

Heads Up! Know Your Concussion ABCs!

- A—Assess the situation
- B—Be alert for signs and symptoms
- C—Contact a health care professional

Concussions don't only happen to athletes on the playing field!



Any child or student can take a spill, knock his/her head, and get a concussion in **any number** of school settings ranging from the hallway, the playground, the cafeteria, and beyond!

<http://www.cdc.gov/concussion/HeadsUp/youth.html>



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away!

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just “not feeling right” or “feeling down”

HOW MUCH SLEEP DO YOU REALLY NEED?

Myths and Facts about Sleep

Myth 1: Getting just one hour less sleep per night won't affect your daytime functioning. You may not be noticeably sleepy during the day, but losing even one hour of sleep can affect your ability to think properly and respond quickly. It also compromises your cardiovascular health, energy balance, and ability to fight infections.

Myth 2: Your body adjusts quickly to different sleep schedules. Most people can reset their biological clock, but only by appropriately timed cues—and even then, by one–two hours per day at best. Consequently, it can take more than a week to adjust after traveling across several time zones or switching to the night shift.

Myth 3: Extra sleep at night can cure you of problems with excessive daytime fatigue. The quantity of sleep you get is important, sure, but it's the *quality* of your sleep that you really have to pay attention to. Some people sleep eight or nine hours a night but don't feel well rested when they wake up because the quality of their sleep is poor.

Myth 4: You can make up for lost sleep during the week by sleeping more on the weekends. Although this sleeping pattern will help relieve part of a sleep debt, it will not completely make up for the lack of sleep. Furthermore, sleeping later on the weekends can affect your sleep-wake cycle so that it is much harder to go to sleep at the right time on Sunday nights and get up early on Monday mornings.



How Much Sleep Do You Really Need?

Age	Sleep Needs
Newborns (0-2 months)	12-18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17)	8.5-9.25 hours
Adults	7-9 hours

Source: National Sleep Foundation



DID YOU KNOW?

Everyone 6 months and older should get an annual flu vaccine. It takes about two weeks after vaccination for your body to develop an immune response. Get vaccinated now so you will be protected all season long!

Shorter days and cooler evenings. It's fall – and often the time that we start seeing more people sick with flu. By getting a flu vaccine for yourself and your entire family every year, you can help prevent flu-related illness, missed school, and missed work.

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or even death. Pneumonia and bronchitis are examples of serious flu-related complications. The flu also can cause certain health conditions, like diabetes, asthma, and heart and lung disease, to become worse. Anyone can become sick with the flu and experience serious complications. But even if you are healthy and bounce back quickly, others around you might not be so lucky. Getting a flu vaccine is the single best way to protect yourself and your family from this serious disease.

Where to Get Vaccinated

Flu vaccine should be available widely, and in many convenient locations. See your doctor or nurse to get the flu vaccine, or seek out other locations where vaccine is being offered, such as pharmacies, health departments, grocery stores and many others. Use the vaccine locator to find flu vaccine in your area. <http://www.cdc.gov/Features/FLU/>

More Information

- [Children, the Flu, and the Flu Vaccine](#)
- [Preventing Seasonal Flu with Vaccination](#)
- [Key Facts About Seasonal Flu Vaccine](#) (Key Facts in [Spanish](#))



Healthy Recipe of the Month

Potato Ham and Spinach Frittata



Ingredients

- 3 tablespoons olive oil
- 2 small russet potatoes (about 3/4 pound), peeled and thinly sliced
- 1 small onion, thinly sliced
- 9 large eggs
- kosher salt and black pepper
- 1 10-ounce package frozen chopped spinach, thawed and squeezed of excess liquid
- 4 ounces white Cheddar, grated (1 cup)
- 4 ounces thinly sliced deli ham, cut into 2-inch pieces
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 head red leaf lettuce, torn into bite-size pieces (6 cups)

Directions

Heat oven to 400° F. Heat 2 tablespoons of the oil in a large ovenproof nonstick skillet over medium heat. Add the potatoes and onion and cook, tossing occasionally, until the potatoes are tender, 12 to 15 minutes.

Meanwhile, in a large bowl, whisk together the eggs, ½ teaspoon salt, and ¼ teaspoon pepper. Mix in the spinach, Cheddar, and ham.

Add the egg mixture to the skillet, stir once, and transfer the skillet to oven. Cook until the eggs are set, 12 to 14 minutes.

Meanwhile, in a large bowl, whisk together the vinegar, mustard, the remaining tablespoon of oil, and ¼ teaspoon each salt and pepper. Add the lettuce and toss to coat. Serve with the frittata

<http://www.realsimple.com/food-recipes/recipe-collections-favorites/quick-easy/easy-healthy-dinner-recipes-00100000074775/index.html#2>



Check out our Community Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/>

