



What is Chicken Pox and Other Important Questions

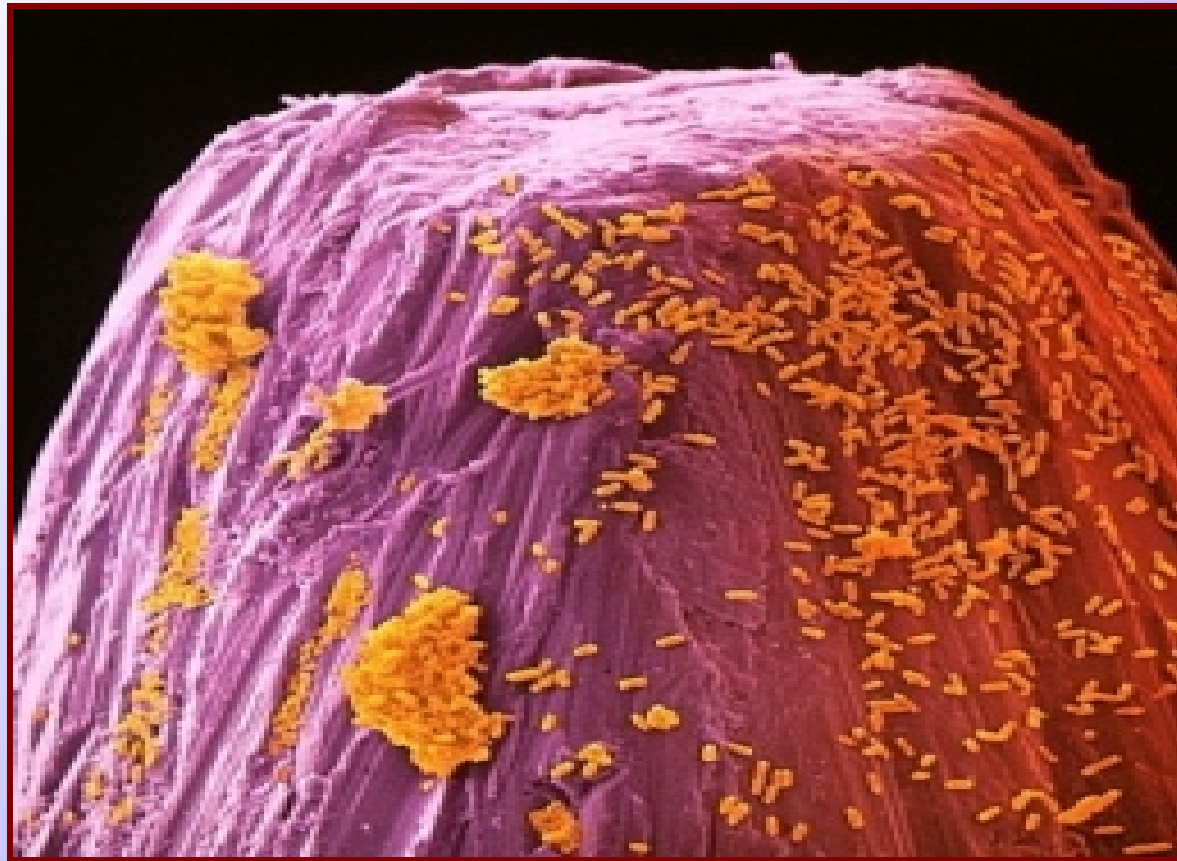
Deborah A. McMahan, MD
Health Commissioner



Are We Born With
Diseases?



Why Can't We See Germs?

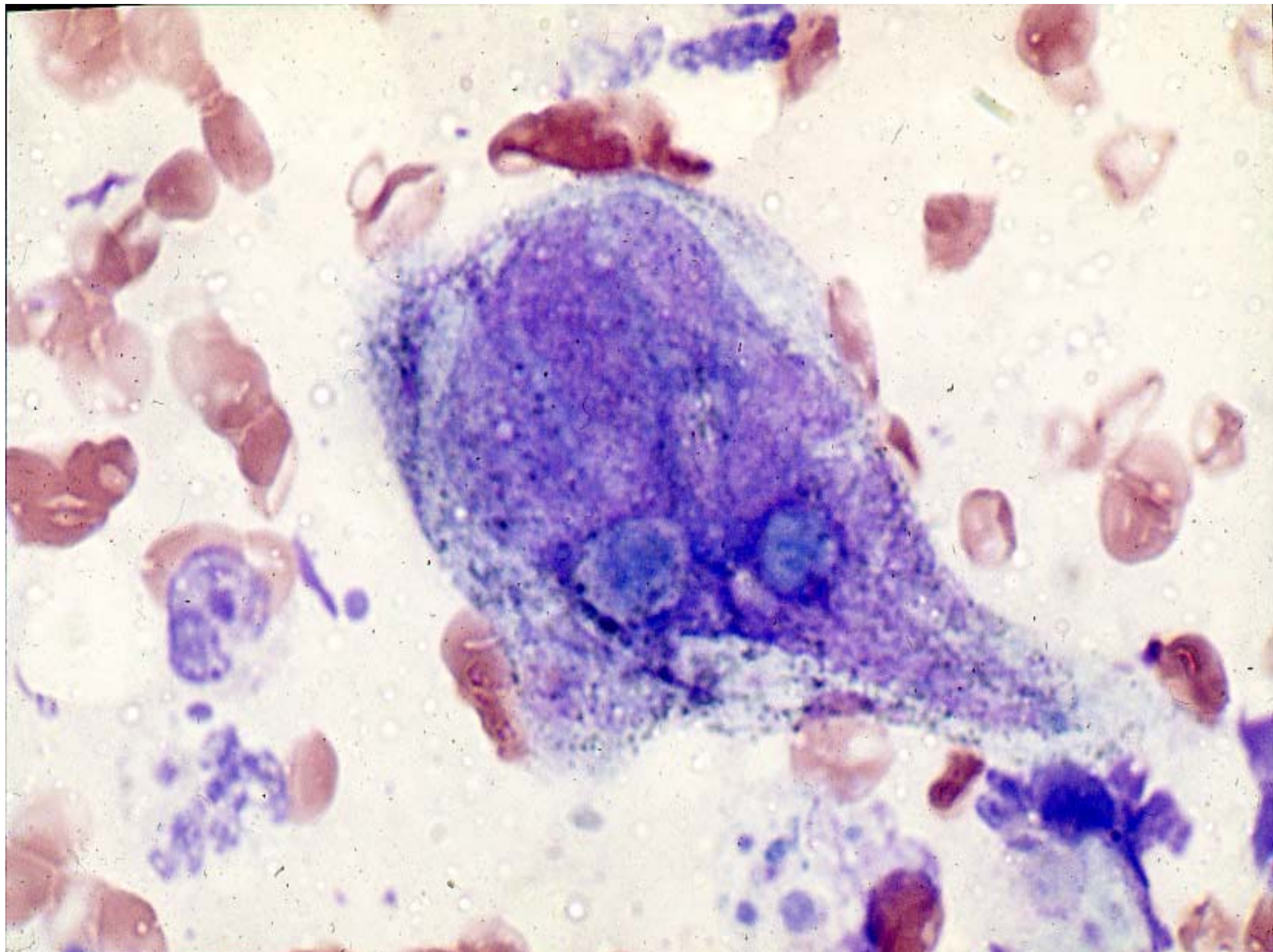


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Chicken Pox









How Long Does the rash Last?

New sores will continue to crop up daily for 4 to 5 days.

The average child gets a total of 500 chickenpox sores.



Is Chicken Pox Worse When You are Older or Younger?

Yes! The virus can make you sicker because your immune system doesn't work as well when you are first born and when you are older.



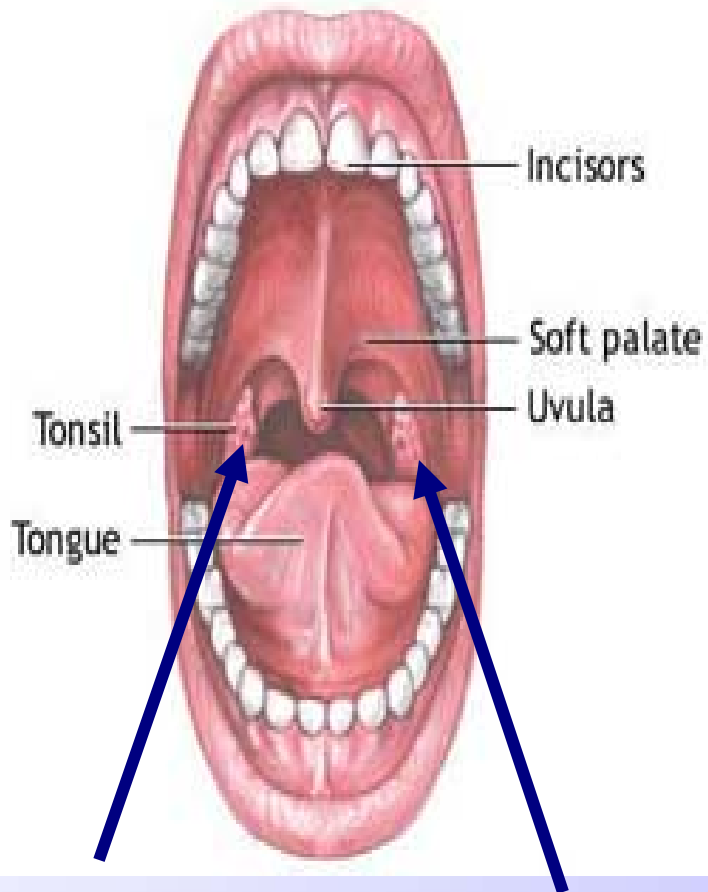


Can You Prevent Chicken Pox?

Yes, with a
vaccine



Tonsillitis



What are Tonsils?

Tonsils are clumps of tissue on both sides of the throat that trap bacteria and viruses entering through the throat and produce antibodies to help fight infections.

What is Tonsillitis?



/viral
ne,
t

Red
swollen
tonsils
Throat
redness





How Do We Get This?

Whether due to viruses or bacteria, the infection is spread from person to person by airborne droplets, hand contact or kissing.



How Do We Treat This?

If it is caused by a virus, then just comfort measures

If caused by a bacteria then your doctor will prescribe an antibiotic



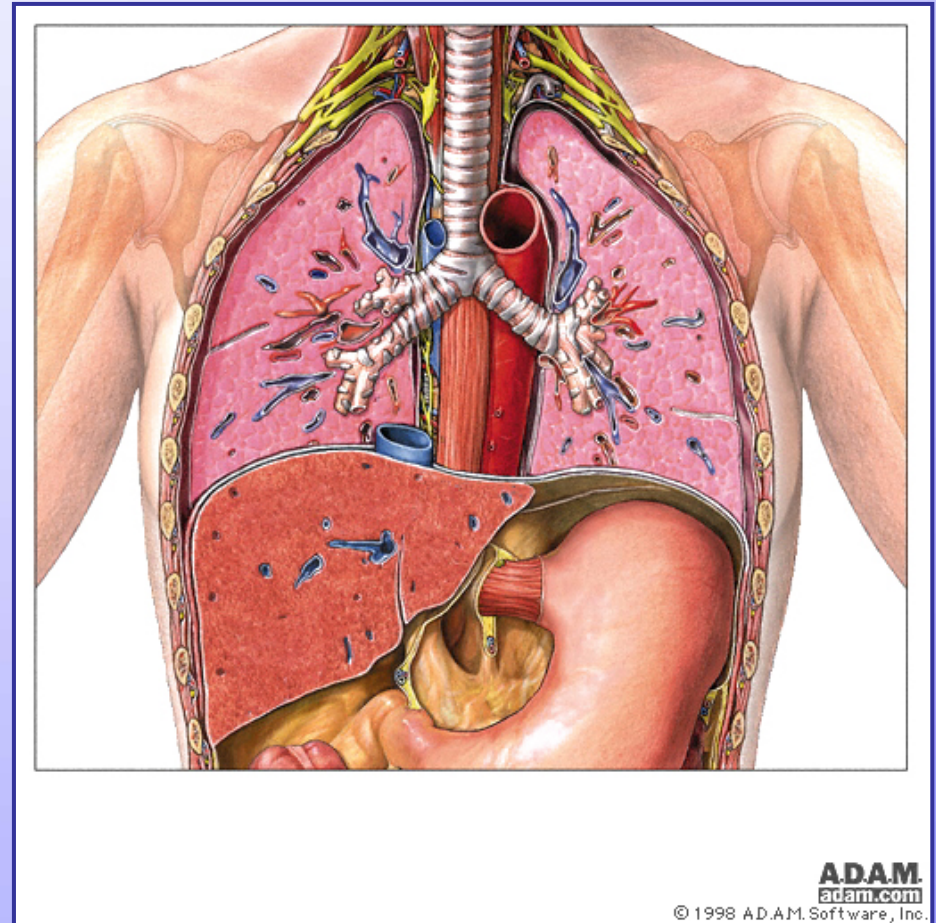


Asthma



What is Asthma?

Asthma is a disease of the airways, which are tubes that carry air into and out of your lungs.



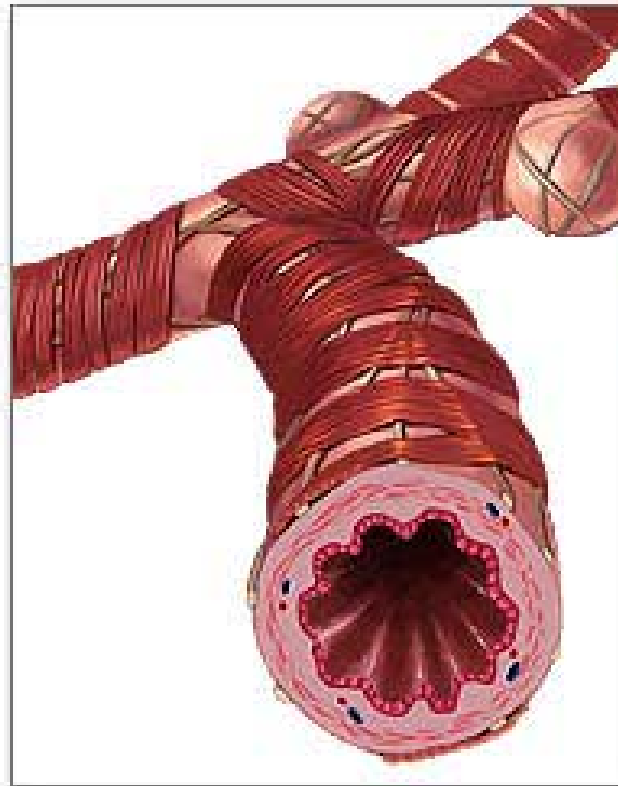
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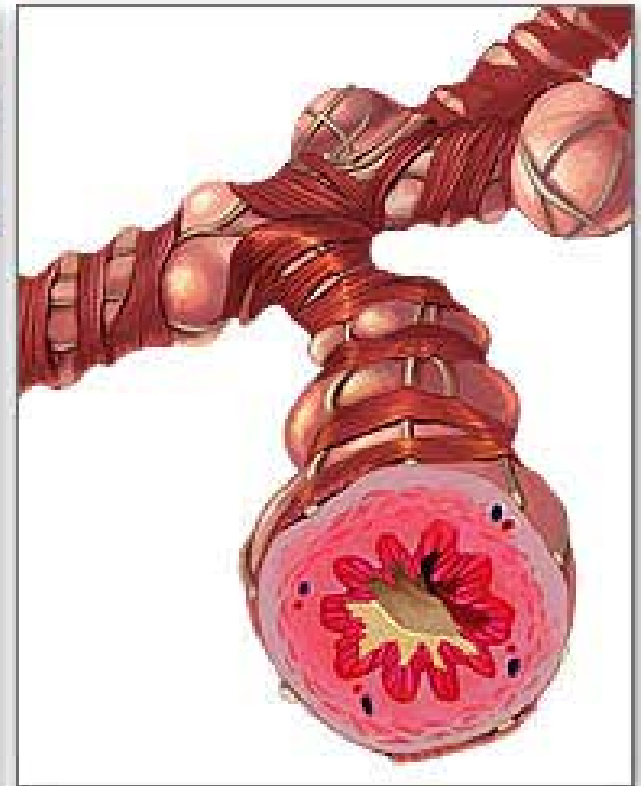
Asthma



Normal bronchiole



Asthmatic bronchiole





Asthma

This narrowing causes the air moving you breathe in and out to make a musical sound we call "wheezing" or you may just cough.



Symptoms

- Coughing. Coughing from asthma is often worse at night or early in the morning, making it hard to sleep.
- Wheezing.
- Chest tightness. This may feel like something is squeezing or sitting on your chest.
- Shortness of breath. Some people who have asthma say they can't catch their breath or they feel out of breath.

Treatment

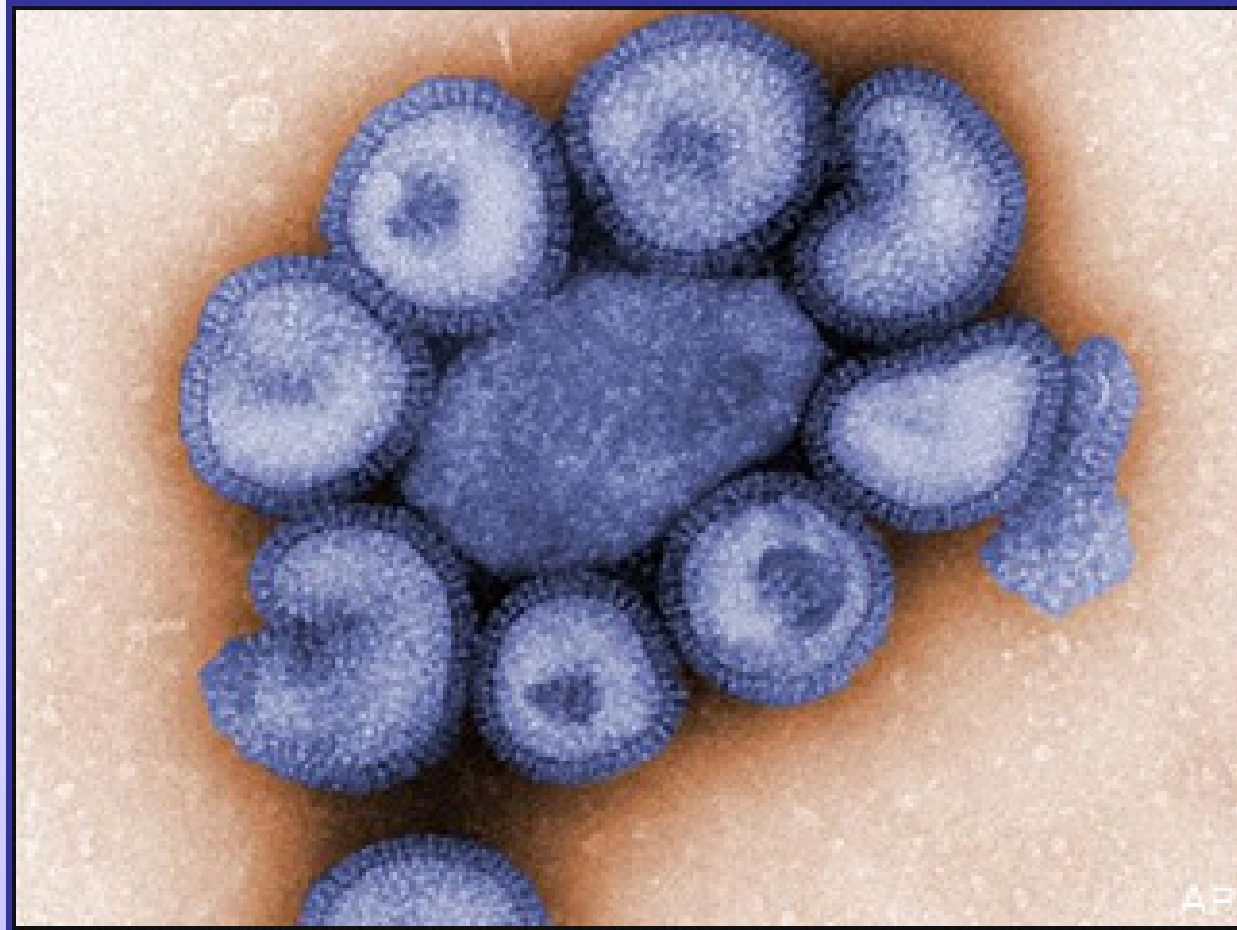




"Swine Flu"



What is Swine Flu?





Why Do People Worry About This?

Because it is a
new virus and
could cause many
people to become
sick



Can We Treat This?

Yes, we can
use a
medicine
called
Tamiflu or
Relenza



Will We Have a Flu Shot?

They are working on one now

We need a new flu shot every year because the virus changes so the antibodies made by your body because of the vaccine don't recognize it.

**New
Viral
Antigen**



**Old
Human
Antibody**



**Cannot form an
Antigen - Antibody
Complex**

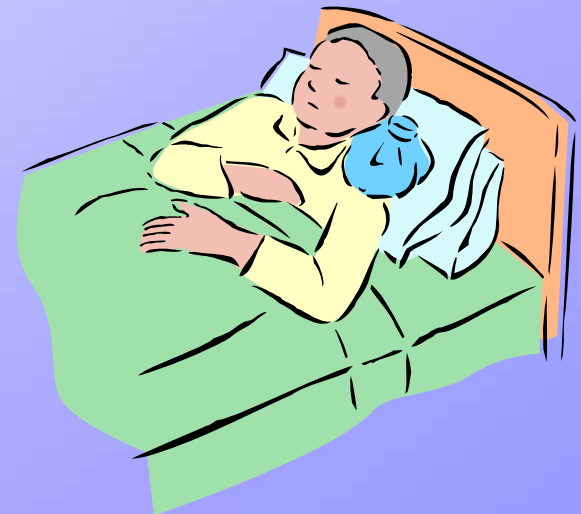


What to Do if You are Sick



Fever

If you have a fever you should stay home until the fever is gone so you can get plenty of rest!





Eat

If your
throat hurts
you should
eat soft
foods like
soup or ice
cream





Vomiting

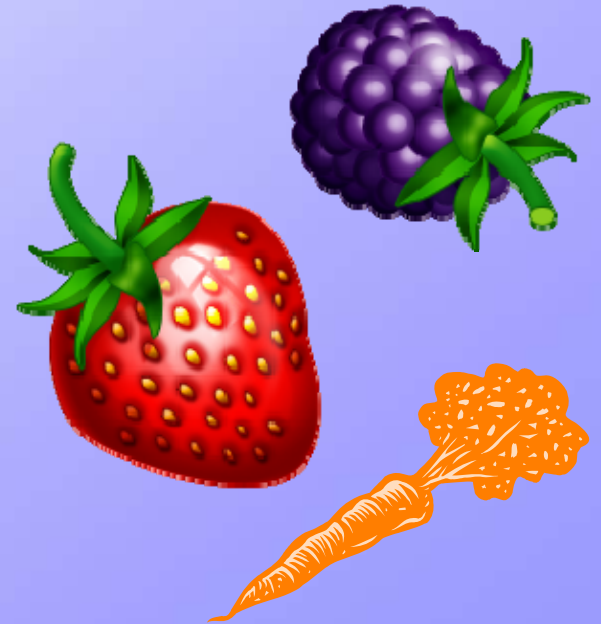
If your stomach is upset you should eat things like toast and clear soups





Recovering

If you are recovering from a cold or flu, you want to eat lots of fruits and vegetables to make your immune system stronger





Prevention



How to Prevent H1N1 Flu and Other Contagious Diseases

- Cover your nose and mouth with a tissue when you cough or sneeze.
-
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands
- Put used tissues in the trash.



6 feet!



How to Prevent H1N1 Flu and Other Contagious Diseases

Avoid touching your eyes, nose and mouth.

If you get sick, stay home from work or school.





Hand Washing




Clean your hands after coughing or sneezing. Wash with soap and water, or with alcohol-based hand cleaner.

Wash vigorously for about 15 seconds, making sure both sides of the hands and wrists are washed thoroughly, around the thumbs, between each finger and around and under the nails.

Rinse with clean water.

Dry hands thoroughly with a clean dry towel, paper towel or under a hot air dryer.



-  Areas most frequently missed during hand washing
-  Less frequently missed
-  Not missed



Quiz



Chicken
pox causes
a rash that
is:

- Smelly
- Itchy
- Purple





Tonsillitis can
be caused by:

Viruses

Bacteria

All of the above





People with
asthma may
make a sound
called wheezing

True



False



H1N1 Influenza is
caused by a brand
new:

Virus



Shoe

Mold



If your throat is
sore, you should
eat:

Potato chips

Spaghetti and
meatballs

Ice cream





You should wash your hands with warm, soapy water for at least:

1 second

15 seconds



You never have to wash your hands if you take a bath once a week