



Duval County Public Schools

Health e-Links

Health Education & Lifestyle Management Newsletter (HELM)

Preventing the Flu: Good Health Habits Can Help Stop Germs

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

National Health Observances for May

Visit the links below for more information

American Stroke Month

www.americanheart.org

Asthma and Allergy Awareness Month

[www.aafa.org/display.cfm?id=10&sub=99&c](http://www.aafa.org/display.cfm?id=10&sub=99&cont=457)

[ont=457](http://www.aafa.org/display.cfm?id=10&sub=99&cont=457)

Better Sleep Month

www.bettersleep.org

Hepatitis Awareness Month

www.hepatitisfoundation.org

HIV Vaccine Awareness Day 18th

www.niaid.nih.gov/news/events/HVAD

Fort Caroline Elementary had 15 people participate in a biggest loser challenge. As a group we lost 136 pounds. We are starting round 2 of the biggest loser this week. We are so excited to be exercising and getting healthy!!!

Just wanted to share

Carol L Moore

3rd grade teacher Fort Caroline Elementary

Save the date...

May 15^h, 2009

Employee Health Screening

Jackson High School

10:00am-2:00pm

NEW YEAR, NEW YOU WEIGHT LOSS CHALLENGE WINNERS!!!!!!

DENISE PEDRO -25.5LBS. #116

TERRI MUNSON -25LBS. #3001

MARGARET POWELL -22LBS. #38

LINDA CORRIE -17LBS. #3001

ROBIN PHILLIPS -15LBS. #67

DCPS EMPLOYEE WELLNESS
in partnership with
Florida AHEC



WHAT: FREE 6 week Smoking Cessation Lunch and Learn

For more information, to register or to schedule free 6 week Smoking Cessation at your worksite contact Tonya Hill at 390-2916 hill-willt@duvalschools.org

What are the benefits of olive oil?

Olive oil contains monounsaturated fat, a healthier type of fat that can lower your risk of heart disease by reducing the total and low-density lipoprotein (LDL, or "bad") cholesterol in your blood.

Saturated and trans fats like butter, animal fats, and partially hydrogenated oils increase your risk of heart disease by increasing your total and LDL cholesterol levels.

Swine Flu

What is Swine Influenza?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Swine flu viruses cause high levels of illness and low death rates in pigs. Swine influenza viruses may circulate among swine throughout the year, but most outbreaks occur during the late fall and winter months similar to outbreaks in humans. The classical swine flu virus (an influenza type A H1N1 virus) was first isolated from a pig in 1930.

Read more at www.cdc.gov/swineflu

