The Maintain, Don't Gain! Holiday Challenge is supported by a team of registered dietitians at North Carolina State University. It is part of the many resources provided by the Eat Smart, Move More North Carolina partnership. The Holiday Challenge runs from November 17 through December 31.

[Join the Maintain, Don't Gain Holiday Challenge](#)

Florida Department of Health



Calling all moms and dads

Antibiotics aren't always the answer! Incorrect antibiotic use is leading to urgent health threats.

The Centers for Disease Control and Prevention has news for you this cold and flu season: antibiotics don't touch viruses—never have, never will!

And it's not really news. It's a long-documented medical fact. Antibiotics can only treat illnesses caused by bacteria. Colds, the flu, most sore throats, bronchitis, and many sinus and ear infections are caused by viruses, not bacteria. If your child has a viral infection, antibiotics won't help them feel better or get well sooner. In fact, they can even be harmful.

Taking antibiotics when they are not needed is fueling an increase in drug-resistant bacteria, which cause infections that are more difficult, and sometimes even impossible, to cure. Almost all types of bacteria have become less responsive to antibiotic treatment. These "superbugs" can quickly spread to family members, schoolmates and coworkers, and threaten our communities with illnesses that were once easily treatable. Combatting antibiotic resistance is a priority for CDC with estimates of more than 2 million

November 17–23 is Get Smart About Antibiotics Week!

resistant infections occurring annually in the United States alone.

Antibiotics can also lead to side effects, such as diarrhea or an upset stomach. Some side effects can be quite serious, or even life-threatening. Take the case of Clostridium difficile (C. difficile or C. diff) infections—these are bacterial infections that cause severe diarrhea. In the past, most C. difficile infections were connected to a recent hospital stay, but new studies show that children in the general community – without a recent hospital stay—account for as many as 7 out of 10 pediatric C. difficile infections. Many children who got sick with C. difficile had recently taken a course of antibiotics for a respiratory infection—infections that are usually caused by viruses and therefore not even helped by the antibiotics.

| Illness | Usual Cause | | Antibiotic Needed |
|--|-------------|----------|-------------------|
| | Viruses | Bacteria | |
| Cold/Runny Nose | ✓ | | NO |
| Bronchitis/Chest Cold (in otherwise healthy children and adults) | ✓ | | NO |
| Whooping Cough | | ✓ | Yes |
| Flu | ✓ | | NO |
| Strep Throat | | ✓ | Yes |
| Sore Throat (except strep) | ✓ | | NO |
| Fluid in the Middle Ear (otitis media with effusion) | ✓ | | NO |
| Urinary Tract Infection | | ✓ | Yes |

When antibiotics are used for viral infections, your child is not getting the best care. A course of antibiotics won't fight the virus, help your child feel better, or lead to a quicker recovery. It may even be harmful. If your child is diagnosed with a viral illness, ask what you can do to help him feel more comfortable while his immune system does

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Need Info? Call 352-629-0137

Birth & Death Certificates ext. 2064
 Communicable Diseases ext. 2088
 Dental Clinic 352-622-2664
 Environmental Health ext. 2086

Family Planning ext. 2091
 Health Education ext. 2195
 Healthy Start ext. 2275
 HIV/AIDS ext. 2073
 Immunizations ext. 2017

Maternity ext. 2089
 School Health ext. 2043
 Sexually Transmitted Diseases ext. 2073
 WIC & Nutrition ext. 2124

FLU.GOV

Know what to do about the flu.

Flu Season Is Here Get Vaccinated Today

How should I get the vaccine?

There are **TWO TYPES** of vaccine, the flu shot and the nasal spray. Both protect against the same virus strains.

FLU SHOT



NASAL SPRAY



Made with inactivated (killed) flu virus



Made with weakened live flu virus



Given by needle



Given with a mist sprayed in your nose



Approved for use in healthy people older than 6 months and people with chronic health conditions



Approved for healthy people between the ages of 2 and 49, except pregnant women

Get smart about antibiotics *(Continued from page 2)*

its work. Suggestions might include drinking plenty of fluids, getting a lot of rest, using over the counter medications (check first to see what's safe for children), using a cool mist humidifier, or gargling with salt water. Do not ask for antibiotics, though.

For more information about the right way to use antibiotics, visit www.cdc.gov/getsmart.

Centers for Disease Control and Prevention

Connect with the Florida Department of Health online

