

**Head Start Health Services Newsletter**  
**November 2010 | Issue #8**

**New Resources**

**FEMA – Emergency Management Institute**

On June 1, 2010, FEMA launched a new web-based course entitled "*Planning for the Needs of Children in Disasters.*" This course provides guidance to Emergency Managers and early childhood educators on meeting the unique needs that arise among children as a result of a disaster or emergency. Participants will be given instruction on how to create, update, or revise an Emergency Operations Plan for their community or organization.

For additional information on preparing for disasters, please review the Office of Head Start's [Emergency Preparedness Manual](#).

**Putting Out the Myth on "Light," "Low," and, "Mild" Cigarettes**

The Family Smoking Prevention and Tobacco Control Act prohibits manufacturers from selling any tobacco products labeled or advertised as "light," "low," or "mild." The FDA is asking for everyone's help in putting out the myth on "light," "low," and, "mild" cigarettes. It doesn't matter how they taste, smell, or look, all cigarettes are harmful to your health.

**Webinar - Reaching Minority and Vulnerable Populations: Getting Ahead of the Curve to Prevent Seasonal Flu**

On October 6<sup>th</sup>, the Society for Public Health Education (SOPHE) hosted a webinar discussing the upcoming flu season. The webinar presenters provided suggestions that program staff may use to help children and families stay healthy during the 2010-2011 flu season. A panel of experts provided ideas on overcoming barriers for reaching minority and vulnerable populations. The webinar is now available for viewing.

PowerPoint slides from the presenters are also available. You are encouraged to view this webinar and share the information with staff, partners, and families.

**November National Health Observances**

[American Indian/Alaska Native Heritage Month](#)

[Diabetes Awareness Month](#)

[Epilepsy Awareness Month](#)

[Flu and Pneumonia Campaign](#)

[Great American Smoke Out](#)

[Lung Cancer Awareness Month](#)

[Prematurity Awareness Month](#)

[Tie One on For Safety Month](#) (Thanksgiving – December 31st)

### **Did you miss anything?**

View previous [Head Start Health Services Newsletters](#) on the ECLKC.

### **We Want to Hear from You**

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