

October/November/December 2010

Lo Que Necesita...What you need to know about antibiotics

Antibiotics, like penicillin NEVER are the answer for a simple cold because antibiotics can treat infections caused by bacteria, but NOT infections or illnesses caused by a virus. Antibiotics DO NOT work against viruses that cause common colds, flu and other illnesses.

So, remember that when you use an antibiotic, like penicillin, to fight a virus:

- **It DOES NOT cure infections.**
- **It DOES NOT help the patient feel better.**
- **It WILL NOT prevent other people from getting sick.**

Decisions regarding diagnosing the patient, as well as the use of antibiotics, are the responsibility of your doctor. Choosing the right antibiotic is the responsibility of the doctor only. Self-medicating can be bad for your health.

The rest of the article contains data about viruses, consequences of self-medicating with antibiotics and how to treat a cold or the flu. It reinforces that antibiotics kill bacteria, not viruses, they are not always the solution, you should always consult your doctor, and taking antibiotics inappropriately can be very harmful to your health and that of your children.

Consejos Médicos...Medical Advice 24 Hours a Day

Dean on Call offers a free service (in Spanish) through an 800 number where a person can talk to a nurse about medical questions. The nurses use a computer programs designed especially to follow the steps set down by doctors and nurses to help answer medical questions. The information is continually being updated so the nurses can make the best recommendations. The 800 number is 800-576-8773 and the call is free to any resident of Wisconsin.

Tos Ferina...Whooping Cough

There have been continuing outbreaks of Whooping Cough (Pertussis) in the United States and some officials fear that it is due to children not receiving the complete series of vaccines required to develop immunity. There have been a number of deaths in California due to Pertussis. In Dane County, there have been 14 cases reported since the beginning of the year and 4 of them were in the month of July. The symptoms begin like a common cold, with nasal congestion or runny nose, sneezing and perhaps a cough of low grade fever. After one or two weeks the cough becomes stronger. Babies and children with pertussis can cough very rapidly and continuously until they develop shortness of breath and you will notice a "whistling" noise as they try harder to get their breath. There is a website listed where you can hear the sound.

The best way to protect your family and community is to make sure adults and children receive their vaccinations. This is especially important in order to protect unvaccinated babies even if they only have contact with people who are already vaccinated. The DTaP vaccine is administered five times to children at the following ages: 2 months, 4 months, 6 months, 15 – 18 months and the fifth dose between 4 and 6 years. The Tdap vaccine is important for adolescents also since beginning in September 2010 it is a requirement for children from sixth grade through high school. Web sites are listed with more info.

El Primer Teléfono... A Teenager's First Cell Phone

This article talks about how important it is to establish rules right from the beginning when allowing a teenager to have a cell phone. The government offers some suggestions for parents who decide to give their

child a cell phone. Teenagers with phones can be exposed to various risks, including:

- Receiving calls or messages from strangers
- Being the victim of bullying through text messages or calls
- Intimidating others by sending messages containing rumors, etc.
- Using the phone and driving at the same time.

Over the past few years there has been talk about the possibility that cell phones can cause cancer. Although the long term impact is not known, various studies have shown no connection between cell phones and cancer, at least for the short term.

Sexing can be another worry for parents of teens with cell phones. This practice of using cell phones to exchange sexually explicit messages, videos or photos has legal implications. Teens who exchange images of posing nude or partially nude can be accused of producing, possessing or distributing child pornography.

Biblioteca Pública...Hedburg Public Library offerings

Many activities and classes are offered at the library in Janesville. Immunization clinics in partnership with the Rock County Health Dept. are held on the fourth Tuesday of the month from 4:30 to 6:30 pm.

Learn English or 22 other languages with Mango Languages. Visit the website to see how to use Mango.

Computer classes in Spanish – Intro to Computers, Microsoft Word, Using E-mail

Calendar of Events lists a number of celebrations – Hispanic Heritage Month Celebration on 9/25 from 2 – 4 PM . Fiesta de calacas preparing for the Day of the Dead on 10/23 from 2 – 4 PM. Faces of the World, 11/13 from 11 am – 4 pm. Las Posadas, 12/18 from 2 – 4 pm

Also a program for kids in grades K – 5 covers different themes with stories and activities held the 2nd Monday of the month at 3:30 pm, 10/11, 11/8 and 12/13

Datos Sobre...Lead Poisoning

This article submitted by OSHA discusses the danger of lead poisoning, the symptoms of lead poisoning, and what to do to get rid of lead. There is an 800 number that can be called for more information or to receive information packages. 800-424-5323.

Ofrecemos alimentos frescos...Farmers' Market accepts QUEST cards

The Fort Farmers' Market is accepting Quest cards for fresh and healthy foods offered at the Farmers' Market on Saturdays from 8 – 12 from May through October in downtown Fort Atkinson on Milwaukee Avenue. Visit the FortFarmers' Market to use your Quest card. Some farmers also accept WIC. For more information, visit the web-site or send an email to the addresses listed. www.fortfarmersmarket.com