



First in  
Primary  
Care **Broadway**  
MEDICAL CLINIC

# TAKE CARE

## HEALTHY TIPS FOR WINTER

Winter means colder weather, holiday celebrations and family get togethers. Keeping your kids healthy, warm and entertained during this season can be challenging. Here are a few tips for a successful and healthy holiday season.



## The Scoop on Strep Throat

*Reviewed by: Joanne Murren-Boezem, MD*

The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.

### CHILDREN'S HEALTH *foundation*

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### What is Strep Throat?

Strep throat is a disease caused by a tiny ball-shaped type of bacteria called group A streptococcus.

If a kid has strep throat, the doctor will give him or her medicine called an antibiotic to kill the strep bacteria. That's good news because sometimes strep throat can get worse and cause problems with other parts of a kid's body. For example, untreated strep can cause arthritis, kidney problems, or heart problems from a disease called rheumatic fever.

Most of the time kids get the medicine they need and recover from strep throat very quickly. After taking the medicine for 24 hours, you will feel a lot better and you will no longer be contagious.

### How Do I Know if I Have Strep Throat?

If you have a sore throat, your doctor will look into your mouth. He or she is looking for:

- a red throat
- swollen tonsils
- white or yellow spots on your tonsils
- small red spots in the roof of your mouth



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Most of the time, strep will give you a sore throat, headache, stomachache, and fever. It probably won't give you a runny nose or cough.

To be sure you have strep throat, your doctor may do one or two tests:

1. First, he or she can do a **rapid strep test** to check for strep bacteria. The doctor rubs a cotton swab over the back of your throat. Then, the doctor can find out in a few minutes if you have strep throat.
1. If the first test doesn't prove anything, your doctor might do a longer test called a **throat culture**. Again, the doctor will use a cotton swab. This time, the sample goes on a special dish and is left to sit for 2 nights. If you have strep throat, the bacteria will usually grow in the dish within 1–2 days.

### How Can I Get Better?

If you have strep throat, your doctor will give you an **antibiotic**, a medicine that kills bacteria. To make sure the bacteria goes away completely and doesn't spread to other parts of your body, you must finish all the medicine. Your doctor will have you take the pills or liquid for 10 days.

**It's really important to take all 10 days of the medicine to make sure all the bad bacteria are gone.** If you don't, you could get sick all over again.

You may take acetaminophen to get rid of aches, pains, and fever. You'll want to have soothing drinks, like tea and warm chicken soup. Frozen foods like ice cream or popsicles also can help to ease throat pain. Avoid spicy and acidic foods, such as orange juice, because they could hurt your tender throat.

Your doctor will tell you to stay home from school until you have been taking the antibiotic for at least 12 hours. This way, you won't spread the bacteria to others.

### Is Strep Throat Contagious?

Strep throat is very contagious, and anybody can get it. It happens a lot in kids and teens, especially during the school year when big groups of kids are together.

### How Do People Get Strep Throat?

Strep throat is spread when healthy people come into contact with someone who has it. The bacteria can spread to you when a person with strep throat sneezes, coughs, or blows his or her nose and you're nearby, or if you share the same forks, spoons, or straws.

If you get strep throat, you'll start to feel sick within 5 days after you were around the person who gave it to you.

### Can I Prevent Strep Throat?

If someone in your house has strep throat, you might get it. But following these tips can help protect you:

- **Make sure the person with strep throat covers his or her mouth when sneezing and coughing.**
- **Don't handle used tissues or other germ-y items.**
- **Wash your hands regularly, especially before eating.**
- **Wash dishes, drinking glasses, knives, forks, and spoons in hot, soapy water.**
- **Keep sores and cuts clean because strep can get in your skin and cause problems, too.**

Strep throat fun, but after feeling sick for 2 or 3 days, most kids start getting back to normal. In other words, they feel less streppy and more peppy!

<https://kidshealth.org/en/kids/strep-throat.html?WT.ac=ctg>



**Spread fun.  
Not Flu.**

*Even healthy kids of any age can get seriously sick from the flu,  
and they can spread it to family, friends, and others.*

*Everyone 6 months of age and older should get a flu vaccine every year.*

For more information, visit <http://www.cdc.gov/flu>



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

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# When & How to Wash Your Hands

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

## WHEN SHOULD YOU WASH YOUR HANDS?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

## HOW SHOULD YOU WASH YOUR HANDS?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

## WHAT SHOULD YOU DO IF YOU DON'T HAVE SOAP AND CLEAN, RUNNING WATER?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations.

Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals.

**Hand sanitizers are not as effective when hands are visibly dirty or greasy.**

## HOW DO YOU USE HAND SANITIZERS?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

Content source: [Centers for Disease Control and Prevention](#)



### Are you Covering Your Bases?

In the game of baseball, a player must touch all four bases to make a home run. As Erika Meyer, MD will tell you, we need to cover all the four “bases” to stay healthy. She has developed the “Covering Your Bases” tool for families from an activation therapy tool for depression. This tool is designed to be used each day by families to check in with each other. The word BASE can be used as an acronym that stands for four things that cover different areas of how we live our lives.

#### **B** is for **BODY**

How have you taken care of your body today?

- Do something healthy for your body like exercise, healthy eating.

#### **A** is for **ACCOMPLISH**

What goal have you accomplished for the day?

- Set a goal, accomplish something - it can be homework assignment, chores, thank you notes, helping others.

#### **S** is for **SOCIAL**

How have you connected with others today?

- Connect with others face to face- this could be a family meal, being with friends, going to a class.

#### **E** is for **ENJOY**

What did you really enjoy today?

- Pick something to do that you enjoy - just for fun.

BASEs work best when we get enjoyment from some of the things we do in the first three boxes (Body, Accomplishment, Social). If our “Enjoy” is always coming from things that do not fit in the top 3, mood and motivation suffer. This does not mean that you have to enjoy everything you do. There is nothing wrong with struggling through a homework assignment. But if you never get joy from the things that are good for you, it is time to look into some changes. Try something new and talk to someone who can help. Kids can even ask their parents how they have “covered their bases” too!



### Buttered Pasta with Veggies

*Kids are generally big fans of buttered pasta, so why not toss a few of their favorite veggies in to boost the nutritional value? This recipe comes to us from Diana K. Rice, RD.*

**Food for Thought:** Did you know that vegetables can either be starchy or non-starchy? And what does starchy mean, anyway? Starch is a type of carbohydrate, which is the part of food that gives us energy! Some vegetables, like peas, carrots and corn have a lot of this kind of carbohydrate, so we call them starchy. They are generally a little sweet, making them popular with kids! Non-starchy vegetables like zucchini and tomatoes are great choices, too. They just have a little more water and fiber than starchy veggies.

**Family Dinner Conversation Starter:** What is your favorite vegetable? Why do you think you like it so much?

#### Ingredients

8 oz. dry pasta (shape of choice) *300-400 calories*  
1 cup frozen mixed vegetables  
4 tbsp. unsalted butter  
Salt and pepper to taste  
Parmesan cheese, to serve

#### Directions

**Adult:** Set at least two quarts of water to boil in a large stockpot on the stove. Add about half a tablespoon of salt. Cook pasta according to package directions.

**Together:** Place butter and frozen vegetables in a microwave safe bowl. Microwave on high for 2-3 minutes, or until the butter has melted and the vegetables have thawed.

**Adult:** Carefully drain pasta.

**Together:** Toss cooked pasta with butter and vegetable mixture. Season with salt and pepper to taste.

**Together:** Divide the pasta mixture into four bowls.

**Kid:** Top each serving with Parmesan cheese.