

A FREE newsletter for pregnant & parenting families

# New Parent News

Fall 2009

North Country  
Prenatal/Perinatal Council, Inc.

## H1N1 Virus (formerly Swine Flu) Information for Your Pregnancy and Your Family (pages 1 & 2)

### What You Can do to Protect Your Children From H1N1



#### Contents

**Page 2**

H1N1 and Your Pregnancy

**Page 2**

H1N1 and Your Baby

**Page 3**

Preparing Your Child for School

**Page 3**

NYS Immunization Requirements for School Entry

**Page 4**

Going Back to Work or School After Having a Baby

**Page 4**

Daily Pregnancy Tips

**Page 4**

Breastfeeding Symbol

**Page 4**

WIC Foods

**Page 5**

FASD Awareness Day

**Page 5**

Fetal Development

**Page 6**

Child Safety Seats & Local Fitting Stations

**Page 7**

Child Health Plus, Family Health Plus & Medicaid

**Page 7**

Gouverneur Activity and Learning Center

**Page 8**

Community Resources



⊙ Wash hands often with soap and water, especially after you cough or sneeze. Wash hands for 20 seconds. Alcohol-based hand cleaners also work well.

⊙ Cough or sneeze with your elbow or cover your nose and mouth with a tissue when you cough or sneeze.

⊙ Avoid touching your eyes, nose or mouth. Germs spread that way.

⊙ Stay at least 6 feet away from people who are sick.

⊙ Avoid crowds.

### What You Can Do if Your Child Has Flu-Like Symptoms

⊙ If your child has mild illness, he or she should stay home from school or daycare.

⊙ Children and adults who are sick should stay home at least 24 hours after they are free from fever or signs of fever without the use of fever-reducing medicine.

⊙ Any child younger than 3 months who has a fever should see a pediatrician (the child's doctor)

⊙ Any child with a chronic medical condition, who has even mild flu symptoms should see their doctor.

⊙ Children should be seen by their doctor if they are:

- lethargic (sluggish, no energy)

- irritable

- breathing fast

- vomiting

- unaware of their surroundings

⊙ If they are not eating well, encourage them to drink liquids



Reference: American Academy of Pediatrics, 2009  
<http://www.aap.org/advocacy/releases/may09swineflu.htm>

New York State Department of Health, 2009  
<http://www.nyhealth.gov>

### H1N1 and Your Pregnancy

The Centers for Disease Control and Prevention (CDC) does know that pregnant women are more likely to get sick than others and have more serious problems with seasonal flu. These problems may include early labor or severe pneumonia. They don't know if the H1N1 virus will do the same, but it should be taken very seriously.

H1N1 story continued on page 2

### What You Can Do to Protect Yourself, Your Baby, and Your Family

Take these everyday steps to help prevent the spread of germs and protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze, or sneeze into your sleeve. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and warm water, especially after you cough or sneeze. Alcohol-based gel hand cleaners are also good to use.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people. (If you are pregnant and you live or have close contact with someone who has H1N1 flu, talk to your doctor about medicines to prevent flu.)
- Have a plan to care for sick family members.
- Stock up on household, health, and emergency supplies, such as water, Tylenol®, non-perishable foods.



### What to Do If You Get Sick

- If there is H1N1 flu in your community pay extra attention to your body and how you are feeling.
- If you get sick with flu-like symptoms, stay home, limit contact with others, and call your doctor. Your doctor will decide if testing or treatment is needed. Tests may include a nasal swab which is best to do within the first 4-5 days of getting sick. Like regular flu, H1N1 flu may make other medical problems worse.
- If you are alone at any time, have someone check in with you often if you are feeling ill. This is always a good idea.
- If you have close contact with someone who has H1N1 flu or is being treated for exposure to H1N1 flu, contact your doctor to discuss whether you need treatment to reduce your chances of getting the flu.



### Symptoms of H1N1

Symptoms are like seasonal flu and include the following

- Fever
- Cough
- Sore throat
- Body aches
- Headaches
- Chills and fatigue
- Sometimes, diarrhea and vomiting

### How to Feed Your Baby if You're Sick With the Flu

Flu can be very serious in young babies. Babies who are breastfed do not get as sick and are sick less often from the flu, than do babies who are not breastfed. Breastfeeding protects babies. Breast milk passes on antibodies from the mother to a baby. Antibodies help fight off infections.

- A mother's milk is made to fight diseases in her baby. This is really important in young babies when their immune system is still growing.
- Do not stop breastfeeding if you are ill. Breastfeed early and often. Limit formula feeds if you can. This will help protect your baby from infection.
- Be careful not to cough or sneeze in the baby's face, wash your hands often with soap and water.
- Your doctor might ask you to wear a mask to keep from spreading this new virus to your baby.
- If you are too sick to breastfeed, pump and have someone give the expressed milk to your baby.
- Mothers who are breastfeeding can continue to nurse their babies while being treated for the flu.



References: New York State Department of Health (<http://www.nyhealth.gov>), CDC, 2009 (<http://www.cdc.gov/h1n1flu/guidance/pregnant.htm>)

### Your Baby's First Shots



Part of having a healthy baby is to make sure she has regular checkups and gets all the shots she needs. Shots, or "immunizations" help the body defend against or get over a serious disease. Sometimes people use the words "vaccines" and "vaccinations" when talking about immunizations.

Immunizations are one of the best ways to avoid serious diseases caused by some viruses or bacteria. But, in order for vaccines to be most effective, everyone needs to get their immunizations.

Diseases can change over time. When people choose not to protect themselves from illnesses, the viruses or bacteria that cause these diseases get a chance to change into new forms that the original vaccine may be unable to protect the body against. So it's important for everyone to be immunized.

Remember:

- The more people who are immunized, the less the risk of serious illness for everyone.
- If parents don't have their children immunized, they place all children—and their community—at risk.

Reference: March of Dimes, 2009 ([http://www.marchofdimes.com/pnhec/298\\_9087.asp](http://www.marchofdimes.com/pnhec/298_9087.asp))

**A child can't start school without having received the necessary immunizations, as mandated by state laws. Visit [www.health.state.ny.us](http://www.health.state.ny.us) for further information on NY State Guidelines**

Vaccines	Pre-K	K-12
Diphtheria Toxoid Containing Vaccine	3 Doses	3 Doses
Tetanus Toxoid Containing Vaccine and Pertussis Vaccine (Dtap, DTP)	3 doses if born on or after 01/01/2005	Not Applicable if child born before 01/01/2005
Tetanus Diphtheria Pertussis Booster (TDap)	Not Applicable	Born on or after 1/1/94 and enrolling in grades 6-8 for the 2009-2010 school year; 1 dose
Polio (IPV or OPV)	3 Doses	3 Doses
Measles Mumps Rubella (MMR)	1 Dose	2 doses of measles-containing vaccine and 1 dose each of mumps and rubella (preferably as MMR)
Hepatitis B	3 Doses	3 Doses
Haemophilus Influenzae Type b (Hib)	3 doses if less than 15 months of age or 1 dose administered on or after 15 months	Not Applicable
Pneumococcal Conjugate Vaccine (PCU)	Born on or after 01/01/2008 * Given at age-appropriate times and intervals	Not Applicable
Varicella (chicken pox)	Born on or after 01/01/2000	Born on or after 1/1/98 or born on or after 1/1/94 and enrolling in grades 6 through 10 for the 2009-2010 school year; 1 dose

Reference: New York State Department of Health, 2009 (<http://www.health.state.ny.us/publications/2370.pdf>)

### Going Back to Work or School After Having a Baby



Many women have to go back to work or school after having a baby. You may be excited to return to work and to spend time with coworkers and friends. You may be worried about leaving your baby with a caregiver all day. To make this process easier, here are some tips:

1. Find a caregiver you can trust. This may be a family member, friend or community member. Ask family and friends who they use and maybe you can take your baby there too.
2. Decide what kind of care you want and how much you want to pay. You may want someone to come to your home to care for your baby or you may want to take your baby to a daycare center. No matter what type of care you choose, make sure the caregivers are trained in first aid and CPR, that they know how to reduce the risk of SIDS and that they know never to shake your baby. Providing them with information on these topics may be helpful.
3. Ask your boss if you can ease back into work. Maybe you can work partial days, partial weeks or even a few days from home.
4. Remember that NYS law allows you time at work to pump or breastfeed your baby.

Reference: March of Dimes, 2009  
 ([http://www.marchofdimes.com/pnhec/59916\\_59961.asp](http://www.marchofdimes.com/pnhec/59916_59961.asp))

### WIC Foods for Mom & Baby

#### Who qualifies for WIC?

- Women:
  - Pregnant (during pregnancy, up to 6 weeks after the birth of an infant or the end of the pregnancy)
  - Postpartum (up to 6 months after the birth of the infant or the end of the pregnancy)
  - Breastfeeding (up to the infant's 1st Birthday)
- Infants: up to their 1st Birthday
- Children: up to their 5th Birthday

Call a WIC office near you to see if your family qualifies.

**Jefferson County**– 782-9222

**Lewis County**– 376-6427

**St. Lawrence County**– 386-8128

Reference: NYS Department of Health, 2008



#### Your New WIC Foods

- \* Support your breast milk supply
- \* Improve the variety of foods available
- \* Promote steady weight loss & help you maintain a healthy weight after delivery

#### Did you know that . . .

- “Braxton Hicks” is not a daytime soap hero. It’s the name for pre-labor contractions that help prepare you for the real deal.
- Many pregnant women perspire more than usual. Blame it on the hormones. It certainly isn’t the weather.
- Increases in estrogen may cause your palms to become red and itchy. For some women, this may also affect the soles of their feet.

#### Now you know that . . .

For more fun facts and to receive daily tips visit [March of Dimes Daily Pregnancy Tips](http://www.marchofdimes.com) at [www.marchofdimes.com](http://www.marchofdimes.com)

#### Have you seen this symbol before?

It is the International Breastfeeding Symbol.

How the symbol can be used:

- ☉ By ordinary people to show their support for Breastfeeding.
- ☉ By businesses to show that breastfeeding is welcome inside.
- ☉ To show where there is a breastfeeding/nursing room



For more information go to [www.thebreastfeedingsymbol.org](http://www.thebreastfeedingsymbol.org)

**FASD Awareness Day– 9/9/09**

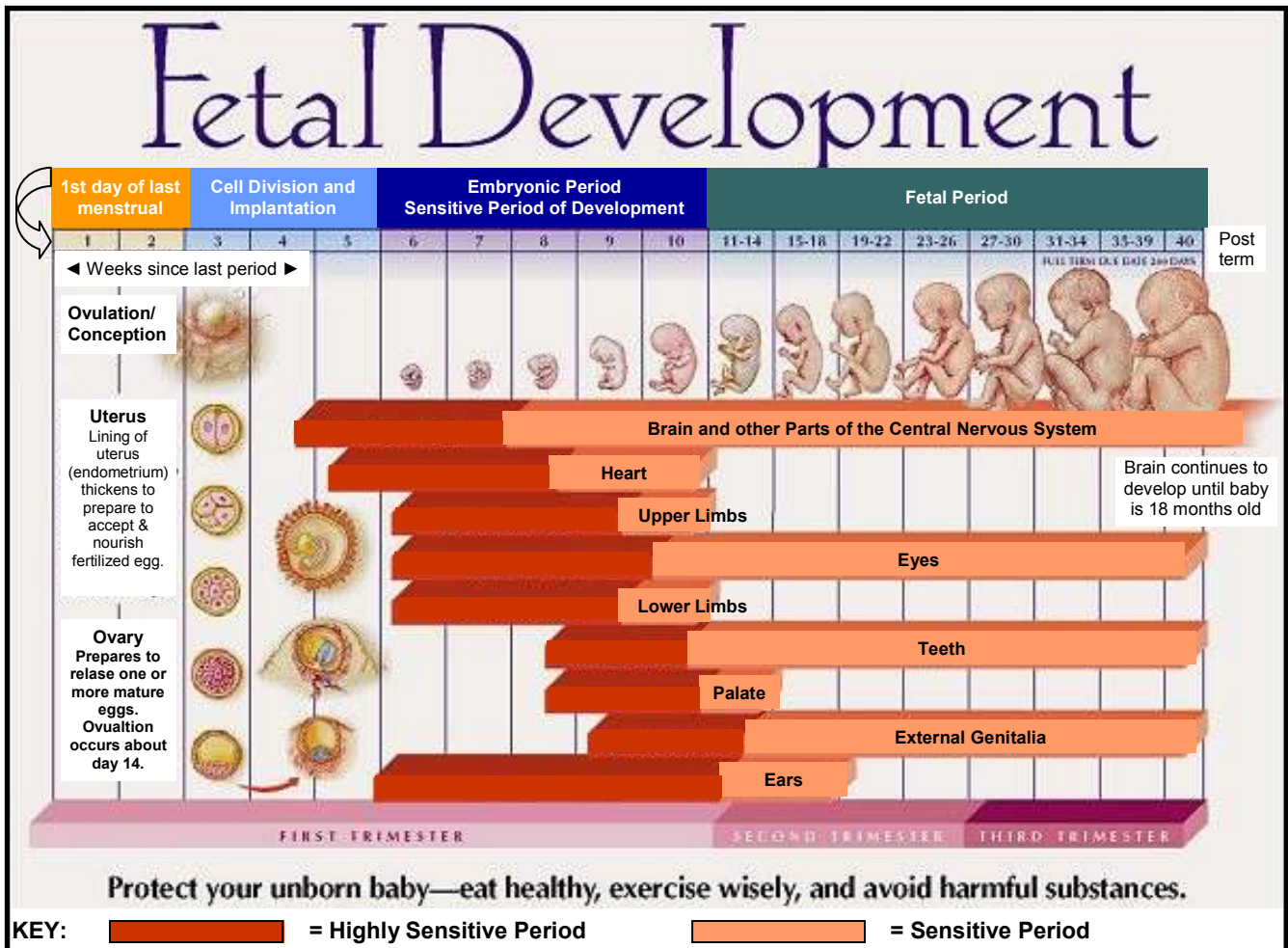
Every year on September 9th, International FASD Awareness Day is observed. People all around the world gather for events to raise awareness about the dangers of drinking during pregnancy and the plight of individuals and families who struggle with Fetal Alcohol Spectrum Disorders (FASD). The first FASD Day was celebrated on 9/9/99. This day was chosen so that on the ninth day of the ninth month of the year, the world will remember that during the nine months of pregnancy a woman should abstain from alcohol.



Image from mofas.org

Drinking alcohol can harm your physical health, behavior and relationships. If you are pregnant or breastfeeding, drinking alcohol also can harm your baby. Alcohol can affect your baby's development in the very first weeks—before you know you are pregnant. If you are drinking, you can have a miscarriage or your baby may have some problems, including:

- Premature birth
- Low birth weight
- Facial deformity
- Hearing and vision problems
- Growth deficits
- Motor-skills problems
- Hyperactivity
- Memory, attention and judgment problems
- Language problems
- Difficulties in school.



References: FASD Day (<http://www.fasday.com/>), MOFAS (<http://www.mofas.org/>), NOFAS (<http://www.nofas.org/>), Childbirth Graphics, 1997



**Infants - from birth to at least 1 year old and at least 20 pounds**

For the best possible protection keep infants in the back seat, in **rear-facing** child safety seats, as long as possible up to the height or weight limit of the particular seat. At a minimum, keep infants rear-facing until a minimum of age 1 and at least 20 pounds.\*



**Toddlers - Age 1 & 20 lbs to Age 4 & 40 lbs**

When children outgrow their rear-facing seats (at a minimum age 1 and at least 20 pounds) they should ride in **forward-facing** child safety seats, in the back seat, until they reach the upper age, weight or height limit of the particular seat (usually around age 4 and 40 pounds).\*



**Children - from about age 4 to at least age 8**

Once children outgrow their forward-facing seats (usually around age 4 and 40 pounds), they should ride in **booster seats**, in the back seat, until the vehicle seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall).\*



**Tweens - age 8 and older**

When children outgrow their booster seats, (usually at age 8 or when they are 4'9" tall) they can use the adult seat belt in the back seat, if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).\*

\* Always read the child seat instruction manual. Each manufacturer provides specific instructions regarding proper use and installation of their child seats.

Reference: NHTSA, 2009 (www.nhtsa.gov)

**Certified CPS Technicians and Child Seat Fitting Stations in the Tri-County area.**

**Jefferson County**

JEFFERSON COUNTY FITTING STATION  
101 WEST STREET  
CARTHAGE, NY 13619

Phone: 315-493-1000  
**JULIA IELFIELD**

**Lewis County**

LEWIS COUNTY PUBLIC HEALTH  
STOWE STREET  
LOWVILLE, NY 13367

Phone: 315-376-5453

**St. Lawrence County**

GOUVERNEUR RESCUE SQUAD  
1024 US ROUTE 11  
GOUVERNEUR, NY 13642

Phone: 315-287-1321  
**STEWART WALKER**

POSTDAM POLICE DEPT & RESCUE  
CIVIC CENTER  
POSTDAM, NY 13676

Phone: 315-769-2306  
**MARY DAVISON**

SEAWAY VALLEY AMBULANCE  
202 NORTH MAIN ST  
MASSENA, NY 13662

Phone: 315-764-9133  
**PHIL BROWN**





**Need affordable insurance for your family?**  
 Call today to see if you or your family qualifies.  
**Call North Country Prenatal/Perinatal Council**  
**788-8533 ext. 233 or 1-800-279-8679**



**PLEASE BRING TO YOUR APPOINTMENT:**

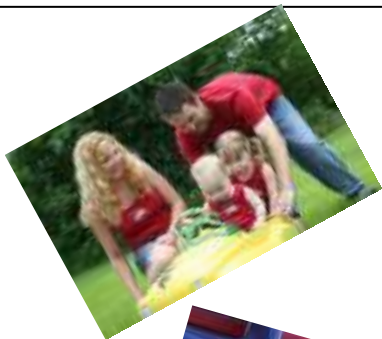
- Birth or Baptismal Certificates or Passports
- Social Security Cards
- Proof of Address (Utility Bill)
- Documentation of all income in your household
- Marriage certificate or divorce papers, if applicable
- Resource listing (bank balances, value of snowmobiles, ATVs, 401K's, rental property values, etc...)

**NOTES**

Gross income = Before any deductions  
 Monthly income = Weekly gross X 4.333333  
 Monthly income = Bi-Weekly gross X 2.166666

**\*\* A waiting period for coverage MAY be required in these categories if employer sponsored insurance has been dropped in the past 6 months.**

Monthly Income Guidelines by Family Size					
CHILD HEALTH PLUS B (BC/BS)					
Premium Category	1	2	3	4	Each Add'l Person
Free	\$1,443	\$1,942	\$2,441	\$2,939	Plus \$499
\$9 / child / month	\$2,004	\$2,696	\$3,388	\$4,080	Plus \$692
\$15 / child / month	\$2,257	\$3,036	\$3,815	\$4,594	Plus \$780
\$20 / child / month**	\$2,708	\$3,643	\$4,578	\$5,513	Plus \$935
\$30 / child / month**	\$3,159	\$4,250	\$5,341	\$6,432	Plus \$1,091
\$40 / child / month**	\$3,610	\$4,857	\$6,104	\$7,350	Plus \$1,247
Full Premium \$178.05	<u>over</u> \$3,610	<u>over</u> \$4,857	<u>over</u> \$6,104	<u>over</u> \$7,350	
FAMILY HEALTH PLUS					
	1	2	3	4	Each Add'l Person
Parents and 19-20 yr olds living with parents	\$1,354	\$1,822	\$2,289	\$2,757	Plus \$468
Adults with no children & 19-20 yr olds living on own	\$903	\$1,215			



**I'm Bored! There's nothing to do!**

If you and your toddler are looking for something fun to do, check out the

**Gouverneur Activity and Learning Center**

calendar of events at

[www.myspace.com/frcgalc](http://www.myspace.com/frcgalc)

or call (315)287-1315

**All activities are free and open to the public.**

68 West Main Street

Gouverneur, New York 13642



*Healthy Pregnancy Classes*

**Part 1: Healthy Pregnancy**

Provides support and information on how you can care for yourself and your baby during pregnancy.

**Part 2: Childbirth Preparation**

Receive information on how to stay comfortable in late pregnancy and during labor.

**Part 3: Breastfeeding Basics**

Be prepared before your new baby arrives; find out about getting started and being successful at breastfeeding.

*Participating Locations*

**Canton-Potsdam Hospital**  
www.cphospital.net  
Potsdam  
(315)261-5965

**Carthage Area Hospital**  
www.carthagehospital.com  
Carthage  
493-1005 ext. 2445

**Claxton-Hepburn Medical Center**  
www.claxtonhepburn.org  
Ogdensburg  
393-5998

**E.J. Noble Hospital**  
www.ejnoble.org  
Gouverneur  
287-1000 ext. 273

**Lewis County General**  
www.lcgh.net  
Lowville  
376-5602

**Massena Memorial Hospital**  
www.massenahospital.org  
Massena  
769-4349

**Samaritan Medical Center**  
www.samaritanhealth.com  
Watertown  
785-4050

At all classes, you will meet other women who are going through the same changes and have similar questions as you do.



**So, you just found out you're pregnant and you don't have Health Insurance . . .**

The Prenatal Care Assistance Program (PCAP) or Medicaid Obstetrical and Maternal Services (MOMS) may be right for you.

PCAP/MOMS provides insurance coverage for complete medical care during pregnancy, delivery and for at least two months after delivery.

**Your Health Insurance Options...**

Early and regular check-ups are important for you and your baby's health, so call the location closest to you today.

Jefferson County  
Public Health Service  
**786-3720**

Carthage Area Hospital  
Women's Way to Wellness  
**493-3100**

Lewis County  
Public Health Department  
**376-5453**

St. Lawrence County  
Claxton-Hepburn Medical Center  
Maternal Care Center  
**393-5998**

Public Health Department  
**386-2325**

**ARE YOU PREGNANT ?**

Case managers can help you access health care and other important services. They may help you access: prenatal care, Medicaid (PCAP/MOMS), WIC, nutritional services, Food Stamps, Childbirth Education, etc. They will work to meet your individual needs during your pregnancy and for some time after you have your baby. Some income requirements exist. To see if you qualify or for more information, call a location near you today.

Tri-County Case Management Agencies:

Carthage Area Hospital (Carthage)  
**493-3100**

North Country Children's Clinic (Canton)  
**386-8128**

North Country Children's Clinic (Watertown)  
**782-9222**

Jefferson County Public Health (Watertown)  
**786-3720**

Lewis County Public Health (Lowville)  
**376-5453**

Maternal Care Center (Ogdensburg)  
**393-5998**

Planned Parenthood (Gouverneur)  
**287-0838**

Planned Parenthood (Ogdensburg)  
**393-4676**

Planned Parenthood (Watertown)  
**836-1567 or 836-1565**

St. Lawrence County Public Health (Canton)  
**386-2325**

