

## August 2022

Your Workplace Wellness Newsletter from Wake Forest Baptist Health



### Back to School Health Tips

As another summer comes to an end, and kids get ready to go back to school, here are some tips to help make sure the school year is off to a good start.

- **Get back into a routine.** The long days of summer usually bring later bedtimes and looser schedules. Take the week before school starts to ease back into routines. Most children need 10 hours of sleep a night.
- **Keep up with required wellness exams.** These are often needed for school and/or sports. Be sure to have health forms filled out early before the end-of-summer rush.
- **Make sure your child has all the vaccines they need.** It's best to get a flu shot early on (even in September) before flu season starts. COVID-19 vaccines are now available for children 6 months of age and older.
- **Focus on good nutrition and eat dinners together.** Try to start your child's day with a healthy breakfast. Low-fat yogurt, eggs, fruit and whole grains can help them begin their day on healthy note. Remember, eating dinners together without electronics can help you stay connected.

- **Teach and remind them of good hygiene habits.** For example, wash your hands often with soap and water for 20 seconds. Also cover coughs and sneezes, and brush your teeth twice a day.
- **Put healthy limits on screen time.** Kids need time to enjoy nature, exercise and connect with friends and family.
- **Tune into your child's needs.** Check in with them about their worries and excitement for going back to school. What do they see as their strengths and struggles? Are they worried about anything?
- **Build in down time.** Teach them from a young age that time to disconnect from busy schedules and recharge is important for physical and mental health. Some examples might be reading a book listening to music, drawing, writing in a journal or simply doing nothing.
- **If there's any doubt, stay home.** If your child doesn't feel well, keep them home to avoid spreading germs to others.

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## Expanded Onsite Exams Available

Reminder, the first Wednesday of the month, the Onsite Care Clinic will be offering expanded physical exams.

These services will be at no cost to the employee or eligible family members.



**August 3 from 7:30 am – Noon at the Kernersville (NC66) location.**

Please call the clinic at 336-893-0013 with questions.

Interpreter services are available.

August 3, from 7:30 am to 1 pm the HPD location will be closed to allow for this service.

[Make an Appointment](#)

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**Webinar: Nutrition 101:**  
**Refresh your knowledge on basic nutrition and tips on how to prepare healthy lunches for you and your family.**



**Wednesday, August 24 at 12:30 pm**

Join Kathryn Brown, Registered Dietitian, as she shows you how you can start the school year out right with some healthy lunches that the kids will love and you will want

to bring to work too!

Kathryn Brown's, RD, passion for healthy eating and cooking led her to pursue a Bachelor of Science in Nutrition from UNC-Chapel Hill and went on to complete her Masters of Nutrition at Case Western Reserve University. When she's not at work, you'll find Kathryn cheering on her beloved Carolina Tar Heels with her family, exercising, and traveling.

### **Put the Zoom Meeting Information In Your Calendar**

[https://ralphlauren.zoom.us/j/96701586936?](https://ralphlauren.zoom.us/j/96701586936?pwd=TxkMDArRkkrMlZvUjQrNVpiWFV3dz09)

[pwd=TxkMDArRkkrMlZvUjQrNVpiWFV3dz09](https://ralphlauren.zoom.us/j/96701586936?pwd=TxkMDArRkkrMlZvUjQrNVpiWFV3dz09)

Meeting ID: 967 0158 6936

Passcode: 119910

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## **Counseling with Betsy Brooks**

Welcome Elizabeth "Betsy" Brooks, MS, EdS, LCMHCA, NCC as the NEW Ralph Lauren onsite Counselor. She is here to help employees and their families. Her services are part of the Onsite Employee Clinic and are free to employees and their qualifying spouses and dependents.

Appointments are available on Tuesdays at HPD and Wednesdays at NC66; 9 am - 5 pm.

Contact Besty at 336-416-3623.



[Make an Appointment](#)

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## **Stay Up-to-Date with Vaccines**

August is National Immunization Awareness Month. It's a good time to make sure you are current with all the vaccines you need. COVID-19 vaccines have taken center stage, and for good reason but don't forget there are other dangerous diseases that vaccines can help prevent.



### **Vaccines work**

- Vaccines prevent and control the spread of many diseases.
- Between 2 and 3 million lives are saved each year, per The World Health Organization. Vaccines are safe and help keep you, your family, and community healthy.
- Vaccines work with your body's natural defenses to help safely develop protection from diseases.
- Vaccines are carefully tested before they are available, and clinicians carefully monitor their use after they are approved too. There are many safeguards in place to ensure their safety.

## **Vaccines aren't just for kids.**

Adults should get their yearly flu shot and be vaccinated for COVID-19. Here's a list of recommended adult vaccines by age:

### **In your 20s and 30s**

- Meningococcal conjugated (meningitis) vaccine, especially for college students
- Human papillomavirus (HPV) vaccine, 3 doses total
- Tetanus/diphtheria (Td) booster – needed every 10 years

### **In your 30s**

- HPV vaccine (if you didn't get it in your 20s)
- Td booster – needed every 10 years

### **In your 40s and 50s**

- Td booster – needed every 10 years
- Shingles vaccine (2 doses, starting at age 50)

### **In your 60s**

- Pneumonia vaccine (1 or 2 doses, starting at age 65)
- Tetanus/diphtheria (Td) booster – needed every 10 year

If you have a chronic health condition, your doctor may want you to get some of these vaccines earlier. These conditions can be heart disease, cancer and diabetes. Talk to your doctor if you need one earlier.

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