HEALTHY TIMES

Butte County Public Health Department CHDP NEWSLETTER

February, 2020 —Volume XXI Issue IX

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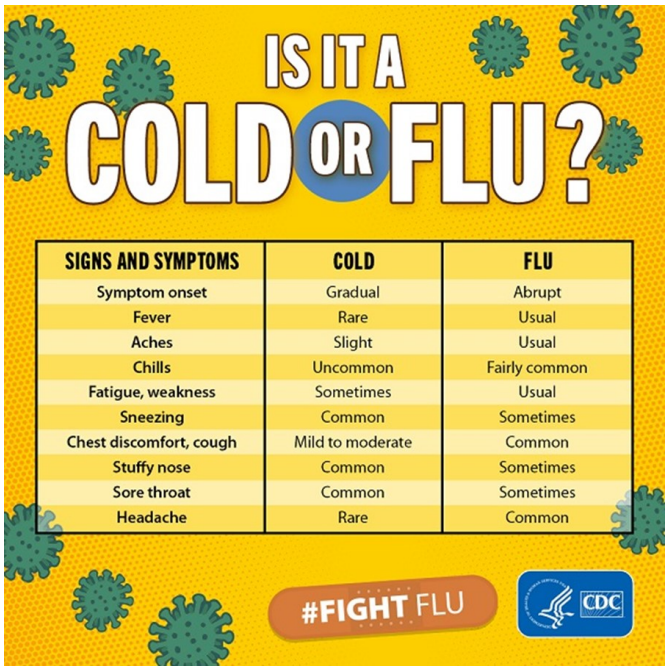
A Severe Flu Season

Submitted by Evelyn Jones, PHN

As of January 10, 2020, flu activity remained high and widespread in the United States, and the flu season was forecast to last several more weeks, according to the Centers for Disease Control (CDC). The 2019-2020 flu season began early with influenza B viruses (influenza B/Victoria) as the main circulating virus, followed by influenza A viruses. Influenza B viruses have not predominated since the 1992-93 flu season. Even though influenza B viruses are less common than influenza A viruses in most seasons, they can cause severe illness in children. Nationally, influenza B/Victoria viruses are the most commonly reported influenza viruses among children age 0-4 years and 5-24 years, while A (H1N1)pdm09 viruses are the most commonly reported influenza viruses among persons 25-64 years and 65 years of age and older, per the CDC. Flu illness can result in complications such as pneumonia and bacterial infections, and unfortunately results in hospitalizations and deaths each year, including among children. Antiviral medications can be used to treat influenza illness, but are not a substitute for flu vaccination and these medications are recommended to be given as soon as possible to treat hospitalized patients, people who are very sick, and people at high risk of serious flu complications. Check with your child's doctor promptly if they become sick with flu symptoms. To stop the spread of illness, cover your coughs and sneezes, wash hands often with soap and water, and stay home when you are sick. Getting a flu shot is the best way to provide protection. The CDC recommends all persons 6 months of age or older should get an annual flu vaccination, if they have not already received it. Check with your doctor or local pharmacy if you or your child still need a flu shot.

IT'S NOT TOO LATE TO VACCINATE!

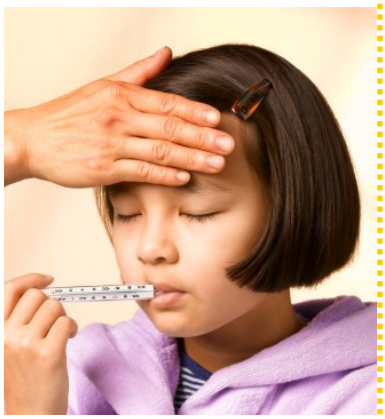
(Information taken from: https://www.cdc.gov/flu/weekly/index.htm.)



SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

2 Page Flu Guide for parents:

https://www.cdc.gov/flu/pdf/freeresources/family/flu-guide-for-parents-2018.pdf



TAKE 3 ACTIONS TO FIGHT FLU

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

WWW.CDC.GOV/FLU

#FIGHT FLU

CDC

February is National Children's Dental Health Month

Submitted by Aimee Myles, PHES, Sr.

Having a healthy smile starts with a child's first tooth. Join CHDP as we celebrate the month making sure that children have regular dental checkups and are brushing twice a day, ideally after breakfast and before bed at night.

Children as young as 18 months can have a mouth full of decayed teeth, which is painful and can require hospital dental surgery. Although tooth decay is largely preventable, it remains the most common chronic disease in young children—5 times more common than asthma.

Baby teeth are important and need to be taken care of to prevent decay. Children need baby teeth for chewing, talking, smiling, and to save room for adult teeth. If baby teeth are decayed, this is painful and children may not be able to sleep, eat, or learn in school. The best way to ensure that a child does not get cavities or periodontal (gum) disease is by teaching proper oral health habits at an early age and knowing what causes tooth decay.

Moderate to severe decay

Healthy mouth

Germs which cause tooth decay can be spread to infants and toddlers through saliva. It is very important not to share cups, eating utensils, toothbrushes, or food with children. Do not "clean" pacifiers by putting them in your own mouth first. Sugary foods and drinks feed the germs that cause tooth decay. The germs make acids that cause cavities (decay).

Parents can begin cleaning the baby's mouth during the first few days after birth. After every feeding, gently wipe the baby's gums with a damp washcloth or gauze pad. This establishes at an early age the importance of oral hygiene and the feel of having clean teeth and gums. When teeth start to come in, they should be brushed twice a day with a soft infant toothbrush and **fluoride toothpaste** in an amount no more than a smear or the size of a grain of rice. (www.mouthhealthy.org)

As soon as a child's first tooth appears, it's time to schedule a dental visit. The American Dental Association recommends that the first dental visit take place within six months after the first tooth appears, but no later than a child's first birthday. The first dental visit should be presented to the child as positive and non-threatening. Using words such as "hurt", "pain" and "brave" could scare a child. Let a child know a dentist is a friendly doctor who will help them take care of their teeth. It's also best to let the dentist explain what will happen during the visit. Remember: A child's first visit to the dentist is important and will form a lifelong attitude toward dental care and treatment. Children should have a dental exam every 6 months or as recommended by dentist.

Additional tips for preventing tooth decay are to:

- Begin flossing their teeth daily when a child has two teeth that touch.
- Eat healthy meals and snacks. Frequent snacking and sipping on sugary foods/drinks creates an acid wash on teeth all day that eats away tooth enamel.
- **Rethink Your Drink!** Water is the healthiest drink. Low-fat milk at mealtime is also a healthy option. Sodas, fruit juice, 'juice' pouches/boxes and sports drinks contain a lot of sugar and calories.
- **Prevent Baby Bottle Tooth Decay.** Place only breast milk, formula, or milk in bottles and allow baby to finish the bottle before putting them down for sleep so that milk will not pool behind the teeth. Avoid filling the bottle with liquids such as sugar water, juice or soft drinks that cause baby bottle tooth decay.
- **Ask your pediatrician** about **fluoride varnish**, which is painted on baby teeth. It is quick and highly effective in preventing and arresting cavities.
- **Ask your dentist** about dental sealants, a plastic protective coating applied to the chewing surfaces of the back teeth (where decay often starts) to protect them from decay.

Promotion of good oral health is something we can all do. For more information and a dental resource list, contact the Butte County Child Health and Disability Prevention Program (CHDP) at 552-3961. Go to http://www.ada.org/en/public-programs/national-childrens-dental-health-month for posters, activity sheets, and information on children's oral health.

American Dental Association Announces Interim Policy on Vaping

Submitted by Aimee Myles, PHES, Sr.

CHICAGO, Dec. 16, 2019 — The American Dental Association (ADA) today announced a new interim policy on vaping, calling for a total ban on vaping products that aren't approved by the Food and Drug Administration (FDA) for tobacco cessation purposes.

The policy states that the ADA:

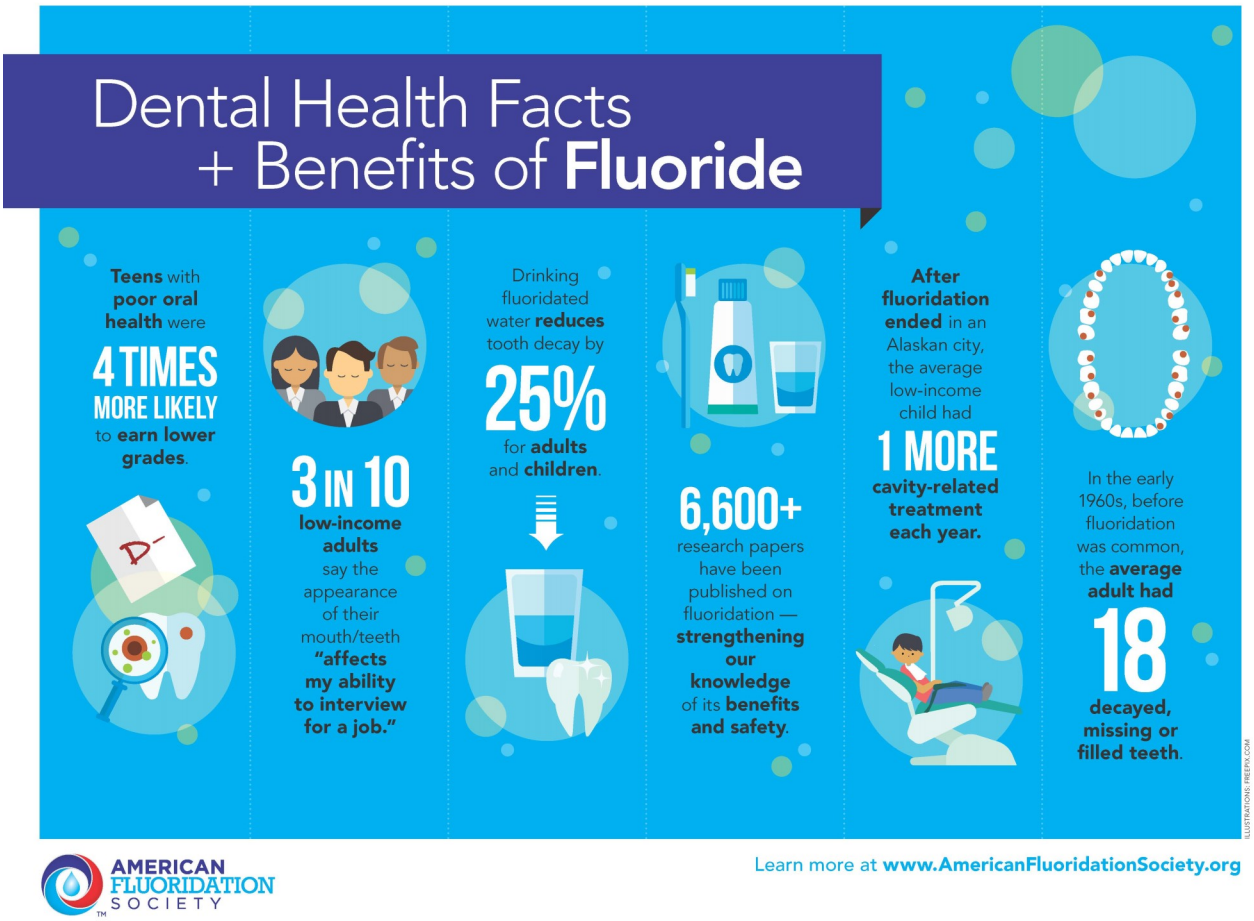
- Urgently advocate for regulatory, legislative, and/or legal action at the federal and/or state levels to ban the sale and distribution of all e-cigarette and vaping products, with the exception of those approved by the FDA for tobacco cessation purposes and made available by prescription only; and
- Advocate for research funding to study the safety and effectiveness of e-cigarettes and vaping products for tobacco cessation purposes and their effects on the oral cavity.

The policy mirrors recent action taken by the American Medical Association and is a call to action to ensure the health and safety of consumers.

"While the long-term oral health effects of vaping are under scientific review, as health professionals we must be prudent in protecting consumers from potentially harmful products," said ADA President Chad Gehani, D.D.S. "We will continue to advocate for additional research, but we must protect the health of our patients first and foremost. A ban such as this would ensure patient safety while allowing us to explore the impact of vaping products on oral health."

The ADA has advocated for the development of a body of scientific research examining the oral effects of both tobacco and non-tobacco nicotine delivery products as part of the ADA policy on tobacco use. In addition to this interim policy, in September, the ADA House of Delegates passed a resolution stipulating that the word "vaping" and any other alternative nicotine delivery systems be added to the existing ADA policy focused on tobacco use prevention, research and regulation.

For more information about the ADA's advocacy efforts around vaping and tobacco products, visit ADA.org/vaping.



Preteen Vaccine Week

Submitted by Heather Hogan, RN

You can't be by your preteen's side every minute. Immunizing your child is one way to ensure they are protected from dangerous diseases now and for the years ahead.

The federal Advisory Committee on Immunization Practices (ACIP) currently recommends that 11 and 12 year olds receive Tdap, meningococcal, and seasonal flu vaccines. HPV vaccine can be given starting at age 9. Some preteens may also need to catch-up on other immunizations, including chickenpox (many don't have their 2nd dose), MMR (measles, mumps, rubella), and hepatitis B. In California, a Tdap booster shot and two shots of chickenpox vaccine are now required before 7th grade. Check with your health care provider to make sure your child is up to date. Health officials worry that California is due for another whooping cough epidemic. A Tdap booster shot will protect your child against the ongoing threat of whooping cough and help to meet the 7th grade immunization requirement for school entry; two doses of chickenpox vaccine are now also required. If your preteen has not yet received these immunizations, contact your doctor or local health department.

From 2018-19, there were multiple large measles outbreaks in the U.S., spreading quickly among those not immunized. Several of those cases were in California. Some unvaccinated students were required to stay home from school up to 21 days. Stay ahead of illness and quarantine—be sure your preteen has received two doses of MMR, the vaccine that prevents measles, mumps, and rubella.

If your preteen does not have health insurance, or his/her health insurance does not cover the costs for vaccines, ask your doctor or local health department about the Vaccines for Children Program (VFC). To learn more about VFC, visit: www.cdc.gov/vaccines/programs/vfc/parents/index.html. Find doctors participating in VFC in your area.

Safe to Sleep

Submitted by Ann Dickman, Nursing Supervisor, MCAH

Dear Safe to Sleep Community:

Winter holidays often bring families together so it's a good time to remind people that everyone plays a role in keeping baby safe. When grandparents and other trusted caregivers visit and take turns looking after baby, make sure they know how to help baby sleep safely.

Follow these tips to help keep baby safe during naps and at night. Every sleep time counts!

- Always place baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS. The back sleep position is the safest position for all babies until they are 1 year old.
- Babies who usually sleep on their backs but who are then placed to sleep on their stomachs, such as for a nap, are at **very** high risk for SIDS. That's why every sleep time counts. So it is important for everyone who cares for baby to use the back sleep position for **all** sleep times—for naps and at night.

Safe to Sleep (continued)

Submitted by Ann Dickman, Nursing Supervisor, MCAH

- Do not put soft objects, toys, crib bumpers, or loose bedding under baby, over baby, or anywhere in baby's sleep area.
- Baby should not sleep in an adult bed, on a couch, or on a chair alone or with a caregiver or anyone else, including siblings or pets.
- Couches and armchairs can be very dangerous for babies, especially if adults fall asleep as they feed, comfort, or bond with baby on these surfaces. Parents and other caregivers should be mindful of how tired they are during these times and avoid these surfaces.

As the temperature drops, some parents may feel that it's time to bundle their babies for sleep, but this may increase their risk for SIDS and other sleep-related causes of infant death. Remember, it may be cold outside, but winter heating may make it quite warm indoors. Overheating is a risk factor for SIDS.

To reduce the likelihood of baby overheating during sleep:

- Dress baby in sleep clothing, such as a wearable blanket, designed to keep him or her warm without the need for loose blankets in the sleep area.
- Keep baby's face and head uncovered during sleep.
- Use a firm and flat sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet. Keep loose bedding and soft items out of baby's sleep area.
- Dress baby appropriately for the environment, and do not over bundle.
- Watch for signs of overheating, such as sweating or baby's chest feeling hot to the touch.

Remind family members and friends that baby's sleep area needs to be free of loose blankets, pillows, and soft toys. You can display these thoughtful gifts in your home, and baby can play with them while awake, but they aren't safe in the sleep area. Crib bumpers are also not recommended, because they are linked to serious injuries and deaths from suffocation, entrapment, and strangulation.

Making sure everyone follows safe infant sleep guidelines this season is the best gift you could give your baby and your family.

We wish you and your family a safe and healthy new year!

Warm regards,
Safe to Sleep® campaign
Office of Communications
Eunice Kennedy Shriver National Institute of Child Health and Human

Development
National Institutes of Health
U.S. Department of Health and Human Services

* A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at 1-800-638-2772 or http://www.cpsc.gov.

Learn about our new safe infant sleep messages.

Possible Lead Exposure in Holiday Toys and Toy Jewelry

Submitted by Tou Chan, PHES, Sr.

Recently, the Centers for Disease Control & Prevention (CDC) published an article about possible lead hazards in holiday toys and toy jewelry, warning to be especially wary about imported toys, antique toys, & toy jewelry for its possible lead content. As we know, children often put fingers, toys and/or other things in their mouth putting them at risk for lead exposure. The CDC recommends to keep small children away from toys, toy jewelry and other objects that may contain lead.

Lead has been a key ingredient in some paints, metals, and plastic parts, especially for toys and collectibles. Lead has multiple functions in the toy making process. It has been used to softening the plastic, stabilize molecules from heat and in creating alloys suitable for toy manufacturing.

Remember to check the ***Consumer Products Safety Commission's*** list for toy recalls.

A good place to check to see if a toy has a lead recall warning is the U.S. Consumer Product Safety Commission (CPSC) at the CDC website at https://www.cpsc.gov/Recalls

On August 14, 2008, "The Consumer Product Safety Improvement Act" (CPSIA) was signed into law. This required that toys and infant products be tested to mandatory standards to eliminate lead and ban phthalates in children products.

The Consumer Federation of America's, ***CPSIA's and lead fact sheets*** https://consumerfed.org/pdfs/CPSIA-and-Lead-Fact-Sheet-8-5-13.pdf states:

There is no known safe level of lead exposure:

- Lead is a potent neurotoxin that causes permanent, irreversible brain damage.
- Children are especially susceptible to its toxic effects.
- A child's exposure to lead can result in lifelong harms, such as reduced IQ, learning disabilities, aggressive behavior, and serious and long-lasting effects on health and well-being.
- Cumulative lifetime exposure has also been linked to neurotoxicity and cardiovascular effects later in life.
- The effects of lead exposure also pose a serious economic burden on American society and cost us tens of billions of dollars.
- In April of 2012, the Center for Disease Control and Prevention (CDC) affirmed that there is no safe level of lead. The CDC revised their lead guidelines downward. Any child with a blood lead level of more than 5 micrograms of lead will now be considered at risk of lead poisoning.

Accordingly to the Agency for Toxic Substances & Disease Registry under the CDC, "Children often show no signs of lead toxicity until they are in school …"

You may be thinking, what could I do if I think my child was exposed to a toy or toy jewelry containing lead. First, you can remove the toy or toy jewelry from the play area and contact your child's pediatrician. From there, your child's pediatrician can help you decided if a simple blood test is required and recommended.

Together we can prevent childhood lead poisoning in all Butte County children.

Recalls

Submitted by Aimee Myles, PHES, Sr.

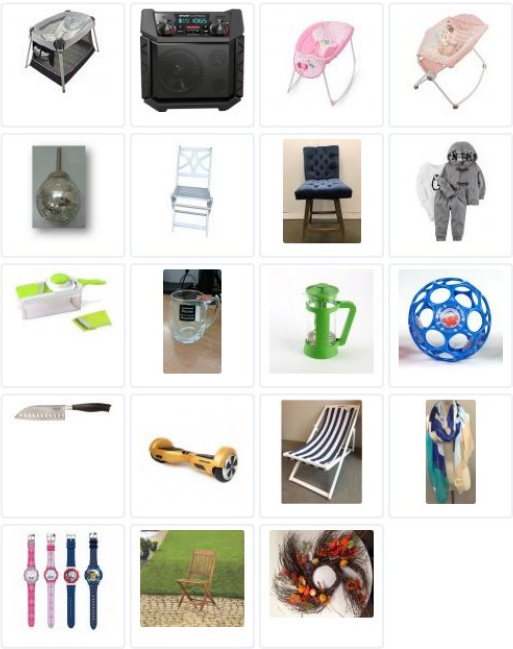
Mark Feldstein & Associates Recalls Stacked Gourd Jack-O-Lantern Decorations Due to Fire Hazard

Recall Details:

This recall involves Stacked Gourd Jack-O-Lantern decorations. The 12-inch Jack-O-Lantern is hand-painted resin and has battery-operated LED string lights inside the product. The Jack-O-Lantern's lights are powered with three AAA batteries. Printed on a hang tag and a label on the box is UPC code 789683062481, model number S1915D12 and Mark Feldstein & Associates Inc.

Recalls continued

Remedy: Consumers should immediately stop using the recalled Stacked Gourd Jack-O-Lantern decorations and contact Mark Feldstein & Assoc. to receive a full refund.
Incidents/Injuries: The firm has received four reports of the Jack-O-Lantern decorations smoking or catching on fire. No injuries or property damage have been reported.
Sold At: Paper Store, Hallmark stores, and independent gift stores nationwide from August 2019 through October 2019 and online from Amazon for about $20.
Importer(s)): Mark Feldstein & Assoc., Inc. of Sylvania, Ohio and 1i4 Group, of Logan, Utah
Manufactured In: China **Recall number:** 20-031
https://www.cpsc.gov/Recalls/2020/Mark-Feldstein-Associates-Recalls-Stacked-Gourd-Jack-O-Lantern-Decorations-Due-to-Fire-Hazard



Recalled Products Sold by T.J. Maxx, Marshalls and HomeGoods After Recalls Were Announced

Name of product: 19 different recalled products

Hazard: Hazards include infant fatalities, burn, choking, fall, laceration, skin irritation, explosion or other injuries depending on the product.

Remedy: Refund, replace, repair

Recall date: November 26, 2019

Units: About 1,200

Consumer Contact:

Contact directly the recalling companies listed below in the "Recall Details" section of this press release for the remedy. T.J. Maxx, Marshalls, and HomeGoods can be reached as follows:

T.J. Maxx at 800-926-6299 from 9 a.m. to 6 p.m. ET Monday through Friday or online at www.tjmaxx.com then click on Contact Us at the bottom of the page.

Marshalls at 888-627-7425 from 9 a.m. to 6 p.m. ET Monday through Friday or online at www.marshalls.com and click on Contact Us at the bottom of the page.

HomeGoods at 800-888-0776 from 9 a.m. to 6 p.m. ET Monday through Friday or online at www.homegoods.com and click on Customer Service at the bottom of the page

Recall number: 20-033

https://www.cpsc.gov/Recalls/2020/Recalled-Products-Sold-by-T-J-Maxx-Marshalls-and-HomeGoods-After-Recalls-Were-Announced

This Is Why You Should Never Refill Your Plastic Water Bottle

Submitted by Tracy Snyder, PHA, Sr.

Most of us don't think twice about refilling our plastic water bottles. After all, it's all in the name of personal hydration—plus, it's eco-friendly. And there's absolutely nothing harmful about a simple bottle of water, right? (Just make sure you're not leaving your bottled water in a hot car—here's why.) You can thank Bisphenol A (commonly known as BPA), a chemical used to manufacture polycarbonate plastics, for your water woes since this harmful chemical can leach into the water .

Researchers have linked BPA to a wide range of health issues. This includes certain endocrine disorders that affect both male and female fertility, increasing the risk of certain hormone-dependent cancers like breast cancer and prostate cancer, as well as a tie to polycystic ovary syndrome (PCOS) in women. And BPA isn't the only issue with bottled water. One study analyzed water bottles from different manufacturers and countries and found that 93 percent had tiny particles of plastic, known as microplastics, that leached out into the bottled water.

Still, many manufacturers today are opting for BPA-free products. Some replace it with BPS or BPF, both of which may still disrupt your cells, according to 2015 research. This research also explains why plastic is one of the things you should really never microwave. Plastic goods with recycling numbers 3 &7 may contain BPA, BPS, or BPF.

Reusable plastic bottles aren't much better, either, researchers tested different types of reusable water bottles used by athletes for a week and found that the bacteria count reached more than 313, 499 colony-forming units per square centimeter, on average, depending on the type of bottle. Get this: That's more bacteria than the average toilet seat. Plus, 60 percent of those germs were able to make people sick.

To hydrate without harm, smart drinkers should avoid re-using disposable bottles. Instead, you should recycle them after drinking once; or, better yet, invest in a bottle made from glass or stainless steel. Not only will doing so benefit your health, but you can help the environment, too. There are plenty of other shocking statistics that will make you stop using plastic, as well.

Source:

- National Institute of Environmental Health Sciences: "Bisphenol A (BPA)"
- *Frontiers in Chemistry*: "Synthetic Polymer Contamination in Bottled Water"
- Treadmill Reviews: "A Look Under the Cap—Water Bottle Germs Revealed."

How much water do you need? The average person needs 4-6 glasses of water a day. Be aware of symptoms of dehydration. If you notice weakness, low blood pressure, dizziness, confusion, dark colored urine, or feel thirsty then you need to drink more water. Also be sure to eat plenty of water rich foods like salads, and fruits.

Butte County Public Health to roll out STD "Get Tested" campaign

Submitted by Angela Smith, Administrative Assistant

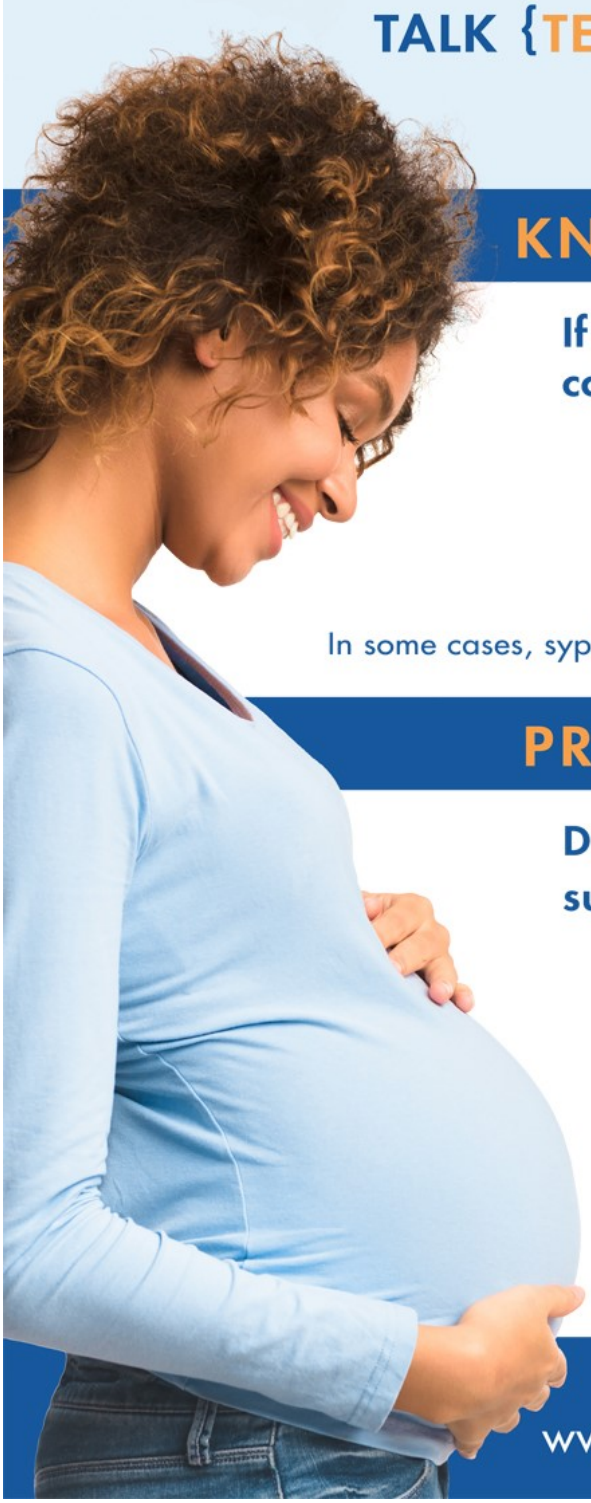
Butte County Public Health has launched a campaign to raise awareness of sexually transmitted diseases (STD). Public Health has received a $75,000 outreach grant for advertising on billboards, movie theatres, bus stops and print ads. Part of the funding will be used to provide outreach for local providers and to increase STD testing capabilities at both Public Health Clinics.

Data obtained through CA Department of Public Health, STD Control Branch for 2017 showed that Butte County's syphilis rates were an alarming four times higher than the state rate and the number of Congenital Syphilis incidents (STD transmitted from mother to unborn child) was more than double. Syphilis, however, is not the only STD Butte County Public Health officials are concerned about. Chlamydia and Gonorrhea cases are also on the rise.

Public Health's goal for this grant is to increase awareness for women ages 15-25 using the tag-line "Talk, Test, Treat," encouraging them to get tested and how simple the process can be. For more information on this topic and to find out where you can go to get tested and treated please go to http://www.buttecounty.net/ph/GetTested

Protect Your Baby from SYPHILIS

TALK {TEST} TREAT



KNOW THE DANGERS

If you have syphilis, your baby could be born:

- Blind
- Deaf
- Premature
- Anemic
- Underweight
- With Meningitis

In some cases, syphilis can cause your baby to be stillborn.

PROTECT YOUR BABY

During your pregnancy, make sure to Talk, Test and Treat.

- Use condoms
- Talk to your doctor
- Talk to your partner
- Get tested
- Get treated

Butte County
PUBLIC HEALTH

www.buttecounty.net/GetTested

Butte County Sheriff's Annual Bike Giveaway

Submitted by Eunice Lopez, PHES

On December 20, 2019, the annual Butte County Sheriff's Office Bike Giveaway celebrated its 20th year of giving free bikes and helmets to children in our community. The Office of Traffic Safety team from Butte County Public Health dressed in the spirit of the holidays and provided free helmets and fittings to low-income children from Oroville and Concow schools. Upon arrival, each family was greeted by friendly staff members and children were led to a large room where a plethora of bikes were awaiting them. Bikes were available in many colors, styles, and heights so there was a perfect bike for each child. After choosing their perfect bike, the children were then shown to long tables full of colorful helmets. BCPH staff picked out helmets for each child and fitted them on their heads. A best-fit meant that the helmet correctly sat on the child's head, the straps fit snugly around the ears, and the chin strap was not too loose.

Overall, 46 helmets and bikes were given away. This means 46 children in our community are now riding bikes properly fitted to them, correctly wearing their helmets, and grinning ear to ear knowing they are much safer!

To properly fit a helmet, follow the "2V1" steps:

2: Place the helmet on your head so it does not sit too far forward or too far back. When properly sitting on your head, you should be able to place 2 fingers between your eyebrow ridge and helmet.

V: Make sure the side straps form a flat V around your ears, they are snug, and not twisted.

1: If you can place only 1 finger under your chin strap, it is tight enough. If you can place more than one, you need to tighten it more.

Always wear a helmet no matter your age, have fun, and ride safely!

Free Car Seat Check Up

FEBRUARY 21ST, 2020

2:30-4:00 PM

Chico Mall

1950 E 20th St, Chico

(by Outback Steakhouse)

Come have your child safety seat inspected by certified technicians

CHP

OTS CALIFORNIA OFFICE OF TRAFFIC SAFETY

Butte County PUBLIC HEALTH

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Safety Administration

Butte County Public Health

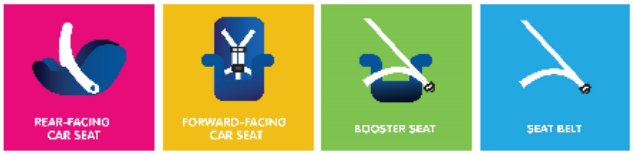
2019-20 Car Seat Class Schedule 9-11am

You must PRE-REGISTER to attend

Registration begins on the FIRST day of the month PRIOR to the class date. Calls for registration are only accepted during the time period for each class date and until the class is full. No Advanced registrations accepted.
Classes do fill quickly and space is limited.

1-800-339-2941

Class Date:	Location:	Language:	Registration:
October 2, 2019	Oroville	English	September 1, 2019
November 13, 2019	Chico	English	October 1, 2019
December 11, 2019	Oroville	English	November 1, 2019
January 8, 2020	Chico	English	December 1, 2019
February 12, 2020	Oroville	English	January 1, 2020
March 11, 2020	Chico	English	February 1, 2020
March 18, 2020	**Gridley**	**Spanish**	**February 1, 2020**
April 8, 2020	Oroville	English	March 1, 2020
April 15, 2020	**Oroville**	**Hmong**	**March 1, 2020**
May 13, 2020	Chico	English	April 1, 2020
June 10, 2020	Oroville	English	May 1, 2020
July 8, 2020	Chico	English	June 1, 2020
August 12, 2020	Oroville	English	July 1, 2020
September 9, 2020	Chico	English	August 1, 2020

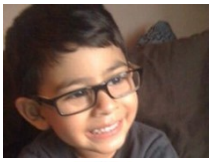


Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration

VSP's Sight for Students Program

Submitted by Katherine "Mimi" Gray, PHN

Did you know about this resource for glasses? Read below about VSP's Sight for Students program!



SIGHT FOR STUDENTS

The Sight for Students® program is the VSP® Vision Care national charity program. Every year, VSP provides free eye exams and prescription eyewear to more than 50,000 children through the VSP private-practice network of more than 30,000 eye doctors. The program operates through a network of community partners who identify children in need.

Learn more about the program at:
https://vspglobal.com/cms/vspglobal-outreach/gift-certificates.html

Healthy Valentine's Day Recipe for Kids

From: Yummymummykitchen.com
Submitted by Angela Smith, Administrative Assistant

Strawberry Banana Smoothie

Yield: 2 small smoothies

Prep time: 2 minutes Cook time: 2 minutes Total time: 4 minutes

An easy plant-based strawberry smoothie made with real food ingredients.

Ingredients:

- 1 banana peeled
- 1 cup frozen strawberries
- 1/2 cup coconut milk (or other favorite milk)

Instructions:

Blend all ingredients in a blender until smooth, adding more liquid if needed to turn the blender.

Please note, the following Provider Information Notices (PIN) has been released on January 29, 2020 regarding Follow Up of Medi-Cal Dental Provider Referrals:

https://www.dhcs.ca.gov/services/chdp/Documents/CHDP-PIN-20-01.pdf

Please contact the CHDP office at (530) 552-3961 if you need additional copies.

REMEMBER: The CPS worker investigating suspected child abuse has the right to interview the child during school hours.

---from: 50 Facts You Should Know About Child Abuse-State of California Office of Child Abuse Prevention brochure.

Call the National Parent Hotline for help at 1-855-4A PARENT or 1-855-427-2736.