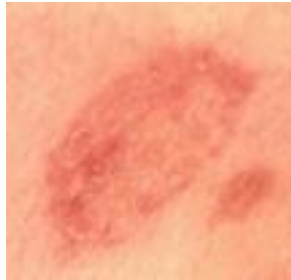




*Supported by the Statewide Health Improvement Program, Minnesota Department of Health,
and the Dakota County Public Health Department*

Ewww! What is that?

Take a guess at what the rash is. Then click on the picture to see if you were right and learn more about it.



Bottom Line: if your child has any **rash** for which you do not know the cause, check with your health care provider before sending them to school.



Article: [Promoting Physical Activity As A Way of Life](#)
from [healthychildren.org](#)
from the American
Academy of Pediatrics

START THANKSGIVING OFF ON THE RIGHT FOOT!

The annual Gobble Gait Run is coming up soon! Early bird registration is open through November 6th for the 2K or 8K. This is a family oriented event.

What a great way to spend time with your child/children while incorporating health and wellness. Registration is online only.

For more details visit:
www.gobblegait.com



STAY HEALTHY THIS WINTER!

The [Minnesota Department of Health](#) recommends everyone 6 months of age and older get a flu shot.

WHAT IS INFLUENZA (FLU)?

Flu is a respiratory disease caused by a virus that attacks the nose, throat, and lungs. It can be mild, but is sometimes severe and at times can lead to death. It is not the same as the "stomach flu."

WHAT ARE THE SYMPTOMS?

Flu symptoms include fever, dry cough, sore throat, headache, extreme tiredness, and body aches. These symptoms come on quickly and can be bad enough to keep you in bed for several days.

SHOULD MY CHILD GET A FLU VACCINATION?

Yes. Everyone 6 months of age and older should get a flu vaccine every year. Getting a flu vaccine helps protect your child from getting the flu and helps prevent them from passing it to people who can get very sick from flu – like babies, elderly people, and people who have chronic diseases.