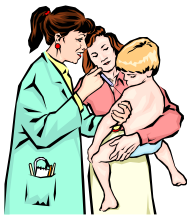


**National Infant Immunization Week is April 22-29, 2006**

Vaccines protect the community by preventing the spread of disease and by saving lives. Diseases such as measles, whooping cough, diphtheria, rubella, and polio are diseases that have caused suffering and death in years past; however, the viruses and bacteria that cause these diseases still circulate in the United States and in many parts of the world today. Childhood immunizations are responsible for the control of many infectious diseases. If vaccinations cease, these diseases can and will return. There is overwhelming research supporting the use of vaccines which can save lives; however, some parents are still concerned over the potential side effects of the vaccines and will not allow their child to have the proper immunizations required by the state to enter into the public school system. The health and safety of our children should be the biggest concern of parents. The principle behind routine vaccinations for all children is very basic- it saves lives.

**ON THE BACK:**

- Poison Safety
- Low Fat Chocolate  
Banana Parfait Recipe
- Child Guidance Classes



**Vaccines are safe**

- The United States has the safest, most effective immunization.
- Diligent testing is required by law before an immunization can be licensed.
- Immunizations are continually monitored for safety and effectiveness.

**Reactions to vaccines**

- Infrequently, some who receive a vaccine do not respond to it and may still become ill although the vaccine was meant to protect against the disease.
- For the most part, vaccines are effective and generally do not cause side effects; however, they may give mild reactions such as fever or tenderness at the injection site.
- Rarely, people experience serious side effects, such as allergic reactions
- Each person may react differently to vaccines.

**Who should not be vaccinated?**

- Children with compromised immune systems, such as cancer patients, may need to wait to be vaccinated
- Previous severe allergic reaction to a vaccine warrants not receiving another dose. People with a common/ mild illness, such as a cold or a low-grade fever, do not have to wait to be vaccinated.
- Ask your health care provider for more information on your child's vaccine status.

**Risks of not vaccinating your child**

- Puts the child and others in contact with him/ her at risk of contracting a dangerous or deadly disease.
- Puts unvaccinated children at risk for meningitis, caused by a severe bacterial infection, blood infections, hearing loss caused by mumps, or liver cancer caused by the hepatitis B virus.

## Poison Safety– How do you rate on the poison safety checklist?



- Know which household products are poisonous.
- Keep poisonous products out of kids' reach
- Keep the Poison Control Center hotline number by each phone: 1-800-222-1222.
- Don't mix different cleaning products together.
- Keep products in the original containers. Read labels to learn if a product is poisonous.
- Never refer to medicine or vitamins as candy.
- Choose medicines and products that have child-resistant caps.
- Keep make-up, hair spray, cologne and other personal products away from children.
- Install carbon monoxide detectors in the home.
- Throw away old medicines and cleaning products.

### Low Fat Chocolate Banana Parfait



- 2 cups cold fat free milk
- 1 package (4-serving size) Chocolate Flavor Fat Free Sugar Free Instant Reduced Calorie Pudding and Pie Filling
- 2 medium bananas, sliced
- 3/4 cup frozen whipped topping, divided

**POUR** milk into medium bowl. Add pudding mix. Beat with wire whisk 2 minutes or until well blended.

**SPOON** half of the pudding evenly into 4 dessert glasses. Cover with layers of banana slices, 1/2 cup of the whipped topping and remaining pudding. Top with remaining whipped topping.

**REFRIGERATE** until ready to serve.

*Source: Kraft Foods*

#### Child Guidance Classes Offered at the Bryan County OSU Cooperative Extension Service

The Bryan County OSU Cooperative Extension Service is offering classes for parents at the Bryan County Community Building, 1901 South Ninth Street. The classes about discipline, misbehavior, self control & communication will be held from 6:00 P.M. - 7:30 P.M. on the following Tuesdays: May 2, 9, 16, 23, 30 & June 6.

There is a one time charge of \$5.00. Please pay the registration at the OSU Extension Office prior to the first class.

This flyer has been brought to you by the Bryan County OSU Cooperative Extension Service. For more information on a variety of family topics, contact the Bryan County Extension Office at 924-5312 or <http://countyext.okstate.edu/bryan/>.

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