



# FYI Connections

A monthly newsletter for Tuscarawas County families.

November 2009

A community collaboration promoting wellness and fitness for children and families.

### Vision

Community Environments that promote and support healthy lifestyles of children and their families.

### Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

### Organizations represented in FYI:

- American Cancer Society
- American Diabetes Association
- American Red Cross
- Claymont Schools
- Dover City Schools
- Dr. Timothy McKnight
- Garaway Local Schools
- HARCATUS Head Start
- Indian Valley Schools
- Kiwanis
- Dr. Michelle Levitt
- Nationwide Insurance
- New Philadelphia City Schools
- Newcomerstown Schools
- Norma Johnson Center
- Ohio State University Extension/4-H
- Super Fitness/Thin & Healthy's
- Total Solutions
- Strasburg Schools
- Tuscarawas-Carroll-Harrison Educational Service Center
- Tuscarawas County Board of MRDD
- Tuscarawas County Dairy Farmers
- Tuscarawas County Health Department
- Tuscarawas County Parks Department
- Tuscarawas Valley Local Schools
- Twin City Hospital
- Union Hospital
- WIC
- YMCA

### Sponsors:

FYI activities are funded through grants and local sponsorship.

For more information about Fit Youth Initiative contact:

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## H1N1 Guidance for Families



With the headline story in the *Times-Reporter* last week, it is official that H1N1 has arrived in Tuscarawas County. This particular strain of flu is especially worrisome to parents and families as it seems to be affecting children and young adults more so than the elderly as typical with seasonal flu. Until the vaccine is available for the general public (the number one way to prevent H1N1), it is important to know what to do in the event your child or someone in your family develops H1N1 or flu-like symptoms.

Treating mild cases of H1N1 is not any different than caring for anyone with seasonal flu. This includes rest, hydration, fever control, **staying at home**, and communicating

with your family physician. But when do you need to seek out medical or emergency care? The Centers for Disease Control has compiled a list of Emergency Warning Signs for both children and adults. Becoming familiar with these warning signs and seeking out medical care if someone in your family develops these signs can make a huge difference in their recovery.

### What are the emergency warning signs?

#### In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- 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
- Fever with a rash

#### In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



For up to date information, check out the following web sites:

<http://www.cdc.gov/h1n1flu/sick.htm> (Centers for Disease Control) and [www.flu.gov](http://www.flu.gov)  
Stay well!

## Local Event Highlights

Upcoming programs presented by FYI and its member organizations.



**Santa's Workshop sponsored by the Norma Johnson Center and OSU Extension—November 21 from 9-3 at the Brandywine Center.** Children 6 and up are invited to take part in a 3 hour Christmas craft workshop to make holiday gifts. Each child participating will make five gifts with assistance from Santa's helpers. Activities include: make and take bird house, sew a Santa doorstep, design a glazed tile, create a stamped photo frame, and wool punch a decorative pillow. Children may be accompanied by an adult or dropped off for the assigned time frame. The program is limited to 42 participants. Cost is \$35 per child and must be paid in advance. Send registration fee (check made payable to Norma Johnson Center) along with **child's name, contact number, preference for AM or PM session, and if adult will be staying with child** to: Norma Johnson Center, Santa's Workshop, 277B Canal Avenue SE, New Philadelphia, OH 44663 no later than November 17. Please contact Marsha Zoller at 330-339-7976 with any questions.

**Warther's Christmas Tree Festival—November 14-22 from 11 a.m.—8 p.m. at Warther Carvings in Dover.** Over 77 beautifully decorated trees. Make it a family event! Admission is \$4 for adults, children free. Closing at 5 p.m. on November 22. Children's Christmas Tree Workshop will be held on November 21. Call 330-602-0778 for information. This event is a benefit for the Union Hospital Auxiliary.

**Tuscarawas County Health Department Update—H1N1 Flu Shot Clinics** will be announced as vaccine arrives. No seasonal flu shots are available at TCHD at this time, although nasal mist is available for 2-18 year olds.