

Title:

Simple Steps Can Keep Families Healthy During Cold and Flu

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362

Summary:

With the flu vaccine shortage, parents are searching for answers on how to keep their children

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Article Body:

With the flu vaccine shortage, parents are searching for answers on how to keep their children

Many parents confuse the flu with a rotavirus infection. The flu is a contagious respiratory i

Rotavirus, often confused with the flu, is characterized by vomiting, diarrhea, fever and abdo

Parents can teach and practice defensive measures to decrease the chances of infection and kee

Because germs and viruses tend to stay on the hands, frequently washing hands, covering the mo

It also is important for parents to stock up on the necessities to fight the flu and rotavirus

One of the primary challenges for children who have rotavirus is the threat of dehydration. Wh

"Common household beverages like sports drinks, soda and juices contain large amounts of sugar

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