

Important numbers:
Appointment Line: 307-856-9281

Hours of Operation:

Clinic (Monday through Friday 8 a.m. to 5 p.m.)

Pharmacy: (Monday through Friday 8 a.m. to 5:30 p.m.) 307-855-2976

LAB / Radiology: (Monday through Friday 8 a.m. to 4 p.m.)

November is National American Diabetes Month.

To find out more visit: <https://healthfinder.gov>

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

To raise awareness about diabetes and healthy living, Wind River Family & Community Health Care (WRFCHC) is proudly participating in American Diabetes Month. We have a licensed Dietician on staff who can help and the Northern Arapaho Diabetes Program has some great resources and classes. For more information ask your provider or a staff member.

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity

For more information, visit Wind River Family & Community Health Care

Thanksgiving feasts can be stressful, especially for those with dietary restrictions such as people with diabetes. For Diabetic Dietary Options see:

https://www.cdc.gov/diabetes/ndep/cdcinfo/ndep_pdf/tasty-recipes-508.pdf or schedule an appointment with our Dietician.

DAYLIGHT SAVINGS TIME ENDS November 5th

WIND RIVER FAMILY & COMMUNITY HEALTH CARE NEWSLETTER

NOVEMBER 2017

THANKSGIVING

There always has been a Thanksgiving story of some kind for as long as there have been human beings. There was also a "First" Thanksgiving in America, but it was celebrated thirty thousand years ago.

At some time during the New Stone Age (beginning about ten thousand years ago) Thanksgiving became associated with giving thanks to God for the harvests of the land.

Thanksgiving has always been a time of people coming together, so thanks is also been offered for that gift of fellowship between us all.

As we get together with our families and friends, let us remember to give thanks for our blessings and for each other. Let us have an attitude of gratitude.

More Than A Day

As Thanksgiving Day rolls around,
It brings up some facts, quite profound.

We may think that we're poor,
Feel like bums, insecure,
But in truth, our riches astound.

We have friends and family we love;
We have guidance from heaven above.
We have so much more
Than they sell in a store,
We're wealthy, when push comes to shove.

So add up your blessings, I say;
Make Thanksgiving last more than a day.
Enjoy what you've got;
Realize it's a lot,
And you'll make all your cares go away.

By Karl Fuchs

INFLUENZA VACCINE TIME

Advice on How to Prevent Flu for Caregivers of Young Children

1. Take Time to Get a Vaccine

- A flu vaccine is the first and best way to protect against the flu.
- If the child you care for is 6 months or older, they should get a flu vaccine each year.
- Infants younger than 6 months are at high risk for serious flu-related complications, but cannot get a vaccine.
- As a caregiver to a young child, you should get a flu vaccine, and make sure that other caregivers and household members also get vaccinated each year. By getting vaccinated, you will be less likely to get the flu and therefore less likely to spread the flu to the child.

2. Take Everyday Preventive Actions

Certain everyday preventive actions – like covering your cough and frequent hand washing – can help keep germs from spreading.

Protect yourself and your infant by routinely taking these actions:

- Keep yourself and the child in your care away from people who are sick as much as you can.
- If you get the flu or flu symptoms, avoid contact with other people, including the child in your care, so that you don't make them sick.
- Cover your nose and mouth with a tissue when you cough or sneeze—throw the tissue away after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- Try not to touch your eyes, nose or mouth. Germs often spread this way.
- Clean and disinfect frequently touched surfaces, especially when someone is ill.

3. Antiviral Drugs Can Treat Flu Illness

- Antiviral drugs are available to treat flu in children and adults.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder).
- Antiviral drugs can make your illness milder and shorten the time you are sick. They also may prevent serious flu complications.
- Treating people who are very sick with flu or who have a high risk factor with flu antiviral drugs can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.
- CDC recommends that people at high risk of serious flu complications be treated with flu antiviral drugs if they get sick with flu. Children can take two of the approved antiviral drugs.

- Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health condition or is very sick from the flu. Follow your doctor's instructions for taking these drugs.
- Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

Advice for Caregivers of Young Children Who Get the Flu

If you live with or care for a young child and you get the flu or get symptoms of the flu, follow the precautions below to help prevent the spread of illness to the child in your care.

1. Follow These Steps

If you get flu symptoms – which can include a fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headache, fatigue, or sometimes vomiting and diarrhea – follow the precautions below:

- Check with your doctor or other health care professional. (If you have influenza, your doctor may prescribe antiviral medications for you.)
- Try to minimize contact with the child in your care as much as possible.
- Cover your nose and mouth with a tissue when sneezing or coughing, and put your used tissue in a waste basket.
- Wash your hands with soap and water or use an alcohol-based hand cleaner frequently and as soon as possible if you have sneezed or coughed on your hands.
- Before engaging in any activity within about 6 feet of the child in your care (including feeding, changing, rocking, reading to your child) thoroughly wash and dry your hands.
- If the child in your care is younger than 6 months, or older than 6 months and unvaccinated, they are very vulnerable to the flu. Be especially careful to follow these steps around them.
- Take these precautions while you have flu symptoms and for 24 hours after your symptoms clear up.

2. Be Watchful

Observe the child in your care closely for symptoms of respiratory illness. If your child develops a fever*, respiratory symptoms, or is less responsive than normal, contact your child's doctor. If your child does become ill with flu, the antiviral drug oseltamivir (Tamiflu®) is approved to treat influenza illness in infants aged 2 weeks and older.

The best time to get your flu shot is now

