

*Macoupin County Maple Street*

## **School Linked Health Center**

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# **Flu Season Has Arrived!**

### **What's the Flu?**

Influenza (say: in-floo-EN-zah) is also called the flu. It's an infection that causes a fever, chills, cough, body aches, headaches, and sometimes earaches or sinus problems.

The flu is caused by the influenza virus. A virus is a micro-organism, which means it's so small that you would need a strong microscope to see it.

### **What's the Flu Vaccine?**

Health experts recommend that all people age 6 months and older get the flu vaccine each year. If you're a kid, that means you! You can receive the shot or mist at Maple Street Clinic in Gillespie (217-839-1526) or in Carlinville at MCPHD by calling (217)854-3223 ext 227 for an appointment.

The flu vaccine is available as a shot (injected through the skin) or as a spray mist (into the nostrils). Most kids older than 2 can get the spray mist.

If you get the flu vaccine, by nose spray or shot, it will protect you from getting a bad case of the flu. You either

So if you're a kid who has asthma, diabetes, or another health problem, it's especially important that you get the flu vaccine.

Flu vaccines are usually given in the fall, before flu season starts. Flu season — the months of the year when a lot of people have the flu and it's easy to catch it — usually starts in October and ends in May.

### **Why Get a Vaccine Every Year?**

You might wonder why you have to get a flu vaccine every year. Here's why: There are lots of different flu viruses. Each year, researchers choose the three or four viruses most likely to cause trouble. The flu vaccine includes protection against those three or four, which can vary from year to year.

### **How Does the Flu Spread?**

This virus gets around in little drops that spray out of an infected person's mouth and nose when he or she sneezes, cough or even laughs. You can catch the flu

won't get the flu at all, or if you do get it, you will have only mild symptoms and you should get better pretty quickly.

Here's what the vaccine means for most kids:

- Kids older than 9 need only one dose.
- Are you younger than 9? You will need two doses if this is your first time getting the vaccine, or if you've only had one dose in the past. If you need two doses, you'll get one dose and then come back at least a month later to get the second one.
- If you've gotten the flu vaccine at least twice in the past, you will only need to get one dose. (Your parents and doctor can look this up.)

Certain people are at higher risk of problems from the flu, including:

- pregnant women
- kids younger than age 5
- people age 65 and older
- people of any age who have long-term health conditions

from someone who has it if you breathe in some of those tiny flu-infected drops.

You also can catch the flu if those drops get on your hands and you touch your mouth or nose. No wonder people are always saying to cough or sneeze into your elbow, not your hands. And while you're at it, wash your hands well and often!

### **What If You Get the Flu?**

If your doctor thinks you might have the flu, sometimes he or she will use a long cotton swab to get a sample of the gunk in your nose. Testing this sample in a lab can determine if you have the flu.

But usually this isn't necessary. Based on your symptoms and how you look during the visit, your doctor can usually tell if you have the flu, especially during times when a lot of flu is going around your town.

## **The Maple Street School Linked Health Center**

is linked to the Southwestern, Bunker Hill, Gillespie and Carlinville School Districts.

It is located at 109 E Maple St, Gillespie, Illinois 217-839-1526

Open Monday through Thursday 8 a.m. to 6 p.m., Friday 8 a.m. to 5 p.m.

Same day appointments available. School physicals, sick visits, and immunizations.



**FLU CONTINUED.**

If your doctor says you have the flu, start taking these steps to feel better:

- Rest in bed or on the couch.
- Drink lots of liquids, like water, chicken broth, and other fluids.
- Take the medicine your mom or dad gives you to ease your fever, aches, and pains.
- Tell your mom or dad if you have trouble breathing, if you are feeling worse instead of better, or if you aren't peeing as much as usual. These are signs that you may need to see the doctor again.

Most of the time, kids with the flu feel better in about a week. Until they do, they have to stay home from school and take it easy.

We hope you're flu-free this year, but if you do get the flu, now you know what to do! **Maple Street Clinic offers same day appointments for children in Macoupin County.**

## Meet our Nurse Practitioners

Your child's school resources include a School Linked Health Center located at 109 E. Maple Street in Gillespie.

A School Health Center helps students stay healthy and in school. This is a partnership that benefits student, parent, school and community.

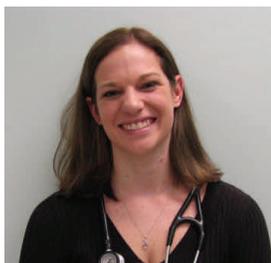
The Maple Street School Linked Health Center is a state-certified model

of care and staffed by a team of qualified providers (doctor, physician assistants, dentists, nurses, dietitian, nutritionist and health educators.)

The Health Center serves children ages 3 to 19 that are enrolled in participating school districts. To receive medical or dental services a child must be enrolled in the School Linked Program.

Two family nurse practitioners have joined the staff. They look forward to meeting and working with students and their families.

**Kelsey Reding, MSN, FNP-BC** joined the Maple Street Clinic team in December 2014.



Her special interests of practice include woman's health, pediatrics, and preventive care. Kelsey graduated from Chamberlain College of Nursing with a Bachelor's of Science in Nursing. She went on to receive her Masters of Science in Nursing degree from Maryville University. Kelsey is board certified through the American Nurse Credentialing Center and a member of American Academy of Nurse Practitioners. Kelsey previously worked at Mercy Hospital in St Louis as a Cardiovascular ICU charge nurse and staff nurse. Kelsey resides in Highland, Illinois. She is married and has a son. Kelsey enjoys spending time with her family, going to hockey games, and spending time outdoors.

**Christina Brandt, MSN, FNP-BC** joined the Maple Street Clinic team in September 2015.



Her special interests of practice include

cardiology, pediatrics, and mental health. Christina graduated from Lewis and Clark Community College with her Associated Degree in Nursing in 2004. She went on to obtain her Bachelors of Science in Nursing from Southern Illinois University of Edwardsville in 2010. Christina received her Masters of Science in Nursing degree from Maryville University in 2014. Christina is board certified through the American Nurse Credentialing Center and a member of American Academy of Nurse Practitioners. Christina previously worked at Mercy Hospital in St Louis as a Cardiovascular ICU charge nurse, staff nurse, and educator in the Critical Care Fellowship. Prior to working at Mercy, Christina worked as an ER nurse in St Louis, Boston, and Los Angeles. Christina resides in Edwardsville, Illinois. She is married and has a daughter. Christina enjoys spending time with her family, going to Cardinals games, and traveling.

Immunizations are provided by appointment. Call 217-839-1526 to make an appointment. Additionally, staff includes a dietitian, a nutritionist, several health educators, licensed clinic counselor, and psychiatrist.

To learn more about the school linked health center, call 217-839-1526.

**Need a ride to the Maple Street Clinic? Having difficulty getting to the clinic?** Macoupin County Public Transportation will transport you and your family to the Health Center free of charge. Call 877-600-0707 (toll free) or 217-839-4130 to schedule a ride to the clinic.

**Eating family dinners at least five times a week drastically lowers a teen's chance of smoking, drinking, and using drugs.**



