



## MARCH 2008 HOLIDAYS



By: Courtney L

**March Madness** is the NCAA Men's Division Basketball Championship. It is a single elimination tournament held each spring featuring 65 college basketball teams in the United States.

**Daylight Savings Time** is the convention of advancing clocks so that afternoon has more daylight and mornings have less. Clocks are adjusted forward one hour near the start of spring and are adjusted backward in autumn. Clocks spring forward one hour on March 9<sup>th</sup>.

**St. Patrick's Day** is a feast celebrated every year to honor Saint Patrick, one of the patron saints of Ireland. St. Patrick's Day is an honor holiday for Irish people. St. Patrick's Day is celebrated on March 17<sup>th</sup>.

**Palm Sunday** is a moveable feast which always falls on the Sunday before Easter. Palm Sunday remembers an event reported by all four canonical Gospels Mark, Matthew, Luke, and John. Palm Sunday is celebrated on March 16<sup>th</sup>.

**Good Friday aka: Holy Friday aka: Great Friday** is the Friday before Easter and on that day we remember the crucifixion and death of Jesus at Calvary. Good Friday is celebrated on March 21.

**Easter** celebrates the resurrection of Jesus, which Christians believe occurred on the third day after his crucifixion between AD 27 to 33. Easter is celebrated on March 23<sup>rd</sup>.

**Easter Monday** is celebrated after Easter Sunday as a holiday in some large Christian cultures. Before the 19<sup>th</sup> century Easter was celebrated for an entire week, but now it's for only one day. Easter Monday is celebrated on March 24<sup>th</sup>.

## DIRECT DEPOSIT IS COMING!



Jennifer Pettis

Direct deposit is coming to New Pathways! In an effort to make it easier to get your weekly (or bi-weekly) stipend check, and to reduce the number of checks Ms. Lois writes each week, we will be putting your stipend directly into your bank account. To do this, we need each of you to fill out a form (provided by your Case Manager) with your bank account information and a voided check. Your account can be at any bank.

If you don't have a bank account yet, please see your Case Manager or Ms. Sheena to get help setting one up. Many people have successfully opened accounts at Provident just by coming to the staff office when the Provident lady, Ms. Larson, was there! All you need is your MD ID to get started with Provident, and you're eligible for some special benefits.

If you're getting Giant cards, that won't change...you'll still get Giant cards until you're eligible for a check. We are also still encouraging you to put part or all of your stipend into escrow, to save for the future. Our goal is to start direct deposit of stipends into your accounts by April 1<sup>st</sup>. Stay tuned for this exciting development!

## EDUCATION & TRAINING VOUCHER (ETV)

James Sippio

The Education and Training Voucher (ETV) can work for you if you let it. ETV has been around for sometime now and if you have not used it by now you are really missing out on a fantastic opportunity. **However**, only the serious need apply. If you are in college or trade school and you are serious about your academic career, ETV will be beneficial to you.

Sure you know that the ETV will pay for a computer, books, and uniforms, but that is only the beginning. Did you know that ETV could help you with your rent once you are in NICHAC? How about daycare? ETV will do all of these things and more, but only the serious need apply. If you are not in college or trade school, ETV is not for you.

ETV will contribute up to \$5,000 per year towards reaching your educational goals. To qualify you must maintain a 2.0 GPA minimum and submit the required paperwork each semester. Now that sounds easy doesn't it?

See your ETV representative for further details.



**Word of the Month**  
**“Management”**  
**Sharnett Kelly**

**Management** - handling, direction, or control; the person or persons controlling and directing the affairs of a business or institution.

Some would define management as an art, while others would define it as a science. Whether management is an art or a science isn't what is most important. Management is a process that is used to accomplish organizational goals; that is, a process that is used to achieve what a person or person's would like to achieve. Effective Money Management skills are but a few of many skills that we should practice more often. Don't just try and save money but make plans for your money. Where do you want your money to go? How many of us actually have said, "I want to, I'm going to, I need to save some money for etc." but yet and still we haven't. All we've done is talk. We have to learn how to handle, direct and control our cash flow. This comes with great discipline.

Here are some key functions to Effectively Manage Money: (1) planning, (2) organizing, (3) directing, and (4) controlling.

- **Planning:** Decide what you need and or what you would like to happen in the future (today, next week, next month, next year, over the next five years, etc.) There is nothing wrong with planning ahead, even years ahead.
- **Organizing:** Make excellent use of the resources required to implement the successfulness of carrying out your plans. This comes with being properly organized. This will definitely help you in the future.
- **Leading/Motivating:** Exhibit skills in these areas for getting yourself to play an effective part in achieving plans. Work on your weaknesses. Everyone has them.
- **Controlling:** Monitor – Check your progress against your plans, which may need modification based on observation. There is nothing wrong with making changes to bring about a much stronger achievement. Just make sure the change matches your goal and it can be achieved. Sometimes change is necessary.

Be a manager over your money. Know where your money is going and what your money is doing. Don't just plan to save but plan what you are saving for. Set goals each year as to the amount of money you would like to save within that year. Challenge yourself. Save for three reasons: #1 Emergencies, #2 Things Needed (Not Wanted) #3 Enjoying Life (vacations, trips, spending money, down payments on a house / car etc.) Effectively Manage your Money.

**TRAVEL NEWS**  
**WINTER GETAWAY**  
**Ms. Tia Dickson**

Usually, when you hear of folks going away for the holiday's they go to warm, exotic places. Me, I decided to go to a ski resort! The day after Christmas, I along with my 5 year old niece, and a few other family members traveled to Pennsylvania to Seven Springs Mountain Resort. It was absolutely beautiful! I've never been to a ski resort, so just to see all of the mountains, trees and the actual hotel was breathtaking. It was kind of funny to be there, because the snow was all manmade. I'd never seen manmade snow before, and to be honest, it looks just like the real thing.

With all the activities to do, snow tubing was my favorite. At first, I was scared to go up the hill on the lift, and looking down didn't make it any easier, but there was no turning back. I got on the gigantic tube, held on, and flew down the hill. It was exhilarating. To glide down the hill and see the scenery was amazing. I got over my fear really quickly and went down the hill at least 5 more times. It would've been more, but there were hundreds of people looking to do just as I had.

If you ever get the opportunity, try snow tubing, you won't regret it!



**LETTERS TO MR. BOB**

Dear Mr. Bob:

I have gained some weight over the winter. I find myself sitting in front of my computer too much.

Inactive

Dear Inactive:

Winter is often accompanied by gaining a couple of pounds due to being less active. Personal trainers recommend 30 minutes of brisk walking daily or some other aerobic exercise at least 6 days per week. Also, make it a ritual to eat some whole grains before starting your day such as trail mix with some dried fruit. Eating more can help weight loss, if you are consuming more of the healthier foods. Don't wait one more day to get started. Good luck and health.

Mr. Bob

Do you have a problem or question and don't know where to turn for an answer? Send your problem or question to the NP News Desk at the main office. We will respond in the next issue of the NP News. All submissions will be discrete and no names will be published.

**Independent Living Programs for Maryland's Youth**  
**Mission**

New Pathways is committed to the development of self-sufficiency in young adults. We prepare youth to become empowered, educated, and economically independent adults, who are able to meet the daily challenges of life and make positive contributions to the community.



**PARENTING MARCH 2008  
CHILDREN AND RACIAL IDENTITY  
WHITE AND BIRACIAL IDENTITY DEVELOPMENT  
PART 2 OF A 2-PART SERIES  
Sheena-Marie Hill**

Last month, the topic of racial identity in childhood was introduced and the challenges of helping children construct “healthy identities as children of color” were discussed. Due to the importance of this issue in creating life-long conceptions of self and influencing interaction with others, the issue of identity development is being extended to biracial and white children.

***Biracial***

Statistics prove that our country is becoming populated by an ever-increasing number of biracial and multicultural people. However, the attitudes of society do not seem to be progressing as quickly as the actions of society. Children are more likely to be exposed to a variety of people and identify present differences as “expected” but our society often prefers that families are lumped into the same color categories. Since skin color shade and brightness is placed on a spectrum and assigned distinct values, children may be included or excluded from certain social groups, even members of their own families. Acceptance from various groups is often a concern for establishing biracial identity, as there is always a fear that neither group will provide the child with unconditional approval.

***White***

As the focus on racial identity development rests on people of color, due to the overwhelming exposure to potentially negative images, many people may not always realize that white children also need to develop a positive racial identity. It is important to address racial identity development with white children to ensure that the foundations of these identities are not rooted in seeing white as superior to other races. We do not want to promote feelings of superiority in white children or create a feeling of distance from others. Although, it may appear that white children are the “standard” since that is the way that society promotes race, this automatically implies an inherent superior quality. Often, white children are encouraged to see themselves as “colorless” and taught that race only applies to others, not to themselves. Dangerously, a mentality of colorblindness is regularly promoted, with children learning that ignoring race is the only way to avoid prejudice. The result leaves children lacking the tools to appreciate cultural differences and benefit from the self-awareness that derives from diverse experiences and social networks. For white children, a strong sense of racial identity should not be based on comparisons to others and should be based in personal

feelings or self-worth and value for individual accomplishments.

Children who learn from the world that they are disliked or judged solely upon race learn to view racism and other biases in their daily lives. This can lead to feelings of shame about who they are. Many times, children internalize negative messages and struggle to make sense of the confusion that race often creates in our modern times. As a result, not all children get to grow up feeling good about their skin color, or the cultural traditions of their family. As you can imagine, this self-hatred only perpetuates racism in the world. Additionally, children should be taught that understanding the self and others will compliment each other and enhance further understanding. Confident feelings of self-worth paired with the desire to learn about and respect other groups in a non-judgmental way will teach children to identify and confront prejudice, which are the only ways to fight racism in future generations.



**MENTORING PROGRAM  
Courtney L**

The NPW's Peer-to-Peer Mentoring Program is doing well. NPW's Peer-to-Peer Program has 51 mentor/mentee relationships. The core committee meets the first Wednesday of every month. Also the Peer-to-Peer Mentoring Party is the second Wednesday of every month at the Reisterstown Clubhouse. If you have any questions you can contact Mr. Tom, Courtney L. or Xia W.

**YOUTH ADVOCACY PROGRAM**

We are still recruiting for 5-7 youth who will participate in bi-weekly meetings whereby each youth verbally makes suggestions (advocates) for the other NPW's youth. Do you want to be heard by the NPW's staff and Board of Directors? Please do not miss this opportunity. Phone or stop by Mr. Tom Mumaw's desk or call him at 410-207-3481.

**AFTERCARE**

The aftercare program is up and running in 2008. Each graduate departing NPW's will be supported with a follow up face-to-face meeting within 60 days of graduation. A monthly support group is being formed to add support and direction to each graduating client as they transition into the real world of independent living. If any valued previous graduates of NPW's are interested please contact Mr. Tom at 410-464-2600 x103.

**RECIPE SUGGESTION OF THE MONTH  
CARROTS**

The carrot as we know it is an orange root vegetable (it also comes in white, yellow, red and purple). Carrots are a known source of Vitamin A and are said to help improve vision, are rich in dietary fiber, antioxidants, and minerals. They are used in all aspects of cooking and baking. Take time to rediscover the carrot this month. Happy Eating!



**CARROT SALAD**

1 Box Jell-O  
(I like either lemon or orange Jell-O for this recipe)  
One Large Carrot Shredded

- Clean and shred carrot – can be done on a hand grater, food processor, or finely chopped with a knife.
- Cook Jell-O according to package directions.
- When Jell-O is slightly cooled add shredded carrot and refrigerate.

Experimental options: While still in semi liquid state, pour into desert dishes and serve as a desert.

**CANDY CARROTS**

16 ounces carrots  
2 Tbs. butter/margarine  
1/3 cup brown sugar, packed  
1 cup water  
Dash salt & pepper to taste

- Wash carrots and slice into your favorite shape – coins, diagonal slices or strips.
- Place carrots in medium size saucepan and cover with water. Cook until tender 25-30 minutes.
- Drain and set aside, keeping carrots warm.
- In same saucepan melt butter/margarine, and add brown sugar and water. Add carrots and cook for 5 minutes.
- Serve warm.

Experimental options: Add some of your favorite spice to the syrup (nutmeg or ginger is good).

**EASTER EGG CARROT CAKE**

Two packages of carrot cake mix  
Twice any white frosting recipe (or 2 cans white frosting)  
Food coloring  
Jelly Beans or other Easter Candy to Decorate

- Prepare two cakes in bunt pans and cool completely.
- Place one bunt cake upside down (rounded side on the bottom) on a cake plate; frost the top only. Place the second bunt cake flat-side down on top of first cake. Frost the entire cake with frosting (reserving about 1/2 cup, which can be colored and used in a pastry bag to pipe on decorations), smoothing as much as possible to create an egg shape.
- Use your imagination to decorate your Easter Egg Cake.

**PENNY BANK**



Dear Penny Bank:

I have received two W-2 forms for working last year. They show that Federal and State Taxes were taken out, but I didn't make much money. Do I have to file tax returns? What do I have to do to get my refund? Will I qualify for the 2008 Tax Rebate?

Tax Questions

Dear Tax Questions:

Yes, you need to file tax returns. To file tax returns you can go on the Internet at [www.irs.gov](http://www.irs.gov) for **FREE** Federal Filing instructions and forms and to MD State Government to get the Maryland tax forms and filing instructions. Or you can pick up tax forms from the Post Office or the Library. If you have any questions about filling out the forms, you can call IRS with tax questions 1-800-829-1040. Some of the colleges are also offering free tax preparation assistance.

Depending on how much money you earned, you may be eligible for the 2008 Tax Rebate from the Federal Government. If you do not file, you will not be considered.

Happy refunding.

Penny Bank

Do you have a question or problem about bill paying, saving money, budgeting or other money related question? If so, please send your questions to Penny Bank NP News c/o Main Office (this can be done via your case manager or other staff member) and we will be happy to answer your question in the next issue. Answers to Penny Bank will be kept simple.

**Sudoku**

	2		7					6
3	9					4	7	
				9				
			1					
	3		6		4		9	
	7				2			
				1				
	4	8					2	3
5					9		4	

Fill in the grid so that every row, every column, and every 3 x 3 box Contains the digits 1 through 9.

## THE MESSAGE BOARD

### March 2008



Congratulations Kim D on the arrival of Deraon on Sunday 2/10/08 at 12:25 pm. He weighed 8 lb, 10 oz.



A big Happy March Birthday to Aaron T, Danielle R, Jamal C, Xia W, Kimberly D, Jeremiah S, Mr. Jeff, Ms Echo, Ms. Lois, Mr. Sippio and Ms Deborah Y.

### “BIG UPS TO”



**BIG UPS** to Mercedes on moving on up. Keep doing it big. Shout out's to Ms Deborah for her awesome communicating skills and support to clients. Last but not least **BIG UPS** to Ms Brenda for helping me prepare for college and Mr. Gregg and Ms Angel for helping me with my resume.

Latasha S

**BIG UPS** to Ms Christine for being on top of things – you really helped me out. Also **BIG UPS** to Amber D who has stood by me through the hardest of times. Last but not least **BIG UPS** to Ms Jennifer who gave me a second chance.

Tiffany E.

**BIG UPS** to Xia for getting her driver's license. You worked hard for it and so you deserved it.

Sharnett Kelly

**BIG UPS** to Ms Sharnett for her time and generosity towards helping me to get what I need to be successful in the near future. I would also like to give BIG UPS to Ms Karen for being the down to earth person that she is and for also helping me to be successful with her good wisdom.

Juan G

**BIG UPS** to Juan G and Caroline M for almost completing the LS curriculum!!! Keep up the GREAT work.

Sheena Marie Hill

**BIG UPS** to Amber D for most improved attendance to LS classes!!!

Sheena Marie Hill

**BIG UPS** to Latasha for securing her GED. **BIG UPS** to clients Nathan M, Whitney J, and Duanita W for successfully attending school and working full-time.

Aaron L. Milton, Jr.

What is "BIG UPS TO" you ask? It is your opportunity to acknowledge something good about a staff member or client at New Pathways. Did someone do something nice for you? Did you enjoy an event or class at New Pathways? Do you have something nice to say about someone at New Pathways? This is your chance to share your thoughts and feelings. Please write down your Kudos and forward them to the NP News c/o Main Office (this can be done via your case manager or other staff member). Thank you.

## CLIENT OF THE MONTH PROGRAM CONGRATULATIONS TO:



### Stephanie W

Client of the Month (Walker) for January.

### Amber D (SG) and Davon B (Walker)

Client of the Month for February.

DHR mandates that all clients attend 5 hours of LS training per week. In an effort to improve attendance to Life Skills classes, this incentive program was created to help motivate students.

1. At the end of each month, for each site, the client who attends 5 classes/week (at least 20 classes/month) will be named the client of the month. Each client of the month will receive a gift card to a local business.
2. Clients who are named Client of the Month for 3 months will be eligible for the grand prize. The grand prize is a choice between spa treatments worth \$75 and a \$75 gift card to Best Buy.
3. In the event of a tie, client compliance will be taken into consideration and names will be drawn from a hat.
4. If no clients at a given location attend the minimum 5 classes/week (at least 20 classes for the month), no prize will be awarded for that location for the month.
5. Winners will be announced in the NP newsletter and acknowledged at All Client meeting the following month.

# NP NEWS MARCH 2008

B I R T H D A Y X N N N C O B  
 S U N D A Y L W O O E U A S Y  
 S L A O G A M I T I V M R Y T  
 P N E C R R T I S T E B R A F  
 M Q A E L N C U X A S E O D S  
 W A D I E I D J X C V R T S T  
 T E N V C O N T R I B U T E A  
 F I N A K I C I T L L E D N T  
 K O B U G H S N C B A D A D I  
 C S U I A E E Y O U C I Y E S  
 B S I N H C M Y H P I C L W T  
 B W G R N X D E E P D E I L I  
 V E F I B N E L N V E D G E C  
 N O I T A C U D E T M S H S S  
 E S I C R E X E E S T A T E A

BIRTHDAY	BRISK
CANDY	CARROT
CHANGE	CLINIC
CONTRIBUTE	CONVENTION
DAYLIGHT	DECIDE
EDUCATION	EXERCISE
EXHIBIT	FEDERAL
GOALS	INCENTIVE
MANAGEMENT	MEDICAL
MIX	NUMBER
PHYSICIAN	PUBLICATION
SEVEN	STATE
STATISTICS	SUDOKU
SUNDAY	WEDNESDAY

## NP News Staff

**Echo G. Hester - Jeff Lambert**  
**Lois Peach – Angel Lyles**

The New Pathways News is a monthly publication for staff and clients. Any client or staff member may submit articles, stories, poetry, etc. for publication. Articles must be submitted by the third Friday of the month for the next month edition.

A special thank you to all clients and staff who have made the NP News possible.

## VOCATIONAL NEWS GET THAT JOB! HOW TO BE PREPARED

1. Before you start job hunting, take time to think about what you enjoy doing.
  - Do you like to work with food?
  - Do you like to work with your hands?
  - Do you have a hobby?
  - Do you like to help people?
2. Research companies in the field you are interested in. Find out what type of jobs are available with different companies and what benefits are offered at different work levels (FT or PT) such as education, insurance, leave benefits, etc.
3. Create your resume.
4. Get your resume out there before employers. Keep an ongoing list of employer names, address, and phone numbers where you apply for a job. After you drop off your resume or complete an application, call the employer the next day and follow up. Let them know that you want to work for them. **DO NOT LEAVE IT UP TO THEM TO CALL YOU.** If you want the job, you need to work for it.
5. At the interview, remember the following:
  - Take two copies of your resume (one for the employer and one for you)
  - Take a pen and pencil to complete any applications or other paperwork the employer may need. **DO NOT RELY ON THE EMPLOYER TO HAVE A PEN AND PENCIL FOR YOU.**
  - Dress for success – Each industry has its own dress code – do your homework.
  - Relax and be the best person you can be.

Happy Job Hunting!

## DAYLIGHT SAVINGS TIME REMINDER

In 2007 daylight savings time changed to the second Sunday in March (time springs forward one hour) and first Sunday in November (time falls back one hour).

It's now that time of the year when time is turned forward one hour (March 9). Don't forget to:

- Reset your watch (s)
- Reset your clocks (alarm, kitchen, VCR, DVD, etc.)
- Cell phones normally automatically reset themselves
- Computers normally automatically reset themselves
- Change your smoke detector battery whether it needs it or not



**New Pathways, Inc.**  
540 E. Belvedere Avenue  
Belvedere Square Suite 201  
Baltimore, MD 21212  
Phone 410-464-2600  
Fax: 410-464-2687

### Staff

Jeffrey Lambert, Acting Executive Director  
Lois M. Peach, Financial Director  
Echo G. Hester, Administrative Assistant  
Angel Lyles, Secretary  
Barry Smith, Safety & Operations Coordinator  
Angela Womack, Housekeeper  
Michael Stokes, Facilities Manager  
Thomas Mumaw-Mentoring Coordinator  
Brenda Campbell, Dir of Training & Voc Svs.  
Sheena Marie Hill, LS Crdr/Parenting Trnr.  
Sharnett Kelly, LSC Trainer  
Gregg Palmer, Residential Coordinator  
Independence Plus  
Jennifer Johnson Pettis, Program Director  
Christine Adams, Case Manager  
Aaron Milton, Case Manager  
Ericka Morgan, Case Manager  
Shawn Robinson, Case Manager  
Dara Alper, Intern Case Manager  
Kenneth Barnes, Life Skills Counselor  
Karen Brown, Sr. Life Skills Counselor  
Mark Brown, Life Skills Counselor  
Cornell Dews, Life Skills Counselor  
Kelly Ellerbe, Life Skills Counselor  
George Hairston, Life Skills Counselor  
Yolanda Hawkes, Life Skills Counselor  
Darrick Holland, Life Skills Counselor  
Lisa Pringle, Life Skills Counselor  
James Sippio, Sr. Life Skills Counselor  
Gloria Taylor, Life Skills Counselor  
Nathan Toth, Life Skills Counselor  
Daphney Williams, Life Skills Counselor  
Deborah Young, Life Skills Counselor  
Second Generations  
Zea Forrest, 2G Case Manager  
Makda Belay, 2G Life Skills Counselor  
Desirea Claiborne, Life Skills Counselor  
Tonya Cook, Life Skills Counselor  
Tia Dickson, Life Skills Counselor  
Judith Dukes, 2G Life Skills Counselor  
Deanna Murray, Life Skills Counselor  
Brenda Phelps, 2G Sr. Life Skills Counselor

## CALENDAR OF EVENTS & HOLIDAYS



**MARCH 2008**

**3/9/2008 Daylight Savings Time Begins**

**3/12/2008 Girl Scout's Birthday**

**3/13/2008 All Client Meeting**

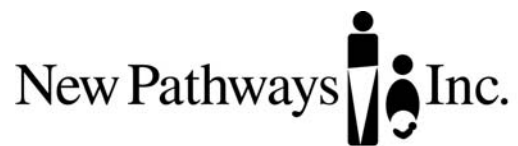
**3/17/2008 St. Patrick's Day**

**3/18/2008 Staff Luncheon & Training**

**3/20/2008 First Day of Spring**

**3/23/2008 Easter Sunday**

**\*\*ALL DATES SUBJECT TO CHANGE**



540 East Belvedere Avenue  
Suite 201  
Baltimore, MD 21212

**SPECIAL INFORMATION SUPPLEMENT!**  
**IMPORTANT INFORMATION**  
**FROM THE**  
**LIFE SKILLS DEPARTMENT**

*This information is for general informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it, because of something you have read on this paper. Never rely on information on this page in place of seeking professional medical advice.*

**IN CASE OF A MEDICAL EMERGENCY,  
PLEASE KNOW THE FOLLOWING:**

- If you are sick and feel like you need medical care always contact the Life Skills Counselor on duty so that they can assess your situation to see what type of care you require.
- Life Skills Counselors will not provide emergency transportation during a medical emergency.
- In serious emergencies, you will be instructed to call 911. If you need to be transported to a hospital the Life Skills Counselor will follow you to the hospital and stay with you until the doctor assesses your condition.
- If you are simply ill (not feeling well), or have a bad cold – You will be instructed to contact your Primary Care Physician or Clinic. In most cases they will have an emergency number and they will instruct you on what to do.
- If you do not know the number to your Primary Care Physician or Clinic please contact your Case Manager to get that information.
- You should also have a Medical Insurance Card or Medical Assistance number that will assist you with getting access to your medical care. If you do not have this card or number please contact your Case Manager.
- The Life Skills Counselor can assist with taking your temperature and provide you with over the counter fever reducing medication if necessary.

**PRECAUTIONS TO PREVENT  
WINTER ILLNESS**

- Get a yearly flu vaccination
- Maintain a healthy diet
- Regular exercise
- Wash hands frequently
- Clean high traffic areas with disinfectants (such as doorknobs, countertops, faucets and phones)

**ADULT FLU SYMPTOMS**

- Fever as high as 106 F (41 C)
- Severe aches and pains in the joints, muscle, and around the eyes

- Generalized weakness
- Ill appearance with warm, flushed skin and red, watery eyes
- Headache
- Dry cough
- Sore throat and watery discharge from the nose

**ADULT FLU TREATMENT**

- Rest in bed. Avoid using alcohol and tobacco
- Drink plenty of water, fruit juice and clear soup (chicken). Gatorade is good as well.
- Treat fever and aches with over the counter medication such as aspirin, Tylenol, Ibuprofen (Advil or Motrin) and Naproxen (Aleve or Naprosyn)
- Use cough suppressants and expectorants to treat the cough
- Avoid touching hard surfaces where flu viruses may remain alive: handrail, telephones, doors, faucets and counters. Wash hands often, especially after being in public places or at work
- Cough and sneeze into soft tissue
- ***Go to local pharmacy and ask for over the counter flu medication, and make sure you ask about possible side effects***
- Possible medications include
  - ◆ Amantadine (Symmetrel)
  - ◆ Rimantadine (Flumandine)
  - ◆ Zanamivir (Relenza)
  - ◆ Oseltamivir (Tamiflu)
  - ◆

**SEEK MEDICAL CARE WITH PRIMARY  
CARE PHYSICIAN (PCP)  
IF THE FOLLOWING OCCUR**

- A cold lasts for more than 10 days
- Body temperature rises above 102 F (38.8 C) in spite of treatment with medication
- Shortness of breath develops
- Symptoms last longer than 5-7 days without any relief

- Certain high-risk groups of people are in danger of developing complications from flu and should contact their doctors if symptoms develop:
  - ❑ Pregnant women
  - ❑ People with diabetes
  - ❑ Anyone who is HIV positive or has AIDS
  - ❑ Residents of nursing homes and other facilities
  - ❑ Elderly (over 65 years)

**Seek Care in a Hospital Emergency Department if The Following Occur** *(these symptoms may signify a more severe and complicated attack of flu. For example, sinus and ear infection, bronchitis and the development of pneumonia.)*

- Dehydration and unable to drink fluids
- Blood in the sputum (saliva mixed with mucus and coughed up)
- Difficulty breathing
- Turning blue
- Worsening fever, return of fever, cough, and other symptoms in the second week after the onset of the flu

### **CHILDREN FLU SYMPTOMS**

- High fever up to 104 F, chills, muscle aches, headaches, sore throat, dry cough and just plain feeling sick. Symptoms usually last 3-4 days, but cough and tiredness may linger for 1-2 weeks after the fever has gone away. Other household members may experience similar illness.
- Abdominal pain, vomiting and diarrhea are frequently observed in children. Vomiting tends to be more significant than diarrhea.
- In infants, flu often goes unrecognized because the signs and symptoms are not specific and may suggest a bacterial problem. Influenza does not commonly occur in infants because they still have antibody protection from their mother.

### **CHILDREN FLU TREATMENT** *(symptoms may last over a week)*

- Rest in bed
- Lots of fluids
- Treat fever with Children's Tylenol, Infant FEVERALL, Junior Strength Panadol or Ibuprofen (Children's Advil, Children's Motrin)
- Do not use aspirin because it poses a risk of causing Reye syndrome
- Use a humidifier in the child's room to make the air easier to breathe
- Children may need more careful attention for these symptoms:

- Runny nose: Younger infants usually breathe through their nose and cannot breathe through the mouth. Even older children have difficulty breathing through the mouth and sucking on something at the same time. Therefore, it is very important that the child's nose should be clean before feeding and before putting the child to sleep.
- Dry or stuffy nose: It is important to remember that most stuffy noses are blocked by dry mucus. Blowing or sniffing alone cannot remove dry mucus. Use of saline nose drops is helpful in loosening the mucus. You can buy these at most drug stores. One minute after using the nose drops, use a soft rubber bulb to suck out the loosened mucus gently.
- Consult your local pharmacy for over the counter medication. Make sure you ask about possible side effects.

### **MAKE AN APPOINTMENT WITH DOCTOR IF THE FOLLOWING OCCURS**

- Fever continues after 3 days
- Nasal discharge lasts more than 10 days
- Nasal discharge becomes thick and yellow
- Discharge is coming from the eyes

### **SEEK MEDICAL CARE IN A HOSPITAL EMERGENCY ROOM IF THE FOLLOWING OCCUR**

- Child has difficulty breathing and does not improve even after nasal suctioning and cleaning
- Child appears sicker than any previous episode of illness. The child may not be responding normally. For example, the child does not cry when expected or make good eye contact with mother; the child is listless or lethargic.
- Child is not drinking fluids well or showing signs of dehydration. Common signs of dehydration included absence of tears with crying, decrease in amount of urine (dry diapers), dry mucus membranes (lips, tongue, eyes) and dough-like skin that fails to snap back flat when pinched.
- A fever that does not get better with Children's Tylenol or ibuprofen. However, the number one reason that the temperature fails to come down after these medications is an inadequate dose. A proper dose is based on the child's weight, not age. Be guided by your doctor's instructions or package label.
- A seizure occurs