

Tigers Health Awareness

February 2007

Viral Gastroenteritis: Stomach Bug

Signs and Symptoms:

- Watery diarrhea
- Abdominal cramps and pain
- Nausea, vomiting or both
- Occasional muscle aches
- Headache
- Low-grade fever

Symptoms may last 1-2 days but occasionally may persist as long as 10 days. You can still be contagious up to 3 days after feeling better.

When to seek medical advice:

- Can't keep liquids down >24 hours
- Vomiting >2 days
- Vomiting blood
- Dehydrated (dry mouth, dark urine, no urine, dizziness, lightheadedness)
- Blood in stool
- Fever > 101

Prevention:

- **Wash Hands** thoroughly
- Use separate personal items at home (eating utensils, glasses, plates, and towels in bathroom)
- Keep your distance

Self Care

- Let your stomach settle – stop eating and drinking for a few hours
- Suck on ice chips or take small sips of water or rehydration solutions found in stores. Avoid apple juice – it can make diarrhea worse
- Ease back to eating. Gradually introduce bland foods such as toast, rice, bananas, and potatoes
- Avoid certain foods – dairy products, caffeinated soda, fatty or highly seasoned foods.
- Get plenty of rest
- Don't take aspirin – can cause Reye's syndrome in children or teenagers.

MayoClinic

Core exercises to build abs and other core muscles.



Modified Plank Variations

- Starting from the modified plank position, concentrate on contracting your core muscles. Raise your right arm off the floor and hold for three deep breaths (A). Repeat with your left arm.
- Next lift each leg, in turn, from the modified plank start position (B). Hold for three breaths before returning to the start position.
- When you've mastered the single-arm and single-leg lifts, lift both an arm and the opposite leg at the same time for an extra challenge.

Fresh Coconut Pie: From Paula Deen

4 Tablespoons butter melted
2 eggs beaten
1 Tablespoon all-purpose flour
3/4 cup sugar
1 (3 1/2) can shredded coconut (1 cup)
1 cup milk
1 9 inch unbaked pie shell

Preheat oven to 350. In large bowl combine butter, egg, flour, sugar, coconut and milk. Pour into shell. Bake until firm 45-60 minutes. May cover edge of crust with foil to prevent burning until close to being finished.

Influenza a.k.a. The FLU

At this time of the year, we see a lot of illness. One particular type of illness is influenza. This illness is a virus which can attack the nose, throat, and lungs. The flu season is November through March with February being the peak month. When the flu spreads it, affects both children and adults. A case of the flu can keep a child out of school for a week up to ten days! The flu is not to be taken lightly.

Early Symptoms of the flu include but are not limited to:

**FEVER
HEADACHE
DRY COUGH
SORE THROAT
NASAL CONGESTION
BODY ACHES
CHILLS
TIREDNESS/ FATIGUE**

And

The sudden onset of any of these symptoms

Symptoms can vary from one person to the next. **When flu symptoms appear, call your doctor within 12-48 hours.**

The Flu Is Contagious

A person can spread the flu starting **one day** before he or she feels sick. Adults can continue to pass the flu virus to others for another three to seven days after symptoms start. **Children can pass the virus for longer than seven days.** Symptoms start one to four days after the virus enters the body. Some persons can be infected with the flu virus but have no symptoms. During this time,

those persons can still spread the virus to others.

What You Should Do If You Get the Flu

- **Rest**
- Drink plenty of liquids
- Avoid using alcohol and tobacco
- Take medication to relieve the symptoms of flu

Influenza is caused by a virus, so antibiotics (like penicillin) don't work to cure it. The best way to prevent the flu is to get an influenza vaccine (flu shot) each fall, before flu season.

Do Not Give Aspirin To a Child or Teenager Who Has the Flu

Never give aspirin to children or teenagers who have flu-like symptoms – and particularly fever – without first speaking to your doctor. Giving aspirin to children and teenagers who have influenza can cause a rare but serious illness called Reye syndrome. Children or teenagers with the flu should get plenty of rest, drink lots of liquids, and take medicines that contain no aspirin to relieve symptoms.

Much of this information was taken off the website:

www.cdc.gov

For more information on influenza please see the above website listed.