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Norman Regional  
HEALTH SYSTEMTHE WELL  
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★ HEALTH INFORMATION PRESENTED AS IF YOUR LIFE DEPENDED ON IT ★

## Depression in Children

Only in the past two decades has depression in children been taken very seriously. The depressed child may pretend to be sick, refuse to go to school, cling to a parent, or worry that the parent may die. Older children may sulk, get into trouble at school, be negative, grouchy, and feel misunderstood.

Because normal behaviors vary from one childhood stage to another, it can be difficult to tell whether a child is just going through a temporary “phase” or is suffering from depression. Sometimes the parents become worried about how the child’s behavior has changed, or a teacher mentions that “your child doesn’t seem to be himself.” In such a case, if a visit to the child’s pediatrician rules out physical symptoms, the doctor will probably suggest that the child be evaluated, preferably by a psychiatrist who specializes in the treatment of children.

To learn more about depression and children, be sure to visit The National Institutes of Mental Health at <http://www.nimh.nih.gov/>.

# Depression Can Be Treated!

## THE BASICS

If you think you might be depressed, the best advice is to talk with your doctor about how you are feeling. Make no mistake, depression is a serious illness but the good news is that depression can be treated. Your doctor can help.

## WHAT ARE THE SIGNS OF DEPRESSION?

It’s normal to feel sad once in a while. However, if you are feeling sad or “down” for more than 2 weeks at a time, you may be depressed.

Here are some clinical signs of depression:

- Feeling hopeless or empty
- Forgetting things or having trouble making decisions
- Sleeping too much or too little
- Gaining or losing weight
- Thinking about suicide or death
- Losing interest in activities that you used to enjoy

## TAKE HEART!

Most people with depression feel better when they get treatment. That’s why it is important to talk to a doctor as soon as possible. Getting help is the best thing you can do for yourself or someone you love. Always remember, feeling good again is possible.

## TREATMENT FOR DEPRESSION

Depression can be treated with talking therapy, medicine (called antidepressants), or both. Your doctor may refer you to a counselor or therapist. Getting active and eating healthy can also help with depression.

## TAKE ACTION!

Depression is a real illness. Don’t wait. If you are depressed, see your doctor.

Source: National Health Information Center





# All Washed Up?

## Hand Washing Keeps You Healthy

Hand washing is the single most important prevention step for reducing disease transmission. Hands should ALWAYS be washed before eating or drinking. What's more, parents should always make sure that children wash their hands regularly.

### How To Wash Your Hands

- Wet hands with running water; place soap in palms; rub together to make a lather; scrub hands vigorously for 20 seconds; rinse soap off hands.
- If possible, turn off the faucet by using a disposable paper towel.
- Dry hands with a disposable paper towel. Do not dry hands on clothing.
- Assist young children with washing their hands.

### What To Use

- Liquid soap dispensed by a hand or foot pump is recommended.
- Alcohol-based hand sanitizers can be used if soap and water cannot be made available and are effective against multiple common disease agents (e.g., shiga toxin-producing E. coli, Salmonella, and Campylobacter). However, they are ineffective against certain organisms (e.g., bacterial spores, Cryptosporidium, and certain viruses).
- The U.S. Food and Drug Administration recommends using an alcohol-based hand sanitizer with a concentration of 60% or higher to be effective against common disease agents.
- Hand sanitizers are less effective if hands are visibly soiled. Therefore, visible contamination and dirt should be removed to the extent possible before using hand sanitizers.

Source: *Morbidity and Mortality Weekly Report*



Norman Regional  
HEALTH SYSTEM



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## INTERACTIVE MINDS

# When Should You Wash Your Hands?

You should wash your hands often. Probably more often than you do now because you can't see germs with the naked eye or smell them, so you do not really know where they are hiding.

It is especially important to wash your hands:

- Before, during, and after you prepare food
- When your hands are dirty
- Before you eat, and after you use the bathroom
- After handling animals or animal waste
- More frequently when someone in your home is sick

Washing your hands regularly has the potential to save a lot on medical bills. Because it costs less than a penny to do, you could say that this penny's worth of prevention can save you a \$50 visit to the doctor.

Source: <http://www.cdc.gov/ounceofprevention/>