

A lesson that can save your life!

Teach your kids to call 911



It is important that children know how to get help in case of an emergency. Teaching kids to call 911 should start as soon as they can understand how to use the phone. The basics are: Know when to call, make sure the call-taker knows where you are located and don't hang up. Always refer to the emergency number as "nine-one-one" not "nine-eleven."

If your children are very young, tell him to tell the person on the line that they need help right away. Explain to your children what will happen when they call 911. Tell them that someone (a man or a woman) will ask them whether they need police, fire or an ambulance. Next will ask: What type of emergency is this? Who needs help? and if the person awake and breathing?

Explain to your child that it's OK to be frightened in an emergency, but that it's important to stay calm, speak slowly and clearly, and give as much detail to the 911 operator as possible.

Tell your child not to hang up until told to do so. In most cases, 911 operators will keep kids on the line until responders arrive. Children want to know someone is there.

Teach your child when to call 911. Describe possible emergencies, fires, someone bleeding a lot or someone not moving are examples of emergencies.

If you have special circumstances in your house, such as an elderly

grandparent or a person with a heart condition, epilepsy, or diabetes living in your home, prepare your child by discussing specific emergencies that could occur and how to spot them.

In the confusion of an emergency, calling from a printed list is simpler than looking in the phone book or trying to figure it out. Keep a list of emergency phone numbers handy near each phone. The list should also include known allergies, especially to any medication, medical conditions, and insurance information.

Teach your kids that 9-1-1 is NOT for playing and is NOT for animal emergencies. If this is the case, call Animal Control at (858) 278-9760.

Parental Vaccine Refusal Results in increased Pertussis Cases

Over the past 40 years, childhood immunization has eliminated or reduced many vaccine-preventable diseases, including polio, diphthe-

ria, measles, mumps and rubella. In the study, "Parental Refusal of Pertussis Vaccination Is Associated With an Increased Risk of Pertussis Infection in Children," researchers identified 156 confirmed cases of pertussis (whooping cough), and 595 control subjects. Children of parents who refused pertussis immunization were at 23 times the risk for infection compared to vaccinated children. Herd immunity does not appear to completely protect unvaccinated children from pertussis, which highlights the need to develop an effective way to explain the risks and benefits of this and all immunizations to parents. Future research needs to focus on the community impact of vaccine refusal and the risks to other vulnerable groups including young children and older adults.

There have been 62 cases of whooping cough in San Diego County this year. In 2008, there were 51.

For more information about whooping cough, please call the HHS Immunization Branch at (619) 692-8661, or visit the web site at www.sdiz.org.

Vaccine Could Prevent Deaths, and Save Costs During a Flu Pandemic

Since 2000 the Centers for Disease Control and Prevention (CDC) Immunization Practices Advisory Committee (ACIP) has been recommending PCV vaccinations for infants and children.

A new predictive model shows that vaccinating infants with 7 valent pneumococcal conjugate vaccine (PCV7) — the current recommendation — not only saves lives and money during a normal flu season by preventing related bacterial infections; it also would prevent more than

357,000 deaths during an influenza pandemic, while saving \$7 billion in costs.

Bacterial infections, particularly Pneumonia (pneumococcal disease), can follow a viral illness such as flu and cause secondary infections that worsen flu symptoms and increase influenza-related risk. Bacterial infections it's believed that may have been the cause of nearly half of the deaths of young soldiers during the 1918 flu pandemic.

Keith P. Klugman, PhD, professor of global health at Emory University's Rollins School of Public Health, presented results of the research at an infectious diseases conference in Washington, D.C.

"Our research shows that routine pneumococcal vaccination is a proactive approach that can greatly reduce the effects of a future flu pandemic," says Klugman. "Countries that have not yet implemented a pneumococcal vaccination program may want to consider this as part of their pandemic flu preparedness." He added.

The Youngest Case Of Suicide Attempt

The case report, published in Cases Journal, describes how a seven year-old Iranian boy was found by his mother, semi-conscious, lying down with a torn band around his neck. It was apparent that the boy had hanged himself after watching a scene in a fictional film in which four soldiers were hanged before being rescued and escaping. The boy was taken to hospital and treated effectively.

There was no history of depression or anxiety in the boy and his medical record was insignificant. The boy's family history also displayed no suicidal tendencies. However, the boy was diagnosed with attention deficit disorder ("ADHD") and had a tendency for impulsive behaviour. Although the roles of anxiety and depression in suicide have been well documented, there has been no research into the role of ADHD and impulsivity in such cases, and these should be considered by doctors in future.

This case warns of the potential danger to young people who are exposure to suicidal behaviour in the media even when it is fictional, and exposes the previously ignored role of attention deficit and impulsive behavioural traits on suicide.

More information about medical and clinical cases in the Cases Journal can be found at www.casesjournal.com Cases Journal is a peer-reviewed, open access journal. The editor-in-chief is Richard Smith, previously known for his role as editor of the British Medical Journal.

HEALTHINFOHELP

EMERGENCY

- Ambulance
- Paramedics
- Police
- Fire department

911

EMERGENCIA

- Ambulancia
- Paramédicos
- Policía
- Bomberos

POISON CONTROL

1-800-222-1222

CRISIS LINE:

1-800-479-3339

SUICIDE INTERVENTION:

1-800-784-2433

YOUTH CRISIS:

1-800-843-5200

AMERICAN RED CROSS:

619-542-7400

MISSING CHILDREN:

1-800-843-5678

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES

(858) 694-3900

1700 Pacific Highway,
Rm. 320 San Diego,
CA 92101

8 am - 5 pm weekdays,
Monday through Friday.



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- CVS**
1-888-607-4287
- Imperial Beach Pharmacy**
619-424-8143
- Ker Pharmacy**
619-474-0590

HOSPITALS

HOSPITALES

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1-800-400-7003
- Children's Hospital**
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- Kaiser Permanente**
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- Paradise Valley Hospital**
1-800-979-9095
- Palomar Pomerado Hospital**
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- La Jolla- 858-657-7000

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