

Oral care in pediatric population: oral care in children is crucial as dental caries is one of the major health concerns for pediatric population. permanent teeth eruption occurs between the age of 11 and 12 or even younger. It is important to teach children good oral care and dental hygiene. Dental hygiene begins with the first tooth eruption. It is advisable to clean teeth with gauze piece in smaller babies. Teaching community about the dental visits can reduce the incidence of dental caries and tooth decay. Dental caries can lead to other infection in children. Prevention is necessary to reduce sickness in children. Teach children and their parents the care in care of dental evulsion. Encourage them to see the doctor as soon as possible and keep that tooth in milk after its detached. Overall, our goal is to decrease the incidence of dental caries among pediatric population, and it is possible with patient education.

Flu Season is among us! It is now time to figure out what you can do to stop the spread this flu season. The CDC recommends that everyone who can, receive a flu vaccine, especially this year due to the Covid-19 pandemic. If you cannot get the vaccine, there are several other ways to stop the spread. First and foremost, always cover your cough and sneezes by doing so into your elbow or a tissue and not your hands! Avoid touching your eyes, nose, and mouth as this is the most common ways germs are spread. Finally, if you are feeling sick, stay home! To check out some other preventative measures you can take, check out the CDC website at <https://www.cdc.gov/flu/prevent/prevention.htm>.

Reference

Hockenberry, M, Wilson, D. (2019). *Wong's Nursing Care of Infants and Children*. (11th ed.). St Louis, MO: Elsevier.

Preventive Steps. (2020, September 25). Retrieved November 08, 2020, from <https://www.cdc.gov/flu/prevent/prevention.htm>