

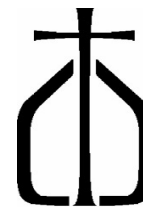


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Catholic Charities



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Seasonal and 2009 H1N1 Flu: A Guide for Parents

(This information is being included in this newsletter at the request of DCS Director James Payne)

What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs caused by flu viruses. Flu viruses cause illness, hospital stays and deaths in the United States each year. There are many different flu viruses and sometimes a new flu virus starts spreading among people and making people sick.

What is 2009 H1N1 flu?

2009 H1N1 flu (sometimes called swine flu or novel flu) is a new and very different flu virus that is spreading worldwide among people. This flu season, scientists expect both 2009 H1N1 flu and seasonal flu to cause more people to get sick than in a regular flu season. More hospital stays and deaths may also occur.

How serious is the flu?

Most people with 2009 H1N1 have had mild illness and have not needed medical care and the same is true of seasonal flu. However, the flu can be serious, especially for young children (risk is highest in children younger than 2 years) and children of any age who have certain chronic medical conditions. These conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems and neurological and neuromuscular disorders. Children with these conditions can have more severe illness from any flu, including from the 2009 H1N1 flu virus.

How does flu spread?

Both 2009 H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with flu. People also may get sick by touching something with flu viruses on it and then touching their mouth, nose or eyes.

What are the symptoms of the flu?

Symptoms of seasonal flu and 2009 H1N1 flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people sick with the flu will not have a fever.

How long can a sick person spread the flu to others?

People infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. However, some people can shed virus for longer, especially children and people with weakened immune systems and people infected with 2009 H1N1 flu.

How can I protect a child in my home against flu?

Get a seasonal flu vaccine for yourself and the child and practice and encourage the child to take everyday steps to help prevent the spread of germs including:

- ◆ Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- ◆ Stay away from people who are sick.
- ◆ Wash hands often with soap and water. If these are not available, use an alcohol-based hand rub.
- ◆ Avoid touching your eyes, nose and mouth. Germs spread this way.

Is there a vaccine to protect children from H1N1 flu?

A yearly seasonal flu vaccine is the first and most important step in protecting against seasonal flu. This vaccine is recommended for children 6 months through 18 years of age and all people who are close contacts (caregivers) of children younger than 5 years of age. A vaccine against 2009 H1N1 flu also is being made. This vaccine is recommended for all children and young adults 6 months through 24 years of age. Other people, including close contacts of children younger than 6 months of age and adults with certain chronic medical conditions, are recommended for vaccination too. More information about the 2009 H1N1 flu vaccine and the seasonal flu vaccine is available at www.cdc.gov or by calling 800-CDC-INFO.

Is there medicine to treat the flu?

Antiviral drugs can treat both seasonal flu and 2009 H1N1 flu. The priority use for these drugs this season is to treat people who are seriously ill (hospitalized) or people who are sick with the flu and either have a medical condition or are in an age group that puts them at high risk of serious flu complications. Antiviral drugs can make people feel better and get better sooner and may prevent serious flu complications. These drugs need to be prescribed by a doctor and they work best when started during the first 2 days of illness. These drugs can be given to children.

What should I use for hand cleaning?

Washing hands with soap and running water (for as long as it takes to sing the "Happy Birthday" song twice) will help protect against many germs. If soap and water are not available, use an alcohol-based hand rub.

What can I do if a child in my home gets sick?

If the child is 5 years or older and otherwise healthy and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure the child gets plenty of rest and drinks enough fluids. If the child is younger than 5 (and especially younger than 2) or of any age and has a medical condition like asthma, diabetes, or a neurologic problem and develops flu-like symptoms, ask a doctor if the child should be examined. This is because younger children (especially children younger than 2) and children who have chronic medical conditions may be at higher risk of serious complications from flu infection, including 2009 H1N1 flu. Talk to your doctor early if you are worried about a child's illness.

What if a child seems very sick?

Even children who have always been healthy before or had the flu before can get a severe case of flu. Call or take your child to a doctor right away if a child of any age has these symptoms:

- ◆ Fast breathing or trouble breathing
- ◆ Bluish or gray skin color
- ◆ Not drinking enough fluids
- ◆ Severe or persistent vomiting
- ◆ Not waking up or not interacting
- ◆ Being so irritable that the child does not want to be held
- ◆ Flu-like symptoms improve but then return with fever and worse cough
- ◆ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms

Can a child go to school, day care or camp if he or she is sick?

No. The child should stay home to rest and to avoid giving the flu to other children.

When can a child go back to school after having the flu?

Keep a child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F or 37.8°C.

Training Opportunities

Reminders will be mailed or e-mailed only for classes **4** hours in length or longer.
SN Classes are special needs topics but may be attended by any DCS foster parent.

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES!

TO REGISTER CALL OR E-MAIL ROBIN AT LEAST 5 DAYS PRIOR TO THE CLASS **AND** INCLUDE:

1. YOUR NAME 2. ADDRESS 3. PHONE # 4. TRAINING TITLE & DATE

ANY REGISTRATION RECEIVED WITHOUT THIS INFORMATION WILL NOT BE PROCESSED!

First Aid and Universal Precautions (A Licensing Requirement: No In-service Hours)

Note: First Aid is valid for three years. Universal Precautions is required initially & at re-licensing.

Sat., Jan. 16 th	Winona Lake Grace Brethren Church	UP: 1:30 p.m. FA: 2:15 - 4:00 p.m.
Sat., Feb. 20 th	Allen County DCS, Fort Wayne	UP: 9:00 a.m. FA: 9:45 - 11:00 a.m.

Adult & Pediatric CPR (A Licensing Requirement: No In-service Hours)

Note: CPR taken with us is valid for 2 years. The expiration date is noted on your certificate.

Sat., Jan. 9 th	Children's Cottage, Fort Wayne	9:00 a.m. to 2:00 p.m.
Sat., Jan. 16 th	Winona Lake Grace Brethren Church	9:00 a.m. to 1:30 p.m.
Sat., Feb. 6 th	Children's Cottage, Fort Wayne	9:00 a.m. to 2:00 p.m.



Foster Family Resource Guide (3 Hours)

Have you ever wondered what your rights are as a foster parent? Do you know the definition of a CHINS and understand the legal process pertaining to them? Do you know how to prepare if you've been subpoenaed? May you say no to foster placements? Is your home the safest it can be? Do you understand your role in visitations? Have you been documenting properly? Do you have a copy of the Foster Family Resource Guide? If you don't know the answers to some of these questions or if you could use a refresher, then you should plan to join us at Catholic Charities from 9:30 a.m. to 12:30 p.m. on Sat., Dec. 5th.

Adoption Support Group Training: Preserving History Through Life Books (2 Hours)

This session, which is open to all DCS foster & adoptive parents, will be held from 6:00 to 8:00 p.m. on Thurs., Dec. 10th at the First Assembly of God Christian Center, 1400 W. Washington Center Rd., Fort Wayne (Door 15 - Room 37 B). This session is part of the adoption support group series and so it will include a light holiday potluck . Please bring your favorite treat to share!



Kwanzaa: A Special Training Opportunity For You and a Child

Kwanzaa is a holiday that honors African American people and their past. It is celebrated each year beginning Dec. 26 and lasting 7 days with each day focusing on a different principle. In an attempt to promote an understanding of this holiday and its cultural significance, we are providing Kwanzaa workbooks for families to keep as a gift from us after they: 1) review the workbook, 2) complete at least one of the activities in the book with a child in their home, and 3) submit documentation for that activity. One hour of alternative training credit will be awarded to each parent who completes this process. Workbooks may be obtained by contacting Robin at 260-422-5625 or via e-mail at robins@mchsi.com. Workbooks must be picked up at Catholic Charities; they will not be mailed.

Documentation Training (5 Hours)

This training which teaches participants what and how to document in relation to fostering is a one-time mandatory requirement for at least one parent from each foster home. It is being held from 9:00 a.m. to 2:30 p.m. on Sat. Jan. 23rd at the Allen County DCS in Fort Wayne.

Say Yes to No: Special Sessions for Our Foster Families (2 Hours Per Session/6 Total)

Say Yes to No is a powerful parenting tool developed by Dr. David Walsh and his team at the National Institute on Media and the Family. Say Yes to No empowers parents to set boundaries and expectations for their children. Say Yes to No teaches communities why it is important that children learn the word "no" and how to deal with being told "no." Say Yes to No give practical ways to tell children no. Finally, it also shows how when implemented consistently, Say Yes to No helps children realize the value of "yes."

According to The National Institute on Media and the Family: "Over the last decade, screen time has been the most significant lifestyle change for our kids. Children are exposed to over one million Yes messages a week, with an average of 44.5 hours spent in front of a screen per week. Dr. Walsh paints a powerful picture of how Yes media messages screaming "More, Easy, Fast and Fun" undermine the critical character traits kids need to succeed in school and life. With warmth, experience and humor, Dr. Walsh argues that learning how and when to say No is crucial to raising healthy, self-reliant kids. And our youth in foster care deserve to be healthy and self-reliant!

Join us from 6 to 8 p.m. on these Tuesdays: Jan. 12th, 19th, and 26th to learn about this valuable tool. Pre-registration is required for these sessions which will be held in Fort Wayne with the location to be announced later. Attendance is required at all 3 sessions. Some light reading may be required between sessions.



Alternative In-service Training Policy



Up to 4 hours (8 if licensed special needs) of annual in-service training credit may be earned **per training year** by foster parents who review state approved resources and submit a completed Alternative Training Verification Form answering questions about that review. One form must be completed for each item reviewed; a form must be completed by each person who reviews the item - forms may not be submitted as a couple; and forms may not be written for someone else without prior approval. An approved resource list and the verification form may be found on the foster care page of the Catholic Charities' web site at www.ccfwsb.org. Be sure to print and complete all pages. Completed verification forms must be submitted to Robin Springstead at 315 E. Washington Blvd. Fort Wayne, IN 46802 for credit review.



On behalf of Catholic Charities and the FAKT Program staff, I'd like to wish all of you the happiest of holidays! May you and yours be able to enjoy this very special time of year, to realize how blessed you really are, and to renew your commitment to helping those around you. It's because of all of you that a difference is being made in the lives of those we service.

Warmest Wishes!

Robin Springstead

*FAKT Program Coordinator; Catholic Charities 315 E. Washington Blvd. Fort Wayne, IN 46802
(260) 422-5625, ext. 223*

robins@mchsi.com

www.ccfwsb.org