



# Diabetes Newsletter



PIKE COUNTY HEALTH DEPARTMENT

MAY, 2009

**Clean** - Wash your hands **Cover** - Cover your cough and sneeze **Contain** - Contain your germs - stay home if you are sick

## Common Sense Checklist for H1N1 (Swine Flu)

### If you have a flu-like illness including:

Fever > 100°F (37.8°C) AND cough OR sore throat

AND

History of travel to an affected area within 7 days of illness onset

OR

Contact with an ill person fitting the above travel description within 7 days of illness onset

### Then Stay Home and CALL Your Doctor

If no link to affected areas or travelers from affected areas, but you are mildly sick with flu-like symptoms – STAY HOME and recover, unless you have the following worrisome WARNING SIGNS.

### Emergency warning signs that need urgent medical attention include:

#### IN CHILDREN

- Fast breathing or trouble breathing
- Bluish skin color (for fair tones) and grayish skin color (for darker tones)
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

#### IN ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting

### Common Sense Precautions Include:

- Wash your hands often, especially after coughing, sneezing, and wiping or blowing the nose.
- Cover your mouth when coughing or sneezing.
- Use paper tissues when wiping or blowing your nose; throw tissues away after use.
- Stay away from crowded living and sleeping spaces, if possible.
- Stay home and avoid contact with other people to protect them from catching your illness.

For basic, non-medical questions call the State of Illinois Hotline for H1N1 (Swine Flu) - 866-848-2094 (English); 866-241-2138 (Spanish) 6 a.m. - 10 p.m. [ready.illinois.gov](http://ready.illinois.gov)

.Banana Pudding Squares

- 1 cup graham cracker crumbs
- 2 tablespoons margarine, melted
- 1 pkg. (8 ounces) fat-free cream cheese softened
- 2 pkgs. (4-serving size) sugar-free, fat-free instant banana cream pudding mix

- 3 cups fat-free (skim) milk
- 1 container (8 ounces) reduced-fat whipped topping, divided
- 2 medium bananas
- 1 tablespoon unsweetened cocoa powder (optional)

1. Line 13x9 pan with foil and coat lightly with non-stick cooking spray. Stir graham cracker crumbs and margarine in small bowl until blended. Scatter crumbs into pan and press into even layer.
2. Beat cream cheese with electric mixer at low speed until smooth. Add pudding mix and milk. Beat on high speed 2 minutes or until mixture is smooth and creamy. Fold one-half of whipped topping into pudding mix until well blended. Using about half of mixture, drop large spoonfuls onto graham cracker base. Gently spread into even layer with spatula.
3. Peel and cut bananas lengthwise. Slice cross wise into 1/4 in slices. Scatter banana pieces evenly over pudding mixture. Spoon remaining pudding mixture over banana pieces and smooth into even layer.
4. Spread remaining whipped topping evenly over pudding mixture. Loosely cover with plastic wrap and refrigerate 2 hours (or up to 8 hours). If desired, dust with cocoa powder just before serving.

Cal: 112    Chol: 2 mg    Fat: 5 g  
 Sat Fat: 2 g    Sod: 292 mg    Fiber: 1 g  
 Sugars: 3 g    Carb: 15 g    Protein: 4 g  
 Exchanges/serving: 18 Servings

Diabetes Cooking School, co-sponsored by University of Illinois Extension and the Pike County Health Department, will be held from 5:30-7:30 pm on June 1, 8 and 15 at the Pike County Farm Bureau Building, 1301 E. Washington, Pittsfield. The \$10 registration fee covers the cost of the meals and handout materials. Advance registration is required by May25. To register for the class, contact the Pike County Health Department at 285-4407.

**Next Diabetes Support Group Meeting is scheduled for May 14th from 4pm-5pm and again from 6pm-7pm at the Health Department.**

*Pike County Health Department  
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