

# Free vaccines

## Consent forms coming in August

The Department of Health, in collaboration with the Department of Education, Hawai'i Association of Independent Schools, Hawai'i Catholic Schools, and many community partners, will again offer free flu vaccine for kindergarten through middle school students this fall. This is a quick and convenient way to protect your child against the flu.

This past season, more than 60,000 students from 340 participating public and private schools statewide were immunized against flu for free through school-based vaccination clinics from October 2007 through January 2008. The program received national attention and recognition, receiving the Immunization Excellence Award at the 2008 National Influenza Vaccine Summit.

An annual flu vaccine is recommended for all children ages 6 months through 18 years by the U.S. Centers for Disease Control and Prevention. Decreasing the spread of flu among children may reduce flu among families and within the community.

In addition to the flu vaccination, here are some simple steps everyone can practice to fight seasonal flu:

■ **Cover your cough differently** - Use a tissue to cover your cough or sneeze. If none is available, cough into your elbow or sleeve.

■ **Clean your hands often** - Wash your hands with soap and water for at least 20 seconds. If you don't have soap, use an alcohol-



based hand sanitizer.

■ **Keep surfaces clean** - Clean hard surfaces with soap and water at home and work. For extra protection, use disinfectant sprays or wipes.

■ **Stay at home when you are sick** - Don't expose others to germs. Consult a doctor or clinic for medications if necessary.

■ **Take care with animals** - Take pets to a vet for regular care and wash hands after touching animals or animal waste.

■ **Practice healthy habits and take care of your health** - Eat well and exercise regularly. Get regular physical check-ups. Don't smoke or chew tobacco and moderate alcohol use.



## A letter from the Director of Health

Dear Families,

Thanks to your participation and support, the first statewide school-based influenza immunization program, "Stop Flu at School 2007-2008" was a huge success. With your help, thousands of students, parents, guardians and faculty at hundreds of schools throughout the state received free flu vaccinations this past flu season.

We encourage schools and families to participate in this voluntary program. Working together to protect our keiki against the flu will help to reduce sick days, doctors' visits, and missed time from school.

Help protect your child from the flu! Sign your child up for the next "Stop Flu at School" program in August when you receive the consent form from your child's school.

Sincerely,

**Chiyome Leinaala Fukino, M.D.**  
Director, Hawaii State Department of Health





# The top 10 ways to keep your kids from fighting



**F**ighting among siblings is as natural as the changing of the seasons. All parents will have to deal with it. There are some simple things we can do to limit fighting and make it tolerable:

## 1. Ignore their fighting

Fighting is often a way for kids to get you to notice them. If you ignore their fighting (unless weapons are involved) there will be less incentive for them to do it.

## 2. Treat your kids the same when it comes to fighting

If you get into who started things, you may be training your kids to be victims and bullies. Put them in the same boat and don't take sides.

## 3. Give your kids positive reinforcement when they are cooperating

Let them know that they're doing a wonderful job when they get along. This one's easy to forget but vitally important. Give them attention when they're behaving the way you want.

## 4. Limit your own fighting and arguing

Your kids will learn how to be peaceful from you. Don't expect them to do it well if you don't show them how.

## 5. Create an environment of cooperation

Do projects together as a family that involve cooperation. Talk about how important it is for the family to cooperate. Avoid games or activities that promote fighting in your kids.

## 6. Train your kids in peacemaking when they're away from conflict

Talk to your kids about fighting at a time when they're relaxed and open. Ask them about what other options they might have taken. Help them to brainstorm better solutions.

## 7. Use consequences, not punishment

Punishing kids usually just creates angry kids

who are more likely to fight. While some punishment may be inevitable, do your best to give choices and alternatives. Punishment may bring short term solutions but will also bring long term problems.

## 8. Control how you react to their fighting

When you must intervene, make sure you stay calm. If you're angry and shaming, you actually make it more likely that fighting will occur again.

## 9. Limit the number of fighting opportunities you give your kids

Think about what has the potential to start fights. Don't have them close to each other when they're tired and hungry if you can help it.

## 10. Love your kids for all they're worth

Every day tell them you love them and more importantly, show them. Kids who feel loved are the least likely to fight. This won't eliminate it, but the alternative isn't pretty at all.

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