



# Charleston County First Steps EHS-CCP Health and Wellness Quarterly Newsletter

Nov. 2020

## KEEPING YOUR FAMILIES SAFE AND HEALTHY

### Health Summit and Thanksgiving Bash

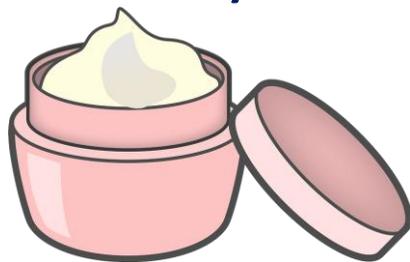
**Virtual PTA Meeting**  
**Nov. 19, 2020 6:30 PM**

**Speakers on Skin Care Concerns,  
Keeping Children Healthy and  
Healthy Blue Services**

**Scavenger Hunt,  
Games, Prizes  
Entertainment  
See You There!!**



### Tips for Healthy Skin Month



- Try not to bathe more than once a day.
- Keep baths short with lukewarm water.
- Avoid washcloths and loofahs. Use your hands, and only use soap for the face, armpits, and groin, or on visible dirt.
- Right after getting out of the bath, pat dry and apply a thick moisturizing cream or ointment. Lotions may rub in better but can actually dry out sensitive skin!

Colleen Cotton, MD  
Pediatric Dermatologist

## Flu Shot FAQs

### Why should I get the flu shot?

Last flu season, about 35.5 million people got the flu, and about 34,200 people died from it. The flu can be dangerous even for healthy people, and especially for young children, the elderly, and pregnant women. Getting a flu shot can help prevent the flu altogether and reduce your symptoms if you do get sick.

### With COVID-19, is it even that important?

According to the CDC, it is possible to have both the flu and COVID-19. Having both together could take a heavy toll on your immune system and may lead to severe symptoms and health problems long term.

### Can I get the flu from the flu shot?

Contrary to popular belief, you cannot get the flu from the flu shot. It is an inactivated vaccine. What you can get are flu-like symptoms, like low-grade fever, muscle aches, and fatigue. This is a sign that your immune system is responding to the vaccine and is actually a good thing!

### Can the flu shot prevent COVID-19?

Unfortunately, no, but it will decrease your risk of severe illness from the flu and decrease your risk of hospitalization.

### When should I get a flu shot this year?

As soon as you can! Although it's best to get it before the end of October, it is still not too late. While we don't know when this year's flu season will peak, getting vaccinated now will help you stay protected through the spring.

### What are other ways I can protect myself?

- Wash your hands often
- Wear a mask
- Stay 6 feet apart

Taneisha Gadsden, PharmD  
Doctor of Pharmacy

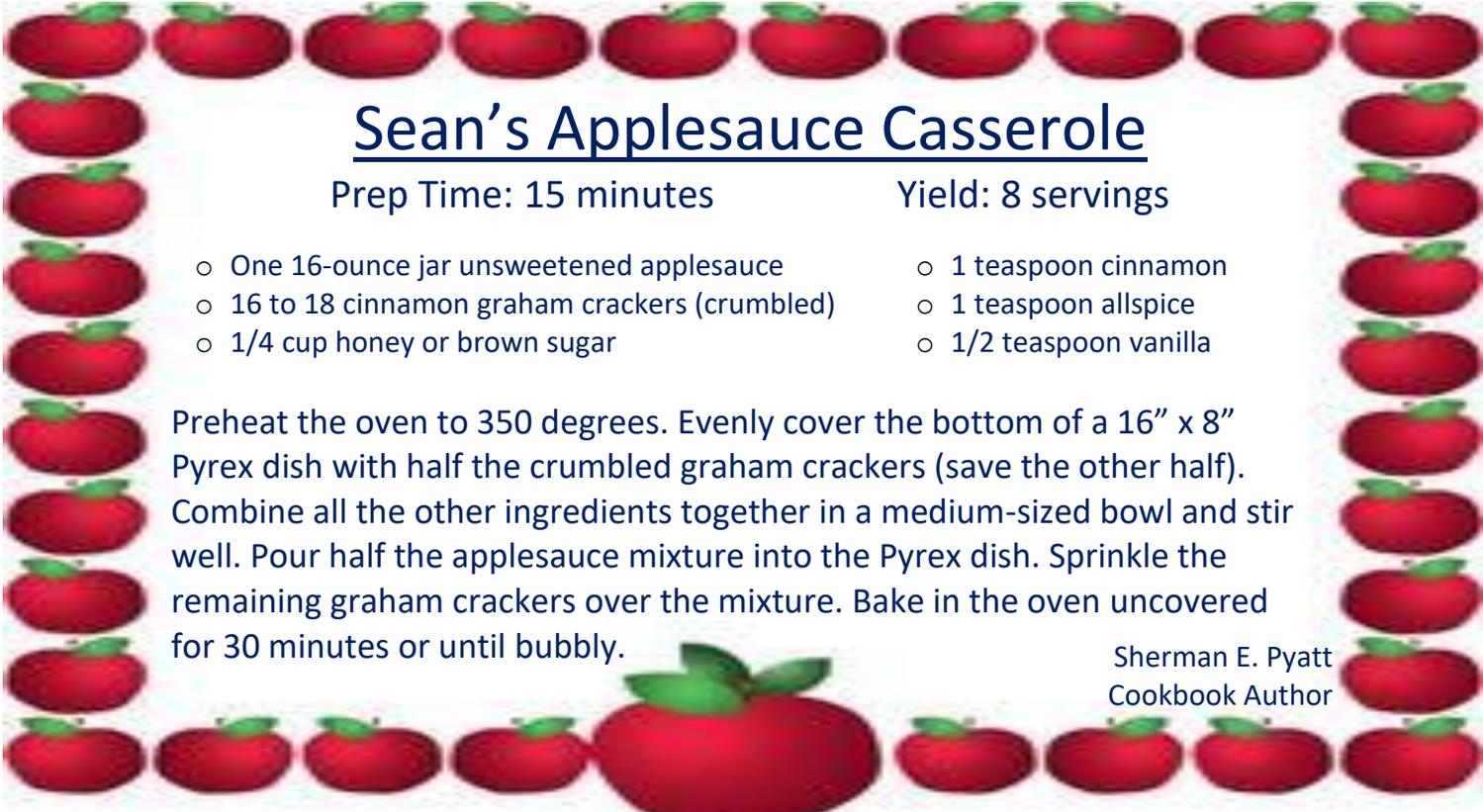
# How to Advocate for Your Child

“Advocate” means speaking up about your concerns. You don’t have to know everything or be loud to advocate! Parents are vital partners in their child’s health and education. You can advocate for your child with their teachers, center director, Family Service Specialist, pediatrician, and medical office staff. School readiness begins with health! Your child can’t do their best if we don’t help them feel their best. Here are some advocating tips to make sure your child has the support they need to thrive.

- ◆ **Start with the basics.** For childcare, this means connecting with your child’s teachers and caregivers in both casual and formal settings. In medicine, this means picking and keeping health insurance and a medical home for your child.
- ◆ **Never be afraid to ask questions.** Come prepared with a list of questions and concerns for any appointment. If you aren’t sure about something, it’s your responsibility to ask! There may be resources available you don’t know about. And if a doctor doesn’t want you to ask questions, it’s time to find a new doctor.
- ◆ **Stay calm.** Think before you speak. Be assertive but be respectful and polite. Once you “go-off” you have lost your integrity. Remind yourself that everyone in the room wants what is best for your child.
- ◆ **Advocating isn’t a one-time thing.** Keep speaking up. Find your voice and stand your ground. If you have concerns or problems that cannot be addressed by the person you are talking to, be willing to take it up the chain of command.

Latisha Wright,  
EHS-CCP Disability and Mental Health Coordinator

Dena Magwood  
Retd. Family & Community Partnerships Coord.



## Sean’s Applesauce Casserole

Prep Time: 15 minutes

Yield: 8 servings

- One 16-ounce jar unsweetened applesauce
- 16 to 18 cinnamon graham crackers (crumbled)
- 1/4 cup honey or brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1/2 teaspoon vanilla

Preheat the oven to 350 degrees. Evenly cover the bottom of a 16” x 8” Pyrex dish with half the crumbled graham crackers (save the other half). Combine all the other ingredients together in a medium-sized bowl and stir well. Pour half the applesauce mixture into the Pyrex dish. Sprinkle the remaining graham crackers over the mixture. Bake in the oven uncovered for 30 minutes or until bubbly.

Sherman E. Pyatt  
Cookbook Author

# Thanksgiving Gatherings During COVID

## Virtual

**Designate a host.** You need one person who's going to take charge, not only to welcome everybody but also to steer the conversation throughout the Zoom.

**Keep it short.** Set start and end times in advance so that things don't drag on. Plan for an hour or two *max*.

**Decorate and dress up.** This is the fun part! Add some flowers or set your table. It's Thanksgiving, so change out of those sweatpants.

### Have a plan or an agenda

Try one of these ideas or create your own!

- Thankful moment: Have everyone say one thing they are thankful for
- Have a centerpiece competition and vote on the best one!
- Organize a scavenger hunt
- Take a family photo
- Prepare a simple recipe together
- Watch the parade or a football game

## In-Person

### Encourage social distancing

People from the same household can be grouped together. Arrange seating and tables 6 feet apart, preferably outside.

### Wear masks when less than 6 feet apart from people or indoors

Consider providing masks for guests or asking them to bring their own.

## Remind guests to stay home if they are sick!

**Clean hands often.** Consider providing hand sanitizer with at least 60% alcohol in several places around the gathering area.

**Limit the number of people handling or serving food.** Consider identifying one person to serve all food so that multiple people are not handling the serving utensils. Use disposable dishes and avoid buffets.

Barbara B. Phillips  
EHS-CCP Health and Nutrition Specialist

## Special thanks to the Health Service Advisory Committee

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**Sherman Pyatt**  
Cookbook Author and Commissioner for  
Gullah Geechee Cultural Heritage Corridor

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