

Ask A Nurse Newsletter

Volume 2, Issue 3

November 2005

What is the "Ask a Nurse" Program?

The ASK A NURSE program is staffed by University of Delaware nursing faculty and graduate and undergraduate nursing students.

Our mission is to provide health and wellness education and programs to children and families.

Reach us at askanurse@udel.edu



What's New?

November is fire safety month
Stop Drop and Roll

Remember to wash your hands as cold and
flu season is near
Song is included in this edition

Nutrition tips for holiday pleasure

A is for Asthma

Information for disaster planning

- <http://www.udel.edu/askanurse>



November is Fire Safety Month

Make sure your smoke detectors work.

Know two ways out in case of fire!

If there is flame or smoke at your first exit, use the other way out.

Crawl low in smoke!

The air near the floor is better.

If you catch fire, STOP, DROP and ROLL!

This puts the flames out.

Put cool water on a burn.

Remember: a match is a tool. It is for grown-ups to use. Never allow children to play with matches.

Practice fire safety with your family.

From Sparky's coloring book available in the Education Resource Center Willard Hall U/D

**Remember to Wash your hands
and keep the germs away**

**Wash wash wash your hands to the
tune of Row Row Row Your Boat**

Wash wash wash your hands.

Wash them nice and clean.

**Wash them on top, wash them on
bottom and fingers in between.**

Sing twice while washing hands

Nutrition Tips for the Holiday Season!

Include some fun low calorie foods

Fresh fruits and vegetables are great additions and can be creative and colorful.

Don't get too hungry while waiting for the turkey. Small snacks of fruit and vegetables will help curb the appetite and help the potato binge.

Think of fun ways to celebrate throughout the day rather than just relying on food.

Play games that involve the mind and body. Charades and Simon Says are old standbys. A game of catch if the weather permits.

Take a walk after dinner.

Left overs are great but don't have dinner again before bedtime.

Substitute low calorie options for the recipes. Below is a Waldorf Salad with little guilt or try baked apples baked with apple juice and no sugar.

Apples - peel and discard the peel, slice thin and sprinkle with a bit of lemon to keep the brown ruffles away.

Celery - strip off the strings and slice into tiny bits
Pecans or walnuts - Just a few will do.

Miracle Whip - Use either the light or the nonfat variety.



For other ideas visit the website:

<http://www.dietbites.com/thanksgiving-diet.html>



Be Ready Book

This is a great resource for families. It describes how to prepare your family for disasters with help from cool cat, ready rabbit and disaster dog available to download from the Red Cross website. The 10 page booklet includes child activities and information about fire safety from cool cat, winter storms from ready rabbit and earthquakes from disaster dog.

Take a look at

<http://www.redcross.org/services/disaster/eduinfo/beready.pdf?tbclk=100210002282715.4975.61>

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A is for Asthma



A is for asthma is an action plan for what to do if a child with asthma feels sick.

1. Sit down
2. Stay calm
3. Get help

Adults can help during an asthma episode

- Notify the child's parent as soon as possible
- Are you allowed to administer medication?
If so check the child's asthma's profile to see what's needed and offer it.
- If necessary, call 911 for an ambulance

1998 Childrens television workshop "A is for Asthma" featuring the muppets presented by the Delaware Lung Association.