



# Families Connect

"Healthy Babies Right from the Start...Planning, Pregnancy, Parenting"

Volume 10 Issue 1

## Pregnancy and the 2009 H1N1 Flu

### Protect Yourself, Protect Your Baby from H1N1

Pregnant women can get seriously ill with the 2009 H1N1 influenza virus (sometimes called "novel H1N1 flu" or "swine flu")

- A pregnant woman who gets any type of flu has a greater chance for serious health problems.
- Pregnant women who get H1N1 are also more likely to have serious illness and can die from 2009 H1N1 flu.
- To protect yourself and your baby, make sure to get both the 2009 H1N1 flu shot and the seasonal flu shot.

For The Best  
Protection Get  
Vaccinated

### "What are the symptoms of seasonal and 2009 H1N1 flu?"

- fever \*\*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

**\*\*Not everyone with flu will have a fever.**

Source: CDC

If you are **pregnant** and have flu symptoms, call your doctor right away. Treatment should begin as soon as possible. Treatment works best when started early (within 48 hours after symptoms begin). If you cannot reach your doctor go to the emergency room. Not getting treatment may be life threatening.



### Breastfeeding and H1N1

- You do not have to stop breastfeeding if you have the flu.
- Mothers who are breastfeeding should be vaccinated and can continue to breastfeed.
- Breastfeeding protects babies.
- If you are too ill to breastfeed, pump and have someone give the expressed milk to your baby.



For more information:  
Nassau County  
Department of Health  
Flu Call Center:  
1-888-684-4271

### Our Mission:

To improve birth outcomes and maternal, child and family health.

A Publication from the  
Nassau County  
Perinatal Services Network

### Education

### Committee

### Members:

- Cornell Cooperative Extension of Nassau County
- Mercy Medical Center
- Nassau County Department of Mental Health, Chemical Dependency & Developmental Disabilities Services
- Nassau Health Care Corporation
- North Shore Child and Family Guidance
- North Shore University Hospital
- Planned Parenthood of Nassau County
- South Nassau Communities Hospital
- Long Island Center for Pediatric Obesity Prevention Stony Brook University
- Winthrop University Hospital
- Nassau County Department of Health Early Intervention



## Pregnant...Don't Smoke

Women who quit smoking before or early in pregnancy greatly lower the risk for many bad outcomes like miscarriage, stillbirth, low birth weight, premature delivery, heavy bleeding and SIDS (Sudden Infant Death Syndrome).

### When you are pregnant and you smoke or breathe someone else's smoke:

- \* Your baby smokes too!
- \* Dangerous chemicals from the smoke cross the placenta and go from your body into your unborn baby.

### Babies born to women who smoke during pregnancy are at higher risk for:

- \* Being born early.
- \* Being born at a low birth weight. Low birth weight can increase risk for illness and increase developmental delays.

Barbara Kremen, Health Educator  
Nassau County  
Department of Health  
Perinatal Services Network

Quit Now! It's never too late.  
Call the New York State  
Smokers Quit line:  
1-866-697-8487

Secondhand smoke puts children and babies at risk!!!

### Please contact us:

Nassau County  
Perinatal Services Network  
516-227-9456  
106 Charles Lindbergh Blvd  
Uniondale, NY 11553

# Keeping Your Sleeping Baby Safe



**Babies sleep a lot during the first year of life. Taking care of a new baby starts with having a safe sleep space and sticking with routines that help babies sleep. Here are some tips:**

- Babies sleep safest on their backs for naps and at night. **If your baby spits up, keep her/him upright for a while after feeding, before placing on the back for sleep.** Talk with your doctor for more advice.
  - Babies are safest when they sleep alone. Sleeping with your baby (“co-sleeping”) can be dangerous. If an adult or child rolls over on a baby, the baby can be hurt or even suffocated.
  - Don’t let your baby get too hot from wearing too many clothes. Try a one piece sleeper.
  - Keep your baby’s sleep area close but separate from where you sleep. A bassinet or portable crib can fit next to your bed where you can see your baby but she/he can sleep safely and you can get your needed sleep too. (For more information go to: <http://www.ocfs.state.ny.us/main/babiesleepsafestalone>.)
  - A safety approved crib or bassinet should have a firm mattress covered with a fitted sheet with no pillows, no quilts and no sheepskins under the baby. Keep toys, blankets and bumpers out of your baby’s sleep area. These things can bunch up around the baby’s face when the baby moves around and cause suffocation.
  - Look for JPMA ( Juvenile Products Manufacturers Association) certification when buying a crib. This means what you are buying is safe.
  - Remember a smoke free home is best for babies and young children.
- Share these tips with everyone who cares for your baby.**

*Marie Chandick,  
Stony Brook University*

**For more information contact:  
Back to Sleep Campaign  
@1-800-505-2742**

## Try This Easy Delicious Recipe Turkey, Beans and Macaroni Chili



### Ingredients:

- 1 small onion
- ½ pound ground turkey
- 1 can of tomatoes (1 pound)
- 1 can of kidney beans (1 pound)
- 2 teaspoons chili powder
- ¾ cup elbow macaroni

*Louise Spangle, Cornell Cooperative  
Extension of Nassau County  
Eat Smart New York  
Call for free cooking/nutrition classes:  
516-292-7990 Ex. 12*

### Directions:

1. Chop onion.
  2. Cook ground turkey and onions in pan until lightly browned. Drain off fat.
  3. Drain and save liquid from canned tomatoes and kidney beans in a measuring cup.
  4. Add enough water to tomato and bean liquids to equal 1 cup.
  5. Chop tomatoes.
  6. Add chopped tomatoes, kidney beans, liquid from tomatoes and beans, chili powder and macaroni to turkey mixture.
  7. Cover pan and cook on low heat, about 20 minutes until macaroni is tender. Stir occasionally to keep from sticking. Add more water if needed.
- Enjoy!

## Benefits of Exclusive Breastfeeding

### **What is exclusive breast feeding?**

- ◆ Exclusive breast feeding means your baby only receives breast milk without any supplemental food or drink, not even water.
- ◆ Medicines and vitamin drops should be given when prescribed by your doctor.

**Breast milk can be given at the breast or pumped and given in a bottle.**

### **The benefits of exclusive breastfeeding for the first 6 months will be good for your baby for years to come.**

When compared with formula fed children:

- ◆ Breastfed children are healthier and suffer less illnesses such as ear infections, diarrhea and respiratory infections.
- ◆ Breastfed children are less likely to get diabetes or become obese later in life.

### **Breastfeeding benefits for Mom:**

- ◆ Reduces risk of ovarian and breast cancer
- ◆ Better for the environment
- ◆ Saves money and time



**Breastfeeding Help and Support:  
US Department of Health and Human Services  
1-800-994-9662  
[www.4woman.gov](http://www.4woman.gov)**