



Siouxland Healthy Homes Coalition

December 2023 Newsletter

Norovirus: It's Not the Flu

Vision:

Working to create safe and healthy homes to support a healthy community.

Mission Statement:

The Siouxland Healthy Homes coalition is a comprehensive approach to: Educate and partner within the community to promote the 8 principles of a healthy home. Keep it Dry, Keep it Clean, Keep it Pest-Free, Keep it Ventilated, Keep it Safe, Keep it Contaminant-Free, Keep it Maintained, Keep it Thermally Controlled.

Core Values:

- Health focused
- Educating
- Advocating
- Leading
- Training
- Hearing the community
- Yielding results

- Helping
- Optimizing
- Motivating to action
- Engaging community partners
- Sustaining

For resources and to learn more about the Siouxland Healthy Homes coalition go to: www.siouxlanddistricthealth.org and search for "Healthy Homes".

Norovirus Symptoms:

Diarrhea
Nausea
Vomiting
Low Grade Fever
Headaches
Stomach ache and cramps
Muscle aches
Tired

NO: There is no vaccine to prevent norovirus.

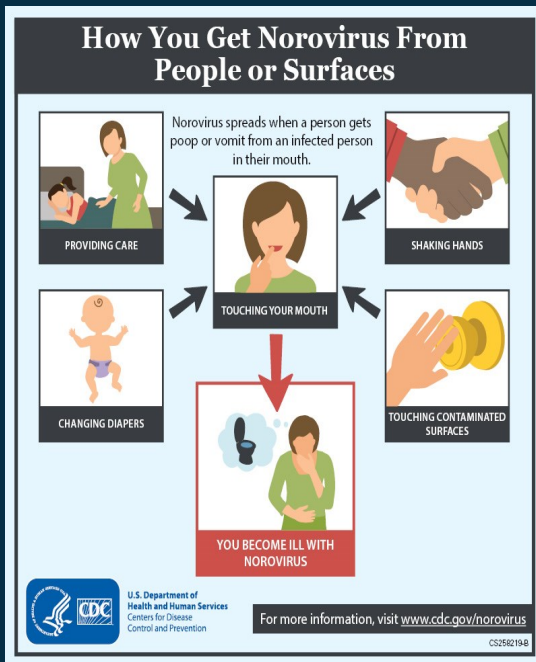
Influenza Symptoms:

Fever
Chills
Headaches
Cough
Sore throat
Runny/stuffy nose
Muscle Aches
Fatigue

YES: There is a vaccine to help prevent influenza.

Healthy Reminders:

- 1) Stay home when ill,
- 2) Wash your hands:
 - Often,
 - For 20 seconds,
 - With soap and,
 - Warm water.
- 3) Disinfect surfaces that are effective against norovirus and influenza.



FLU Q&A

Q: How does flu spread?

A: Most experts believe that flu viruses spread person to person, mainly by tiny droplets made when people with flu cough, sneeze, or talk.

#FIGHT FLU

Help fight the spread of influenza: Get a flu shot today!

Images and information courtesy of: www.cdc.gov

Childhood Lead Poisoning Can Occur at Any Age: Lead based paint in homes built before 1978 is the #1 cause of lead poisoning. Most lead poisoned children do not look or feel sick. The only way to know if your child is lead poisoned is through a blood lead test. At the minimum, children should be tested for lead at 12 and 24 months. Children who live in or regularly visit a home that was built before 1978 should be tested more frequently. Talk with your child's health care provider about a blood lead test for your child.

Upcoming Healthy Homes Meeting Date: Monday January 22, 2024 11:00 a.m. - 1:00 p.m.
New members are always welcome! Please contact Alicia Sanders for more information: asanders@siouxlanddistricthealth.org.



The Siouxland Healthy Homes Coalition is coordinated by the Siouxland District Health Department
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www.siouxlanddistricthealth.org