



**Florida**  
**HEALTH**  
Citrus County

# Citrus County

DEPARTMENT OF HEALTH



CITRUS COUNTY  
**CHRONICLE**  
www.chronicline.com

Tobacco Free  
Florida  
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Tampa Bay  
**Times**  
**NIE**  
newspaper in education  
tampabay.com/nie

# Healthy habits

By incorporating healthy habits into your daily routine, you can improve your overall health and help to protect yourself, your family and your community from infectious diseases such as colds, COVID-19 and flu.

## COVID-19

COVID-19 is a contagious respiratory illness caused by infection with a new coronavirus called SARS-CoV-2.

Older adults and people who have medical conditions such as heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19.

While vaccines for COVID-19 are now available to older adults, your best defense is not to become infected in the first place. To reduce your chances of infection:

- Wear a mask over your nose and mouth
- Stay at least 6 feet apart
- Avoid crowds
- Wash your hands often with soap and water
- Stay home if you're sick
- Cover coughs and sneezes



## Get tested for COVID-19

COVID-19 testing is available at numerous sites in the county. Residents are encouraged to contact each agency directly with questions about pricing and availability.

**Brashear's Pharmacy:**  
[brashearspharmacy.com/covid](https://brashearspharmacy.com/covid) or 352-637-2079 (Inverness only)

**CVS pharmacy Minute Clinic:**  
[cvs.com/minuteclinic/clinic-locator/covid-19-testing/citrushills-covid-7998](https://cvs.com/minuteclinic/clinic-locator/covid-19-testing/citrushills-covid-7998)  
or 352-249-3143

**G & R Pharmacy:**  
[gandrpharmacy.com](https://gandrpharmacy.com)  
or 352-527-3111

**Langley Health Services:**  
[langleymedicalcenter.com](https://langleymedicalcenter.com)  
**Quick Care Med:**  
[quickcaremed.com](https://quickcaremed.com) or 844-797-8425

**Walgreens:**  
[walgreens.com/findcare/covid19/testing?group=b&](https://walgreens.com/findcare/covid19/testing?group=b&) or 800-925-4733

## Get your flu shot

One of the most important ways to protect yourself against seasonal flu is to get your annual flu shot. Flu shots are available at your health care provider or pharmacy.



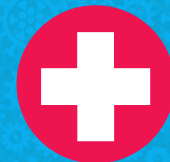
## Symptoms of COVID-19

Symptoms may appear 2-14 days after exposure to the virus.



If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face





# Wash your hands

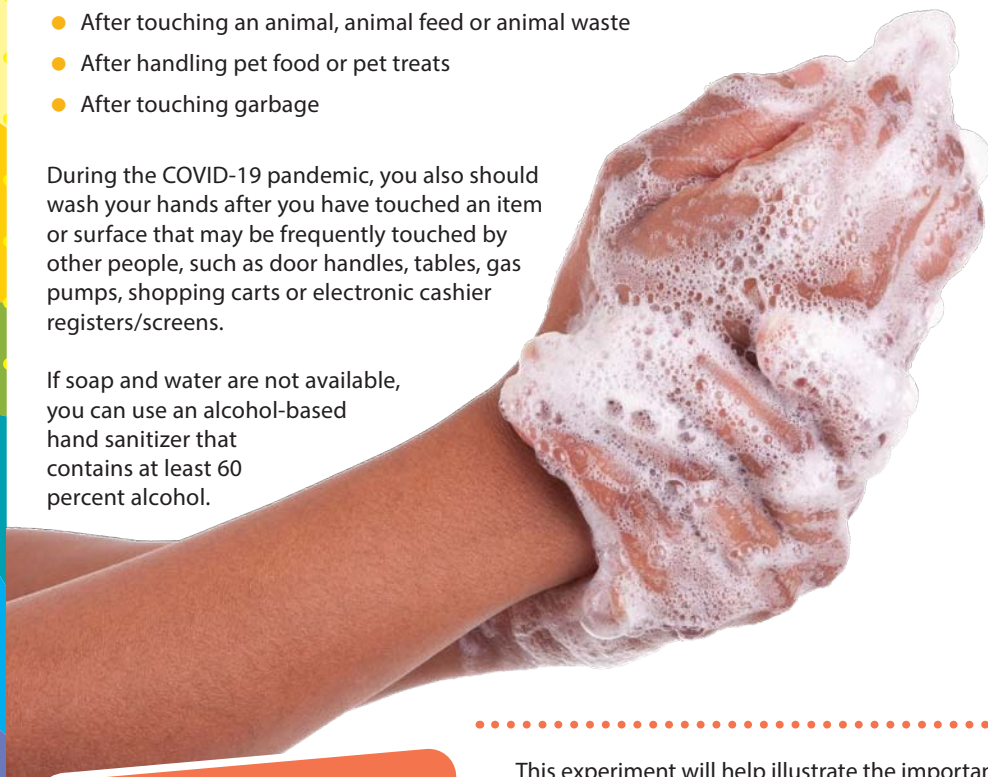
Washing your hands with soap and water is one of the best ways to remove germs, avoid getting sick and prevent the spread of disease.

You should always wash your hands:

- Before, during and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed or animal waste
- After handling pet food or pet treats
- After touching garbage

During the COVID-19 pandemic, you also should wash your hands after you have touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts or electronic cashier registers/screens.

If soap and water are not available, you can use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.



Going  
Beyond  
the text

## 5 steps to wash your hands the right way



**1** Wet your hands with clean, running water. Turn off the tap and apply soap.



**2** Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers and under your nails.



**3** Scrub your hands for at least 20 seconds – about the time it takes to hum the “Happy Birthday” song from beginning to end twice.



**4** Rinse your hands well under clean, running water.



**5** Dry your hands using a clean towel or air dry them.

Sources: Centers for Disease Control and Prevention, Florida Department of Health in Citrus County

This experiment will help illustrate the importance of thoroughly washing your hands with soap and water. Spread one teaspoon of washable paint evenly over both of your hands and let it dry. Be sure to include the backs of your hands and under your fingernails. Once the paint is dry, wash your hands with water only for one second. Are your hands clean? Wash for four more seconds with water only. How about now? Next, wash for fifteen seconds more with water. How much paint remains? Repeat the experiment using soap and water. How do your results differ from using water only? Take a video of the experiment as you are doing it to share with your family and class. Write a newspaper article or Letter to the Editor summarizing the results of your experiment as well as what you have observed and learned from this experiment. Use the articles in the *Tampa Bay Times* and *Citrus County Chronicle* as models.

Adapted from: “Hand Washing Experiment,” CDC Healthy Schools BAM! Body and Mind Classroom Resources for Teachers

Florida Standards

Health: HE.412.B.4.1; HE.412.B.5.1; HE.412.B.3.3; HE.412.B.5.2; HE.412.C.1.4; HE.412.C.1.6; HE.412.C.2.3; HE.412.P.7.1; HE.412.P.8.1

Science: SC.412.N.1.1; SC.412.N.1.4; SC.412.N.1.6; SC.412.N.1.8 Language Arts: LAFS.412.L.1.1; LAFS.412.L.1.2; LAFS.412.SL.1.1; LAFS.412.SL.1.2; LAFS.412.SL.2.5; LAFS.412.W.1.1; LAFS.412.W.1.2; LAFS.412.W.2.4


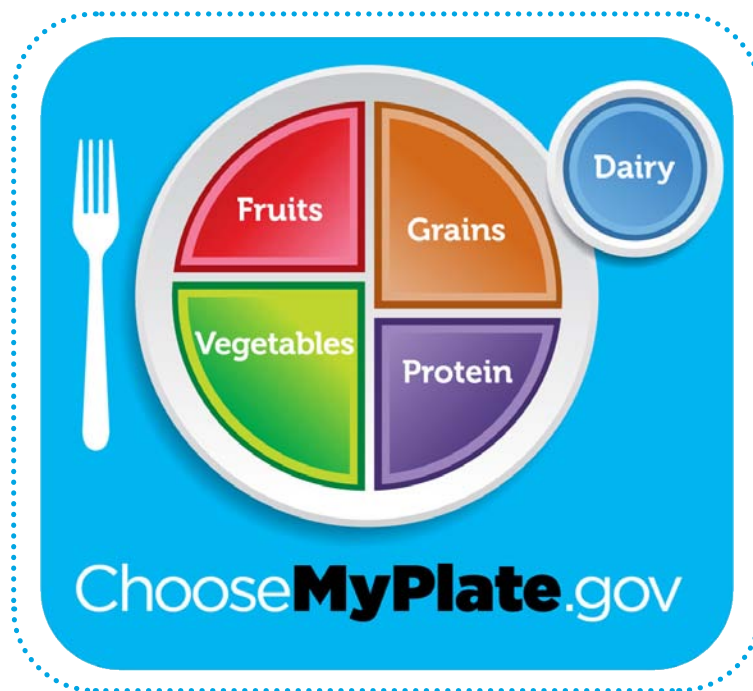
# Eating right for better health

Good nutrition is essential to good health. People who eat a healthy diet live longer and have stronger immune systems. They are at lower risk for serious health problems such as heart disease, type 2 diabetes and obesity.


## Healthy food choices

The United States Department of Agriculture's MyPlate program offers resources and tools to help you make healthy choices that are right for you.


Visit [choosemyplate.gov](http://choosemyplate.gov) to create a personalized healthy eating plan, download cookbooks, and find hundreds of recipes and sample menus.




**Fruits:** Most people need 1 to 2 cups of fruit each day. Any fruit or 100 percent fruit juice counts. Fruits may be fresh, canned, frozen or dried.




**Vegetables:** Most people need between 1 to 3 cups of vegetables each day. Any vegetable or 100 percent vegetable juice counts. Vegetables may be raw, cooked, fresh, frozen, canned or dried/dehydrated.



**Grains:** The amount of grains that a person needs ranges from 3 to 8 ounces each day. At least half of the grains you eat should be whole grains. Grains are divided into two subgroups: whole grains and refined grains. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal and brown rice. Examples of refined grains are white flour, white bread and white rice.



**Protein:** The amount of protein that a person needs ranges from 2 to 6½ ounces each day. Foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds count as proteins.



**Dairy:** Most people need 2 to 3 cups of dairy each day. All fluid milk products and many foods made from milk that retain their calcium content, such as yogurt and cheese, count as proteins.

Sources: Centers for Disease Control and Prevention, Food and Drug Administration, U.S. Department of Agriculture, World Health Organization



# Meal planning

Planning meals in advance can not only help you eat more healthily, but also save you money.

- 1 Plan the week's meals. Make a note of what you already have and what you will need to buy. Consider making enough to have leftovers for another meal.
- 2 Make your grocery list. Don't forget to include foods like fruits, vegetables and milk that might not be part of a recipe but are basics for healthy eating.
- 3 Read the store's sales flier to see if the items you need are on sale.
- 4 Use coupons for items that you know you'll use.



## Understanding the nutrition facts label

Here are some tips from the Food and Drug Administration to help you decode the nutrition information on food labels.

1. **Size up servings** – The top of the label shows the serving size and the servings per container. Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.
2. **Consider the calories** – How many calories are you really getting? Check the Nutrition Facts label for the serving size. Multiply the number of servings you are actually eating or drinking by the calories per serving to find out the total number of calories you're consuming.
3. **Choose nutrients wisely** – Use the % Daily Value to see if a serving of the food is high or low in an individual nutrient. Aim to choose foods that will give you 100 percent of the Daily Value of dietary fiber, vitamin D, calcium, iron and potassium. Choose foods that are lower in saturated fat, trans fat, sodium and added sugars.

Sources: Centers for Disease Control and Prevention, Food and Drug Administration, U.S. Department of Agriculture, World Health Organization

**Size up servings** 1

**Consider the calories** 2

**Choose nutrients wisely** 3

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Going Beyond the text

### Reading labels

The information on food labels can look confusing, but once you learn to read them, they can help you understand what you are getting and make healthy choices. Look up each of the terms listed on the Food and Drug Administration's Interactive Nutrition Facts Label at [accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/default.cfm](https://accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/default.cfm). What are these items, and why is it important for you to know that they are in your food? Next, choose one of your favorite foods or drinks. Do you think it's a healthy choice? Why or why not? If it is not a very healthy choice, see if you can find a healthier alternative in the food advertisements found in the *Tampa Bay Times* and *Citrus County Chronicle*. Prepare a short oral presentation about the information you have learned and share it with your class.

Florida Standards

Health: HE.412.B.3.1; HE.412.B.3.2; HE.412.B.3.3; HE.412.B.4.1; HE.412.B.4.2; HE.5.B.412.1; HE.412.B.5.2; HE.412.C.1.4; HE.412.C.1.6; HE.412.C.2.3; HE.412.P.7.1; HE.412.P.8.1 Language Arts: LAFS.412.L.1.1; LAFS.412.L.1.2; LAFS.412.RI.1.1; LAFS.412.RI.2.5; LAFS.412.RI.3.7; LAFS.412.RI.3.8; LAFS.412.SL.1.1; LAFS.412.SL.1.2; LAFS.412.SL.2.5

# Get moving

Incorporating physical activity into your daily life improves your health and helps you feel better, function better and sleep better.

Active people live longer and are at less risk for serious health problems such as heart disease, type 2 diabetes and obesity. Even a little physical activity can make a big difference to your health.

- Children ages 3 to 5 years need physical activity throughout the day, every day for growth and development.
- Children and adolescents ages 6 to 17 years need at least 60 minutes of moderate-to-vigorous intensity physical activity daily.
- Adults need 150 minutes per week of moderate-intensity activity.

## Benefits of physical activity for kids and teens

- Reduces risk of depression
- Improves aerobic fitness
- Improves muscular fitness
- Improves bone health
- Promotes favorable body composition
- Improves attention and performance at school

## Benefits of physical activity for adults

- Lowers risk of high blood pressure
- Lowers risk of stroke
- Improves aerobic fitness
- Improves mental health
- Improves cognitive function
- Reduces arthritis symptoms
- Prevents weight gain

### Move Your Way

The Move Your Way activity planner offers interactive tools, videos, and fact sheets for adults and parents at [health.gov/moveyourway](https://health.gov/moveyourway).



## Benefits of physical activity for seniors

- Improves sleep
- Reduces risk of falling
- Improves balance
- Improves joint mobility
- Extends years of active life
- Helps prevent weak bones and muscle loss
- Delays onset of cognitive decline



## Ideas for being physically active while social distancing

- Play a family game that involves physical activity, such as hide-and-seek or tag.
- Go for a walk or bike ride. (Remember to maintain a safe distance from others.)
- Make television watching more active by doing sit-ups, jumping jacks or push-ups during the commercials.
- Add stretching to your morning or evening routine.
- Dance to your favorite music or learn some new dance moves.
- Try chair yoga or tai chi.
- Do some gardening or yardwork.
- Play active video games, such as dance or boxing games.
- Jump rope.
- Lift weights (Don't have weights? Use items such as cans of food or bottles of detergent).

**Super Deck:** Download a printable 54-card deck and fitness games at [shapeamerica.org/uploads/pdfs/2020/resources/SuperDeck-Color-Your-Own.pdf](https://shapeamerica.org/uploads/pdfs/2020/resources/SuperDeck-Color-Your-Own.pdf).



## Bodyweight exercises

Bodyweight exercises are strength exercises that require no equipment, because they use your own weight to provide resistance against gravity. Push-ups, lunges, planks and squat thrusts are examples of bodyweight exercises.

For a routine that incorporates nine bodyweight exercises, visit the National Academy of Sports Medicine's blog at [blog.nasm.org/9-exercise-body-weight-workout](http://blog.nasm.org/9-exercise-body-weight-workout).



## Resources for seated activities

There are thousands of free resources available on the internet for every interest and level of fitness. Here are some to get you started:

Chair yoga – [verywellfit.com/chair-yoga-poses-3567189](http://verywellfit.com/chair-yoga-poses-3567189)

Chair tai chi – [youtube.com/watch?reload=9&v=LqWSsfcQgU](http://youtube.com/watch?reload=9&v=LqWSsfcQgU)

10-minute chair workout – [youtube.com/watch?v=jZx1iWNM4MI](http://youtube.com/watch?v=jZx1iWNM4MI)

Latin salsa chair workout – [youtube.com/watch?v=Y11CR6cmPe0](http://youtube.com/watch?v=Y11CR6cmPe0)

The National Center for Health, Physical Activity and Disability features inclusive videos that people with disabilities can do at home at [nchpad.org/Videos](http://nchpad.org/Videos).



# Create an OBSTACLE COURSE



Obstacle courses can be a fun activity for the whole family – and you don't need any special equipment!

Here is an easy obstacle course from Ace Fitness that uses common household items to create barriers for kids to navigate under, over, around and through.

1. Use sidewalk chalk to create a meandering path on the ground. For an indoor course, create a path by placing jump ropes or string on the floor.
2. Create a line of boxes or other items that are low enough for kids to jump over. Leave about two feet between each.
3. Set up a chair or bench that has enough space underneath for kids to crawl under.

### To complete the obstacle course, kids can:

- Shuffle along the path, jump over the boxes, crawl under the chair, and roll back to the starting line.
- Hop side to side over the path, crabwalk around the boxes, step on and off the chair and heel/toe walk backwards to the starting line.
- Run along the path, crawl in and out of the boxes, climb over the chair and march backward to the starting line.

Sources: Ace Fitness, Centers for Disease Control and Prevention, Florida Department of Health in Citrus County, U.S. Department of Health and Human Services

## Going Beyond the text

## What do top athletes do?

Proper nutrition and peak fitness are crucial to professional athletes in order to perform their best. Look in the Sports sections of the *Tampa Bay Times* and *Citrus County Chronicle* and choose one of the sports featured. What kind

of fitness routine do you think athletes who play

that sport follow? Use the internet to research a typical fitness routine for that sport. What aspects of it could be incorporated into the fitness routine of a non-professional athlete? Design a workout based on your research. Create an outline for the workout,

and then write a process analysis essay about the workout. As a class, discuss your findings. How do the workouts of different sports differ? How are they the same? What exercises can be adapted to a typical teen's routine?

Florida Standards Health: HE.412.B.3.3; HE.412.B.4.1; HE.412.B.5.2; HE.412.B.6.2; HE.412.C.2.5  
Language Arts: LAFS.412.L.1.1; LAFS.412.L.1.2; LAFS.412.RI.1.1; LAFS.412.RI.2.5; LAFS.412.RI.3.7;  
LAFS.412.RI.3.8; LAFS.412.SL.1.1; LAFS.412.SL.1.2; LAFS.412.SL.2.5; LAFS.412.W.1.1; LAFS.412.W.1.2;  
LAFS.412.W.2.4; LAFS.412.W.3.7; LAFS.412.W.3.9

# Mental Health, stress and self-care

Stress is a fact of life. While the causes of stress are often out of our control, learning how to recognize the symptoms of stress and cope with it in healthy ways can improve both your physical and mental health.

Stress can affect your body, your mood and your behavior. Stress also can contribute to many health problems, such

as high blood pressure, heart disease, obesity and diabetes.

Everyone reacts differently to stressful situations. Common symptoms of stress include:

- Headache
- Muscle tension or pain

- Chest pain
- Fatigue
- Stomach upset
- Sleep problems
- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Sadness or depression
- Overeating or undereating
- Irritability or anger
- Social withdrawal



## Helping children and teens cope with pandemic stress

**Children and teens respond to stress differently than adults. Some common symptoms of stress to watch for include:**

- Excessive crying or irritation in younger children.
- Returning to behaviors they have outgrown, such as bedwetting.
- Excessive worry or sadness.
- Unhealthy eating or sleeping habits.
- Irritability and “acting out” behaviors in teens.
- Poor school performance or avoiding school.
- Difficulties with attention and concentration.
- Avoidance of activities enjoyed in the past.
- Unexplained headaches or body pain.
- Use of alcohol, tobacco or other drugs.



## Tips for managing pandemic stress

The COVID-19 pandemic has resulted in increased stress for many people. These tips from the Centers for Disease Control and Prevention may help manage pandemic-related stress.

- Know what to do if you are sick and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.
- Know where and how to get treatment and other support services and resources.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with community or faith organizations.

## Managing stress

There are many strategies and resources to help you manage stress. Strategies that have proved effective for many people include:

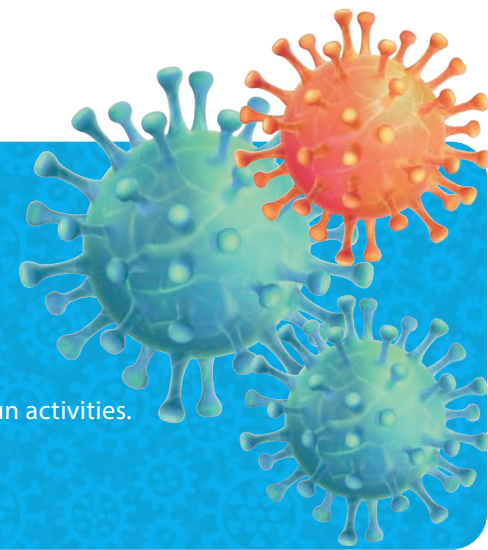
- Get regular physical activity.
- Practice relaxation techniques, such as deep breathing, stretching, meditation, yoga or tai chi.
- Set aside time for activities you enjoy.
- Get at least seven hours of uninterrupted sleep daily.
- Try to eat healthy, balanced meals.
- Avoid excessive tobacco, caffeine, alcohol and drug use.
- Connect with family, friends and community or faith organizations.





## The Centers for Disease Control and Prevention recommends these tips to help your children manage pandemic-related stress.

- Answer questions and share facts about COVID-19 in a way that your child can understand.
- Reassure your child that they are safe. Let them know it is okay if they feel upset.
- Share with your child how you manage your own stress so that they can learn from you how to cope with stress.
- Limit your family's exposure to news coverage, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise and eat well. Connect with friends and family members.
- Spend time with your child in meaningful activities, such as reading together, exercising or playing board games.



## Crisis help

### LifeStream Behavioral Center Crisis Line

Call 866-355-9394 or 352-315-7800

### LifeStream Behavioral Center Mobile Response Team Crisis Line

Call 352-408-6625

### National Suicide Prevention Lifeline

Call 800-273-TALK (8255) for English, 888-628-9454 for Spanish  
Chat online at [suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx](https://suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx)

### National Domestic Violence Hotline

Call 800-799-7233 or text LOVEIS to 22522

### National Child Abuse Hotline

Call 800-4AChild (800-422-4453) or text 1-800-422-4453

### National Sexual Assault Hotline

Call 800-656-HOPE (4673) or chat online at [hotline.rainn.org/online](https://hotline.rainn.org/online)

### Disaster Distress Helpline

Call 800-985-5990 or text TalkWithUs for English or *háblanos* for Spanish to 66746.



Sleep is essential to health. Getting enough sleep improves mental health, mood and decision-making ability. Sleep is also important for the health of our brains, hearts and other organs. Sleep is especially important during stressful times.

Most adults need seven or more hours of uninterrupted sleep each day, while teens need eight to ten hours.

## Tips to help you sleep well

- Set aside enough time for sleep.
- Establish a sleep environment that is dark, quiet, cool and comfortable. Do not watch TV, read or work in the bedroom.
- Go to bed at the same time every day.
- Establish a relaxing pre-sleep routine about an hour and a half before bedtime. Transition to dim lighting, avoid screens and white light and don't watch or read exciting or upsetting content.
- Avoid heavy or spicy meals three hours before bedtime.
- Avoid alcohol near bedtime. It may help you fall asleep but can cause sleep disturbances.
- Avoid caffeine, chocolate and nicotine five or more hours before bedtime.
- Exercise during the day, but plan on finishing exercise at least three hours before bedtime.

Sources: Centers for Disease Control and Prevention, Florida Department of Health in Citrus County, Mayo Clinic

Going  
Beyond  
the text

Each month, the Lifetimes section of the *Tampa Bay Times* features tips and techniques for healthier living. For example, the November 2020 edition included an article about diet myths and a series of stretches to combat holiday stress.

Although these articles are aimed at adults over 50, they can be helpful to teens and adults of all ages. Look in the most recent edition of Lifetimes at [tampabay.com/special-sections](https://tampabay.com/special-sections).

How could you incorporate the suggestions into your life? Are there other people in your

family who could benefit from this advice? Create a presentation encouraging people to adapt one or more of the suggested activities. Your presentation can be a poster, PowerPoint, Prezi or Google Slides presentation.

Florida Standards

Health: HE.412.B.3.3; HE.412.B.4.1; HE.412.B.5.2; HE.412.B.6.2; HE.412.C.2.5 Language Arts: LAFS.412.L.1.1; LAFS.412.L.1.2; LAFS.412.RI.1.1; LAFS.412.RI.2.5; LAFS.412.RI.3.7; LAFS.412.RI.3.8; LAFS.412.SL.1.1; LAFS.412.SL.1.2; LAFS.412.SL.2.5; LAFS.412.W.1.1; LAFS.412.W.1.2; LAFS.412.W.2.4; LAFS.412.W.3.7; LAFS.412.W.3.9

# Dental health

The health of your mouth, teeth and gums is very important to your overall health.

Your mouth is the entry point to your digestive tract and lungs. Tooth decay and gum disease can contribute to problems such as pneumonia, pregnancy and birth complications, and even heart disease.

The good news is that by practicing good oral hygiene at home and getting regular dental checkups, you can keep your mouth and teeth healthy.

## Home oral hygiene for the family

- Brush at least twice a day with fluoride toothpaste.
- Floss daily.
- Use mouthwash to remove food particles left after brushing and flossing.
- Eat a healthy diet and limit foods and drinks with added sugars.
- Replace toothbrushes every three months, or sooner if bristles are splayed or worn.
- Schedule regular dental checkups and cleanings.
- Contact your dentist as soon as an oral health problem arises.
- Avoid tobacco use.
- Talk to your child's dentist about dental sealants.



## Community water fluoridation

Drinking fluoridated water keeps teeth strong and reduces cavities by about 25 percent in children and adults. Community water fluoridation is the most efficient and cost-effective way to deliver fluoride to everyone in a community, regardless of their age, income or education.

The health benefits of fluoride include having:

- Fewer cavities.
- Less severe cavities.
- Less need for fillings and removing teeth.
- Less pain and suffering because of tooth decay.

Find out if your water system has fluoride at My Water's Fluoride by visiting [cdc.gov/fluoridation](http://cdc.gov/fluoridation).



## What is tooth decay (cavities)?

Tooth decay (cavities, also called caries) is a common problem for both children and adults. Untreated cavities can cause pain and infection and lead to difficulty eating and speaking. Children with oral health problems are more likely to have problems at school and to miss more days of school.



## What is periodontal (gum) disease?

Periodontal (gum) disease is an infection caused by bacteria under the gum tissue that begin to destroy the gums and bone. Teeth become loose, and chewing becomes difficult. If not treated, gum disease can lead to tooth loss.



## How much toothpaste should I use?

Adults and children old enough to brush their own teeth only need a pea-sized amount of toothpaste.

For children under 2 years old, seek advice from your dentist or other health care professional.





## Preventing disease

Proper care of your toothbrush is important to avoid spreading germs between household members.

- After brushing, rinse your brush and store it upright in a holder to air dry.
- Do not let toothbrushes touch each other.
- Do not share toothbrushes.
- If anyone in the household is sick, keep his or her toothbrush away from everyone else's. Replace the toothbrush after the family member is better.

## Tobacco and your teeth

Cigarettes, smokeless tobacco and other forms of tobacco stain your teeth and cause mouth, tongue and lip cancer, gum disease, tooth loss and other oral health problems. People who smoke are three times more likely to lose all of their teeth.

Find resources to help you quit on Pages 12-13 of this publication.

Sources: American Dental Association, Centers for Disease Control and Prevention, Florida Department of Health in Citrus County, Mayo Clinic



## How to find a dentist

### American Dental Association Find a Dentist online tool

[ada.org/ada/findadentist/advancedsearch.aspx](http://ada.org/ada/findadentist/advancedsearch.aspx)

### American Academy of Pediatric Dentistry Find a Pediatric Dentist online tool

[aapd.org/finddentist](http://aapd.org/finddentist)

### Academy of General Dentistry Directory

[knowyourteeth.com/findadentist](http://knowyourteeth.com/findadentist)

## Resources for free and low-cost care

### Langley Health Services Dental Department

[langleymedicalcenter.com/dental-services](http://langleymedicalcenter.com/dental-services)

Langley Health Services provides dental services to patients of all ages. Call 352-419-4056 to schedule an appointment. Medicaid, Medicare and most major insurance are accepted. There is a sliding scale for those who qualify.

### Nature Coast Ministries Dental Clinic

[myncm.com](http://myncm.com)

Provides free care to Citrus County residents who do not have dental insurance and are within 200 percent of the federal poverty guidelines. Walk-ins are not accepted. Call 352-563-1860 for more information and to schedule an appointment.

### National Institute of Dental and Craniofacial Research Finding Dental Care Directory

[nidcr.nih.gov/health-info/finding-dental-care](http://nidcr.nih.gov/health-info/finding-dental-care)

This online resource provides links to other providers of low-cost dental care.

Going Beyond the text

## Tobacco and your oral health

Most people know that smoking cigarettes, vaping, chewing tobacco, smoking a pipe or using other forms of tobacco can cause serious health problems such as lung cancer and heart disease. But many people don't know how harmful tobacco use is for your mouth and teeth. Tobacco products also stain your teeth and cause gum disease, tooth loss and oral cancers. Do some research about tobacco products, specifically focusing on vaping and smoking. Take notes on the information you find. Take note of the sources of the information. Using the advertisements in the *Tampa Bay Times* and *Citrus County Chronicle* as models, design an advertisement or advertorial aimed at educating young people about the dangers of tobacco to their oral health. Share your ad and what you have learned with your classmates.

Florida Standards

Health: HE.412.B.3.1; HE.412.B.3.3; HE.412.B.4.1; HE.412.B.4.2; HE.412.B.5.2; HE.412.B.6.2; HE.412.C.2.5; HE.412.P.8.1HE.412.P.8.4 Language Arts: LAFS.412.L.1.1; LAFS.412.L.1.2; LAFS.412.RI.1.1; LAFS.412.RI.2.5; LAFS.412.RI.3.7; LAFS.412.RI.3.8; LAFS.412.SL.1.1; LAFS.412.SL.1.2; LAFS.412.SL.2.5; LAFS.412.W.1.1; LAFS.412.W.1.2; LAFS.412.W.2.4; LAFS.412.W.3.7; LAFS.412.W.3.9

BY AGE

8

more than half of children have had a cavity

1 in 4

ADULTS age 20 to 64 currently has cavities

34 MILLION

school hours are lost each year because of emergency dental care

MORE THAN **\$45 BILLION** in U.S. productivity is lost each year due to untreated dental disease

Source: Centers for Disease Control and Prevention

## School-Based Dental Sealant Program

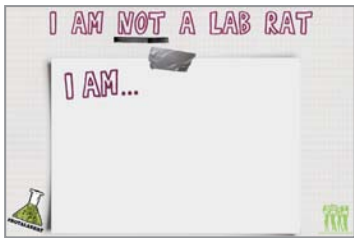
The School-Based Dental Sealant Program provides sealants and other preventive dental services to students in grades 2 and 6 at Title I elementary and middle schools throughout Citrus County.

This Florida Department of Health program provides dental health education, dental screenings and assessments, dental sealants, fluoride treatments and take-home oral hygiene supplies. Sealants are thin, plastic coatings painted on the chewing surfaces of back teeth to keep out germs and food.

Visit [citrus.floridahealth.gov/programs-and-services/wellness-programs/school-based-dental-sealants1](http://citrus.floridahealth.gov/programs-and-services/wellness-programs/school-based-dental-sealants1) for more information and to find out when the School-Based Dental Sealant Program will be at your child's school.



# Students Working Against Tobacco Not A Lab Rat Initiative



Students Working Against Tobacco (SWAT) is Florida's statewide youth organization working to mobilize, educate and equip Florida youth to revolt against and de-glamorize Big Tobacco. SWAT is a united movement of empowered youth working toward a tobacco-free future.

Not A Lab Rat is SWAT's initiative to empower young people to stand up and declare that they refuse to be the industry's "lab rats" as we wait to see the long-term effects of vaping. SWAT shares the truth

behind e-cigarettes and how you can stop the spread of misinformation.

SWAT has clubs throughout the state of Florida. To learn more about how to join SWAT, visit [swatflorida.com/join-the-movement](http://swatflorida.com/join-the-movement). To learn more about the Not A Lab Rat Initiative, visit [swatflorida.com/not-a-lab-rat](http://swatflorida.com/not-a-lab-rat).

SWAT is a powerful resource in the fight to make Florida tobacco free. It is run by the Florida Department of Health, Tobacco Free Florida program.

## Myth vs. Fact

### Myth: E-Liquids in e-cigarettes are safe

**Fact:** Dangerous chemicals can be found in e-liquids, particularly in certain flavors. Studies have found harmful chemicals in some e-cigarettes, including formaldehyde (cancer-causing), acetaldehyde (toxic), and others.

### Myth: E-cigarettes are a safe alternative to cigarettes

**Fact:** E-cigarettes are fairly new tobacco products, so many of the ingredients and their effects on your body are unknown. What we do know is that it is unsafe for kids, teens and young adults.

### Myth: If there is no nicotine in e-liquid, it is safe

**Fact:** There are other dangerous chemicals in e-liquid besides nicotine. Scientific testing shows that e-cigarettes vary widely in the amount of harmful chemicals they deliver.

There's so much that we don't know about the health effects of e-cigarettes, and these companies are using our generation as an experiment for their new nicotine-packed products. It's time to let them know that we are "NOT A LAB RAT".

## Youth Vaping Epidemic

Youth e-cigarette use has skyrocketed and the federal government has declared it a nationwide epidemic. Youth are using e-cigarettes at troubling rates across the country, including Florida. In 2020, 21.6 percent of Florida high school students and 8.2 percent of Florida middle school students reported current e-cigarette use.

The long-term effects of e-cigarettes are still unknown. E-cigarettes typically contain nicotine, which is highly addictive. The brain continues to develop until about age 25, and the developing brain is more vulnerable to nicotine.

Nicotine's effects include reduced impulse control, deficits in attention and cognition, and mood disorders. Using nicotine in adolescence also may increase risk for future addiction to other drugs.



Going Beyond the text

## Vaping

Almost one-third of Citrus County youth have tried vaping. How much do you really know about e-cigarettes and how they affect your health? Read the statements below and predict whether each is true or false.

1. Most e-cigarettes only contain water and flavoring.
2. Like tobacco smoke, the aerosol given off by an e-cigarette can contain dangerous chemicals.
3. As long as an e-cigarette doesn't contain nicotine, it's completely safe.

4. A Juul pod contains as much nicotine as a whole pack of cigarettes.
5. Teens who vape are more likely to start smoking cigarettes.
6. Teens are more likely to become addicted to the nicotine in cigarettes than adults are.

Next, research the effects of vaping using these websites: [scholastic.com/vapingrisks](http://scholastic.com/vapingrisks) and [cdc.gov/tobacco/basic\\_information/e-cigarettes](http://cdc.gov/tobacco/basic_information/e-cigarettes). How do the facts you found compare to your predictions? For each statement, record at least one fact from your research that supports your answer. Once you have completed your research, look in the *Tampa Bay Times* and the *Citrus County Chronicle* for articles or advertisements focusing on this topic. With the information you have learned, create an infographic to share with your class. As a final step, using the editorial cartoons in the newspapers as models, create an editorial cartoon about this topic. You also can use the Cartoons for the Classroom on the [tampabay.com/nie](http://tampabay.com/nie) website as examples.

Adapted from: Scholastic, "Teens and Vaping: The Real Health Consequences"

Florida Standards:

Health: HE.412.B.3.1; HE.412.B.3.3; HE.412.B.4.1; HE.412.B.4.2; HE.412.B.5.2; HE.412.B.6.2; HE.412.C.2.5; HE.412.P.8.1; HE.412.P.8.4 Language Arts: LAFS.412.L.1.1; LAFS.412.L.1.2; LAFS.412.RI.1.1; LAFS.412.RI.2.5; LAFS.412.RI.3.7; LAFS.412.RI.3.8; LAFS.412.SL.1.1; LAFS.412.SL.1.2; LAFS.412.SL.2.5; LAFS.412.W.1.1; LAFS.412.W.1.2; LAFS.412.W.2.4; LAFS.412.W.3.7; LAFS.412.W.3.9 Social Studies: SS.412.A.1.2; SS.412.A.1.4 World Languages: WL.K12.AM.5.3



# Reasons to QUIT

Smoking costs twice the price, because cigarettes harm both your health and your wealth. Learn about the cost of smoking and the many reasons to quit.

## QUIT YOUR WAY

### Secondhand Smoke

More than 41,000 adults and 400 infants die every year in the U.S. due to secondhand smoke exposure.

Children who are exposed to secondhand smoke are at increased risk for sudden infant death syndrome (SIDS), acute respiratory infections, middle ear infections, more severe asthma attacks and slowed lung growth.

In 2020, 60 percent of Citrus County youth were exposed to secondhand cigarette or electronic vapor smoke.

#### Protect your friends, family and community from secondhand smoke:

- Encourage tobacco-free spaces in your community like parks, beaches and recreational facilities. Tobacco-free spaces set a positive example and limit opportunities for youth to start smoking.
- Talk to your school districts to see if a tobacco-free policy is in place. Tobacco-free school policies create a healthy learning environment for youth and education staff.
- Quit smoking. Your body begins to heal hours after you quit and eliminates the exposure to secondhand smoke for you and your loved ones.

### The cost of smoking

Quitting is good for your health; but it's also good for your wallet. The average pack-a-day smoker in Florida spends more than \$2,000 a year on cigarettes. Do you know how much tobacco has cost you or a loved one? Discover how much money you can save over time if you stopped smoking today by visiting [tobaccofreeflorida.com/cost](http://tobaccofreeflorida.com/cost).



### Smokeless tobacco

Smokeless tobacco — like **chew, dip and snus** — is not harmless and can lead to **nicotine addiction**.

Smokeless tobacco can cause **white or gray patches** inside the mouth (Leukoplakia) that can lead to cancer. It can also cause **gum disease, tooth decay and tooth loss**.

Using smokeless tobacco **increases the risk of death** from heart disease and stroke.

### YOUTH TOBACCO USE IN CITRUS COUNTY

Youth use of tobacco products in any form is unsafe and causes both immediate and long-term health consequences, including nicotine addiction and permanent cardiovascular damage.

While the percentage of Citrus County youth who have tried cigarettes or smokeless tobacco has declined dramatically since 2014, the percentage who have tried vaping has risen from 15 percent to almost one-third. Overall, one-fourth of Citrus County youth currently use tobacco.

Percentage of Citrus County youth who have ever tried cigarettes

2014: 27.4%  
2020: 14.9%

Percentage of Citrus County youth who have ever tried smokeless tobacco

2014: 17.1%  
2020: 4.2%

Percentage of Citrus County youth who have ever tried vaping

2014: 15.0%  
2020: 32.3%

Percentage of Citrus County youth who currently use cigarettes, cigars, smokeless, hookah or electronic vaping

2014: 19.1%  
2020: 25.1%



# Vaccination

## Protect yourself, your family and your community

Every year, tens of thousands of Americans get sick from diseases that can be prevented by vaccines. Many diseases that are rare in the U.S. remain widespread in other countries and can be brought into the U.S. by travelers.

By vaccinating yourself and your family, you are less likely to get sick and spread disease.

## How your body fights disease

Microorganisms, or microbes, are microscopic living

organisms such as bacteria, viruses and parasites. Many microbes exist in the body without causing harm, and some are even good for you. Other microbes cause disease.

When harmful microbes invade your body, they attack and multiply. This invasion is called an infection, and an infection is what makes you sick.

When your immune system encounters a harmful microbe, it recognizes it as foreign to your body and begins to produce tools to fight the infection caused by that microbe.

The first time your body encounters a particular microbe, it can take several days for your immune system to produce enough tools to conquer the infection, so you get sick.

After you recover from an infection, your immune system remembers how to protect you against that microbe, so it can't make you sick again. This protection is called immunity.



## How vaccines work

Vaccines help you to develop immunity to diseases without having to get sick first.

The active ingredients of vaccines, called antigens, look like disease-causing microbes to your immune system. The antigens fool your immune system into recognizing them as foreign, so it destroys and remembers them, just as it would a real microbe.

After being vaccinated, if you encounter the real microbe in the future, your immune system can recognize and destroy it before it can make you sick.

## What vaccines do we need?

Visit [cdc.gov/vaccines/schedules](http://cdc.gov/vaccines/schedules) for easy-to-read vaccine schedules for all ages and interactive online tools.

Sources: Centers for Disease Control and Prevention, Florida Department of Health in Citrus County, National Institute of Allergy and Infectious Diseases, U.S. Department of Health & Human Services, World Health Organization

## What is community (herd) immunity?

When you get vaccinated, you're not just protecting yourself. You're also protecting your community.

Some people, such as newborn infants, pregnant women and cancer patients, can't receive some immunizations. They must count on others around them to be vaccinated for protection.

Many harmful microbes can spread quickly and easily between people, causing widespread illness and even disease outbreaks.

If enough people are vaccinated, the microbes can't travel as easily, so the entire community is less likely to get the disease. Even if a few people do get sick, there is less opportunity for a widespread outbreak.



## School immunization requirements

Before attending a public or private school in Florida, whether in-person or virtually, students in grades kindergarten through 12 must have the following vaccinations:

**Learn more about vaccines and vaccinations in the Times NIE publication, *Just the Facts: Vaccination protects***

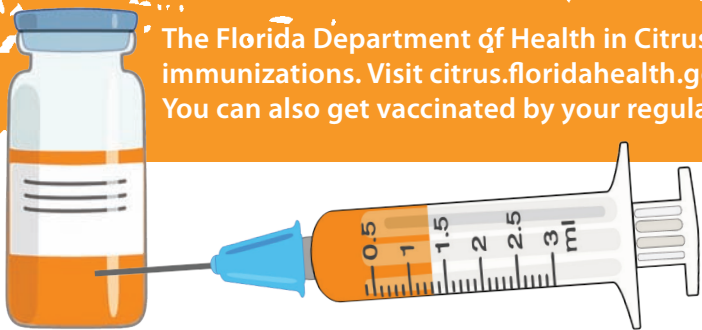
- Go to [tampabay.com/nie](http://tampabay.com/nie)
- Click on the Curriculum tab
- Go to the Health and Physical Education section

- Four or five doses of DTaP
- Four or five doses of IPV
- Two doses of MMR
- Three doses of Hep B
- One Tetanus-diphtheria-acellular pertussis (Tdap)
- Two doses of Varicella
- Students entering grade 7 also need:  
One Tetanus-diphtheria-acellular pertussis (Tdap)



# Where can I get vaccinated?

The Florida Department of Health in Citrus County's Immunization Clinic provides the full range of child and adult immunizations. Visit [citrus.floridahealth.gov](http://citrus.floridahealth.gov) or call 352-527-0247 for more information or to make an appointment. You can also get vaccinated by your regular health care provider, or visit [vaccinefinder.org](http://vaccinefinder.org) to find a vaccine provider near you.



## Resources for more information

### American Academy of Pediatrics

[healthychildren.org/english/safety-prevention/immunizations](http://healthychildren.org/english/safety-prevention/immunizations)

### Centers for Disease Control and Prevention

[cdc.gov/vaccines](http://cdc.gov/vaccines)

### Florida Department of Health

[floridahealth.gov/programs-and-services/immunization](http://floridahealth.gov/programs-and-services/immunization)  
[citrus.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations](http://citrus.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations)

### Immunization Action Coalition

[immunize.org](http://immunize.org)

### National Foundation for Infectious Diseases

[nfid.org](http://nfid.org)

### U.S. Department of Health and Human Services

[vaccines.gov](http://vaccines.gov)

### Vaccine Education Center at the Children's Hospital of Philadelphia

[vaccine.chop.edu](http://vaccine.chop.edu)

### Vaccinate Your Family

[vaccinateyourfamily.org](http://vaccinateyourfamily.org)

### World Health Organization

[who.int/topics/vaccines](http://who.int/topics/vaccines)



## Help paying for vaccinations

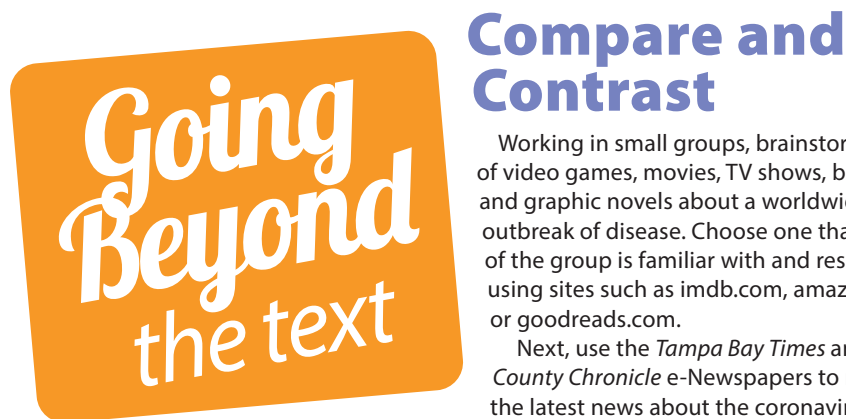
Most private health insurance plans must cover certain vaccines without charging a copayment or coinsurance when provided by an in-network provider. Check with your insurance provider for coverage details.

The Florida Vaccines for Children (VFC) program provides vaccines for children 18 years and younger who are uninsured, underinsured and Medicaid-eligible. Contact DOH-Citrus at 352-527-0247 for more information or to make an appointment. Some adult immunizations may be covered. Check with your health care provider.

If you are enrolled in Florida Medicare, your vaccine coverage depends on which plan(s) you are enrolled in. Visit [medicare.gov/coverage](http://medicare.gov/coverage) to find out what is covered under your plan(s).

If you serve in the military or are a military dependent, TRICARE covers vaccines according to the CDC recommended schedule.

If your health insurance doesn't cover HPV vaccination or you don't have health insurance and you can't pay, the Merck Vaccine Patient Assistance Program provides Gardasil 9 free of charge to eligible individuals. For more information, visit [merckhelps.com/GARDASIL%209](http://merckhelps.com/GARDASIL%209) or call 800-293-3881.



## Compare and Contrast

Working in small groups, brainstorm a list of video games, movies, TV shows, books and graphic novels about a worldwide outbreak of disease. Choose one that most of the group is familiar with and research it, using sites such as [imdb.com](http://imdb.com), [amazon.com](http://amazon.com) or [goodreads.com](http://goodreads.com).

Next, use the *Tampa Bay Times* and *Citrus County Chronicle* e-Newspapers to research the latest news about the coronavirus pandemic. You also can use the NIE Special

Report, "The Coronavirus Learning Companion" by visiting [tampabay.com/nie](http://tampabay.com/nie) and clicking on the Resources tab. Use the Compare and Contrast Chart from [readwritethink.com](http://readwritethink.com) to compare the media depiction of a disease outbreak with the real-life coronavirus pandemic. Share your findings with the class.

### Printable:

[readwritethink.org/files/resources/printouts/CompareContrast.pdf](http://readwritethink.org/files/resources/printouts/CompareContrast.pdf)

### Online interactive:

[readwritethink.org/files/resources/interactives/compcontrast/map](http://readwritethink.org/files/resources/interactives/compcontrast/map) (requires Flash)



# Educators

Share 100 words about how you used this resource in your classroom for a chance to win a \$15 gift card! Visit [tampabay.com/nie](http://tampabay.com/nie) for details and to enter.



## About the Florida Department of Health in Citrus County

The Florida Department of Health in Citrus County (DOH-Citrus) serves a combined rural and metropolitan population of more than 147,000 residents.

With a strong focus on improving health outcomes for all in Citrus County, DOH-Citrus is the driving force behind the Citrus Health

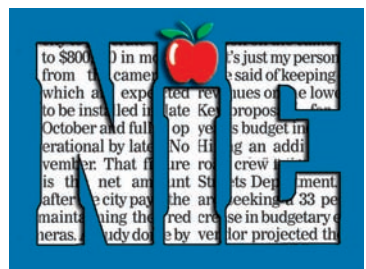
Improvement Partnership. The partnership brings several agencies together to discuss strategies to address various public health issues, such as health equity, behavioral health, child health and safety, healthy behaviors and access to health care.

In 2019, the mission of DOH-Citrus, "to protect, promote, and improve the health of all people in Florida through integrated state, county and community efforts," was put to the test when the state battled a growing hepatitis A outbreak early in the year followed by the COVID-19 pandemic.

While the medium-sized county health department, operating with a staff of approximately 60 full time employees and an annual budget of \$6 million, was taxed during these incidents, the dedicated employees at DOH-Citrus honored its mission by providing exemplary service to the community through heightened surveillance, vaccination and testing, all while maintaining the agency's core programs such as immunizations, STI testing and treatment, prenatal care and family planning, WIC, Environmental Health and Community Health, among many others.

## About the Citrus County Chronicle NIE program

The Citrus County Chronicle Newspapers In Education program (NIE) is a cooperative effort between Citrus County schools and the *Chronicle* to promote the use of newspapers as an educational resource. Classroom sets and electronic editions are provided to educators throughout Citrus County at no cost to schools, teachers or students. The *Chronicle* distributes more than 25,000 newspapers each school year as well as companion materials and instructional support. To learn more, contact Jackie Lytton at 352-564-2914 or [jackie.lytton@chronicleonline.com](mailto:jackie.lytton@chronicleonline.com).



## About the Tampa Bay Times NIE program

The Tampa Bay Times Newspaper in Education program (NIE) is a cooperative effort between schools and the Times Publishing Co. to encourage the use of newspapers in print and electronic form as educational resources — a living textbook. Our educational resources fall into the category of informational text, a type of nonfiction text. The primary purpose of informational text is to convey information about the natural or social world.

NIE serves educators, students and families by providing schools with class sets of the Pulitzer Prize-winning *Tampa Bay Times* plus award-winning original educational publications, teacher guides, lesson plans, educator workshops and many more resources — all at no cost to schools, teachers or families.

In 2019-2020, NIE provided more than 1.1 million print copies and 10 million digital editions of the Times to area classrooms free of charge thanks to our generous subscribers and individual, corporate and foundation sponsors. NIE teaching materials cover a variety of subjects and are aligned to the Florida Standards.

For more information about NIE, visit [tampabay.com/nie](http://tampabay.com/nie), call 727-893-8138 or email [ordernie@tampabay.com](mailto:ordernie@tampabay.com). Follow us on Twitter at [twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE). Find us on Facebook at [facebook.com/TBTNIE](https://facebook.com/TBTNIE).

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## Credits

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## Florida Standards

This publication and its activities incorporate the following Florida Standards for elementary, middle and high school students.

Health: HE.412.B.3.1; HE.412.B.3.2; HE.412.B.3.3; HE.412.B.4.1; HE.412.B.4.2; HE.412.B.5.1; HE.412.B.5.2; HE.412.B.6.2; HE.412.C.1.4; HE.412.C.1.6; HE.412.C.2.3; HE.412.C.2.5; HE.412.P.7.1; HE.412.P.8.1; HE.412.P.8.4 Language Arts: LAFS.412.L.1.1; LAFS.412.L.1.2; LAFS.412.L.2.5; LAFS.412.RI.1.1; LAFS.412.RI.2.5; LAFS.412.RI.3.7; LAFS.412.RI.3.8; LAFS.412.SL.1.1; LAFS.412.SL.1.2; LAFS.412.SL.2.5; LAFS.412.W.1.1; LAFS.412.W.1.2; LAFS.412.W.2.4; LAFS.412.W.3.7; LAFS.412.W.3.9 Science: SC.412.N.1.1; SC.412.N.1.4; SC.412.N.1.6; SC.412.N.1.8 Social Studies: SS.412.A.1.2; SS.412.A.1.4 World Languages: WL.K12.AM.5.3