More Than a Bandage

HEALTH INFORMATION RESOURCES FOR K-12 HEALTH PROFESSIONALS
Who we are

Health Resources

Drug Information

Multi-Language Multi-Cultural

Professional Resources

NLM Traveling Exhibition Program

Ways to use
Who We Are

NIH
• National Institutes of Health
• Nation’s research agency
• 27 institutes and offices

NLM
• National Library of Medicine
• World’s largest biomedical library

NNLM
• National Network of Libraries of Medicine
• Program of the NLM comprised of 8 Regional Libraries (RMLs) and 5 offices

PNR
• Pacific Northwest Region (NNLM PNR)
• Is one of the 8 RMLs
• Serves Alaska, Idaho, Montana, Oregon, Washington
The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information
- Improving the public's access to information to enable them to make informed decisions about their health
Health Resources
FROM NLM’S CONSUMER HEALTH COLLECTION
- Links to reliable, authoritative health websites
- Health Topics on children/teens
- Easy-to-read articles
- Medical dictionary
- Medical encyclopedia
- Links to local services
- English, Spanish and other languages
- No Advertisements!

MedlinePlus
https://medlineplus.gov/
MedlinePlus: School Health Topics
Searching MedlinePlus by health topic
Searching MedlinePlus – search box

(National Library of Medicine) indicates a health topic page
MedlinePlus
For Kids and Teens

FOR CHILDREN

FOR TEENS
MedlinePlus Videos and Tools
MedlinePlus- Social Media
Genetics Home Reference

- Health conditions
- Genes
- Chromosomes and DNA
- Resources
- Genetic handbook
Household Products Database

- Based on Consumer Product Information Base
- Over 16,000 brands linked to Safety Data Sheets
- Multiple ways to search
- Useful for home, work, school
NIH- National Institutes of Health

https://www.nih.gov/
NIH for Kids and Teens
Girls’ Health
Young men’s and young women’s health
Welcome to the Web site for NIH MedlinePlus, the magazine.

Our purpose is to present you with the best in reliable, up-to-date health information.

We bring you the latest breakthroughs from NIH-supported research. We feature people from all walks of life talking about how they’ve handled their health challenges.

Sometimes it’s the famous. Like Nick Jonas, Randy Jackson or Mary Tyler Moore, but mostly, it’s regular people who have turned to NIH for care and want to share their stories. Often, too, to help scientists will write about their efforts to cure disease.

We hope that NIH MedlinePlus becomes a favorite source of trusted health information for you, whether you need it in your doctor’s office, local health center, clinic, or hospital waiting room. Best of all, we hope that you take it at the subscription. NIH MedlinePlus is produced by the National Library of Medicine, and the Friends of the National Library of Medicine.

With the best of good health to you and your family,

Patricia Bailey-Brown, RN, PhD
Director, National Library of Medicine.
Drug Information

NLM AND NIH RESOURCES
MedlinePlus
Drugs, Herbs, Supplements
MedlinePlus- medication pages

DRUGS

Sertraline

Why is this medication prescribed?
What side effects can this medication cause?

Other uses for this medication
What should I know about storage and disposal of this medication?

What special precautions should I follow?
In case of emergency/overdose
What other information should I know?

What should I do if I forget a dose?
Brand names

IMPORANT WARNING:

A large number of infants, teenagers, and young adults (up to 24 years of age) who took antidepressants (“tricyclics”) such as sertraline during clinical studies became suicidal (thinking about harming or killing oneself or planning or trying to do it). Children, teenagers, and young adults who take antidepressants to treat depression or other mental illnesses may be more likely to become suicidal than children, teenagers, and young adults who do not. The risk of suicidal thinking or behavior is a very important side effect. However, it is not clear how much risk there is for any particular patient. The risk of suicidal thinking or behavior is higher the earlier the patient begins taking the antidepressant and how long the patient has been taking it. You should know that your mental health may change in unpredicted ways when you take sertraline or other antidepressants even if you are an adult over 24 years of age. You may become suicidal, especially at the beginning of your treatment and anytime that your dose is increased or decreased. Your family, or your caregiver may call your doctor if you experience any of the following symptoms: new or worsening depression, thinking about harming or killing yourself, or planning or trying to do it; extreme worry, agitation, panic attacks; new or worsening anxiety, difficulty falling asleep or staying asleep; aggressive behavior, hostility, acting without thinking; severe weight loss, and thoughts of self-harm. Be sure that your family or caregiver knows which symptoms may be serious so they can call the doctor if you are unable to seek treatment on your own.

Your health care provider will want to see you often while you are taking sertraline, especially at the beginning of your treatment. Be sure to keep all appointments for office visits with your doctor.

The doctor or pharmacist will give you the manufacturer’s patient information sheet Medication Guide when you begin treatment with sertraline. Read the information carefully, and ask your doctor or pharmacist if you have any questions. You can also get the Medication Guide from the FDA website: http://www.fda.gov/Drugs/DrugSafety/ucm390729.htm

Tea Tree Oil

On This Page

• Background
• How Much Do We Know?
• What Have We Learned?
• What Do We Know About Safety?
• Keep in Mind
• For More Information
• Key References

This fact sheet provides basic information about tea tree oil—common names, usefulness and safety, and resources for more information.
NLM Drug Information list

Drug Information from the National Library of Medicine

- Drug Information Portal
  The Portal provides users a comprehensive gateway to information on over 53,000 substances (over 200,000 unique searchable drug names and their synonyms) not only from NLM but also from other U.S. government agencies. It covers drugs from the time they are entered into clinical trials through their entry into the U.S. marketplace. The Drug Portal focuses on all related information resources at NLM to provide a comprehensive view of a drug intended as a "middle ground" resource which includes information for the consumer, health professionals, and researchers.

- Drugs, Herbs, and Supplements
  Learn about prescription drugs and over-the-counter medicines from MedlinePlus, the National Institutes of Health's Web site for patients and their families and friends. Read about side effects, dosage, special precautions, and more. Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

- Pillbox
  Developed to aid in the identification of unknown solid dosage pharmaceuticals, Pillbox combines high-resolution images of tablets and capsules with appearance information (imprint, shape, color, etc.). It enables users to identify solid dosage forms based on visual criteria: imprint (characters or number printed on a medication), shape, color, size, and scoring. Images are continually updated as the user enters additional information. Pillbox is designed for use by emergency physicians, first responders, other health care providers, Poison Control Center staff, and concerned citizens.

- DailyMed
  DailyMed provides information about marketed drugs, including FDA labels (package inserts). It provides health information providers and the public with a standard, comprehensive, up-to-date, look-up and download resource of medication content and labeling as found in medication package inserts.

- Dietary Supplement Label Database (DSLD)
  The database links you to the information from the labels of over 30,000 dietary supplement products in the marketplace, including vitamins, minerals, herbs or other botanicals, amino acids, and other specialty supplements. It includes name, form, active and inactive ingredients, amount of active ingredient, manufacturer/distributor information, label claims, warnings, percentage of daily value, and additional information. The database can be searched by product names, text terms found on product labels, specific dietary ingredients, and manufacturers.

- RxNorm
  RxNorm provides normalized names for clinical drugs and links its names to many of the drug vocabularies commonly used in pharmacy management and drug interaction software, including those of First Databank, Micromedex, Medspan, Gold Standard, Atoeric, and Multum. By providing links between these vocabularies, RxNorm can mediate messages between systems not using the same software and vocabulary. RxNorm files are available through the NLM RxNorm Service.
Multi-Language
AND MULTI-CULTURAL
MedlinePlus in Spanish
MedlinePlus – Multiple Language

BY LANGUAGE

BY HEALTH TOPIC
Nebulizer Treatments

Some medicines need to be given through a nebulizer treatment. Nebulizer treatments are also called breathing treatments, aerosol treatments or med nebs. A nebulizer changes liquid medicine into a fine mist that is able to go more deeply into the airways of your lungs.

How often you have the nebulizer treatments will depend on:
- The type of medicine you are to take
- How short of breath you are or the amount of wheezing you have

Taking a Treatment

- The treatment can be done with a mask or mouthpiece based on which works best for you.
- If using a mouthpiece, place the mouthpiece in your mouth past your teeth. Make a seal around the mouthpiece with your lips.
- When using a mask, place it over your mouth and nose.
- Check your pulse before your treatment and write it down.
- You will see a fine mist when the treatment is started. Sit down, relax and breathe normally.
- Every four to five breaths take a deep breath in and hold it a few seconds. Then exhale or breathe out completely.
- Tap the nebulizer cup every few minutes to be sure all the medicine is nebulized. The treatment will last about 10 to 20 minutes.
Health Reach

- Multiple language
- Health education materials in various languages and formats
- Provider information
- National collaboration
- Submit your resources
NIH- Spanish and other languages

NIH information in Spanish
**FEATURE: OCTOBER 2018**

**LOA LOA**

The CDC recommends refugees from Loa loa-endemic countries in Africa should not receive presumptive treatment for strongyloides prior to departure. Management of Strongyloides should be deferred until arrival in the United States, unless Loa loa is excluded by reviewing a datam (30 AM to 2 PM) for plasma filtration. Treatment is considered for strongyloides until the Loa loa parasite is eliminated. The parasites are available for management of strongyloides following arrival in the United States from the Ministry of Health for Parasite Screening (HHS).

**PUBLIC POLICY RULE**

Proposed Policy Changes and Implications for Health Care of Immigrant Families

The Department of Homeland Security published the Notice of Proposed Rulemaking (NPRM) in the Federal Register on October 30, marking the beginning of the 60-day comment period. The comment period will end on December 10.

You can find the full text of the rule @here and the federal comment period for the rule @here. Some organizations are also providing forums for comment collection, documenting personal accounts of people harmed by the draft rule and publication of the comment rule. See
Professional Resources
PubMed for Nurses

PubMed for Nurses tutorial

PubMed Tutorials
PubMed Central

PubMed Central® (PMC) is a free full-text archive of biomedical and life sciences journal literature at the U.S. National Institutes of Health’s National Library of Medicine (NIH/NLM).

Get Started
- PMC Overview
- Users’ Guide
- Journal List
- PMC FAQs
- PMC Copyright Notice

Participate
- Information for Publishers
- How to Participate in PMC
- Participation Agreements
- File Submission Specifications
- File Validation Tools

Keep Up to Date
- New in PMC
- PMC Announce Mail List
- Utilities Announce Mail List
- Tapping Guidelines Mail List

Public Access
- Funders and PMC
- How Papers Get Into PMC
- NIH Manuscript Submission System
- My Bibliography
- PMC/PMID/NHMSID Converter

5 MILLION Articles are archived in PMC.

Content provided in part by:

- 2163 Full Participation Journals
- 333 NIH Portfolio Journals
- 4740 Selective Deposit Journals
CDC Healthy Schools

Managing Chronic Health Conditions in Schools

Nutrition
Physical Activity
Obesity Prevention
Chronic Conditions

SCHOOL HEALTH INDEX
STATE SUCCESS STORIES
PROFESSIONAL DEVELOPMENT
SCHOOL HEALTH SERVICES

Virtual Healthy School (VHS)
NLM
Traveling Exhibits
Focus on Health Care Professions

The postcard is a fleeting and widespread art form influenced by popular ideas about social and cultural life in addition to fashions in visual style. Nurses and nursing have been the frequent subjects of postcards...

PHYSICIAN ASSISTANTS
Collaboration and Care

PAs are educated and trained to collaborate with other health professionals. During their coursework and clinical training, PAs learn from and work with physicians, other PAs, nurses, and additional health care professionals...

Explore educational resources.
Focus on Health Issues

Graphic medicine is the use of comics to tell personal stories of illness and health.
PNR Rendezvous webinar
November 14 2018 session

New Horizons for NLM Traveling Exhibitions

Class Details
In 2018, the National Library of Medicine completed and published its Strategic Plan for 2017-2027. To support the strategic plan’s goal of “reaching more people in more ways through enhanced dissemination and engagement,” the Exhibition Program will soon introduce a new engagement initiative for customers hosting one of our traveling exhibitions. The new engagement initiative will help strengthen the connections host venues make to NLM collections and health information resources as part of their hosting of an NLM traveling exhibition. This webinar will serve as an introduction to this new initiative.

NLM offers a wide variety of health information resources that are available to the public. Beginning in the fall of 2019, host venues will be required to engage with and promote NLM health information resources during their hosting of one of our traveling exhibitions. Traveling Exhibition Services will help support this.

Class Overview
PNR Rendezvous
PNR Rendezvous is a monthly webinar series presented by the National Network of Libraries of Medicine Pacific Northwest Region. Each session focuses on various topics such as health, research, resources, and technology for attendees to incorporate into their work.

Connect to PNR Rendezvous
It is recommended to review this Webex help document prior to joining WebEx or if you are having trouble joining the webinar.

Registration is encouraged but not required. To attend PNR Rendezvous,
Ways to Use

STAFF, STUDENTS, PARENTS, WIDER COMMUNITY
Sports Injuries
Also called: Cranial Injuries, Skull fractures, Skull injuries

On this page
Basics
- Summary
- Safety
- Prevention and Risk Factors

Research
- Statistics and Research
- Clinical Trials
- Journal Articles

Summary
Exercising is good for you, but sometimes you can get hurt. Accidents, poor training practices, or improper gear can foul up your plans. The most common sports injuries are:

- Sprains and strains
- Knee injuries
- Swollen muscles
- Achilles tendon injuries
- Pain along the shin bone
- Rotator cuff injuries
- fractures
- Dislocations

If you get hurt, stop playing. Continuing to play may make your injury worse. Possible treatments include resting, applying ice, and sometimes surgery.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases

HEADS UP to Schools: School Nurses

Keep HEADS UP to Schools materials available in your office and present them to other school staff during staff meetings. The signs and symptoms checklist is particularly useful in helping to monitor a student with a head injury. The fact sheet for parents should be sent home with a student who has a head injury so that parents and caregivers know which symptoms to look out for at home.

Fact Sheet for School Nurses
- [PDF: 634 KB]
- [PDF: 214 KB]

Concussion Signs & Symptoms Checklist
Download
- [PDF: 369 KB]
- [PDF: 644 KB]
- [PDF: 644 KB]

Fact Sheet for Teachers, Counselors, and School Professionals
Download
- [PDF: 369 KB]
- [PDF: 644 KB]
Nutrition

Child Nutrition

Summary
A healthy diet helps children grow and learn. It also helps prevent obesity and weight-related diseases, such as diabetes. To give your child a nutritious diet:

- Make half of what is on your child's plate fruits and vegetables
- Choose healthy sources of protein, such as lean meat, nuts, and eggs
- Serve whole-grain breads and cereals because they are high in fiber. Reduce refined grains.
- Drink milk or other dairy products instead of juicing them
- Limit fast food and junk food
- Offer water or milk instead of sugary fruit drinks and sodas

Learn about your children's nutrient requirements, some of them, such as the requirements for iron and calcium, change as your child ages.

NHI, National Institute of Diabetes and Digestive and Kidney Diseases

Start Here
- Healthy Eating (American Foundation)

PROFESSIONALS
Nutrition Communications Network
Communicator's Guide
A Snapshot of the 2015-2020 Dietary Guidelines for Americans
Translating the Dietary Guidelines into Consumer Messages
Best Practices for Creating Nutrition Education Materials
Resources
Teachers Health Professionals MyPlate Resources Dietary Guidelines Resources MyPlate Graphics

BROWSE BY AUDIENCE

Infographics
MyPlate's colorful infographics (information + graphics) are truly a great resource! Print out a couple and post them where you (and others) can use some nutrition information and tips. They are also great for Facebook, Twitter, or Pinterest.

MyPlate Plan
The MyPlate Plan shows individuals their food group targets — what and how much to eat within their calorie allowance. Select a plan based on the individual’s age, sex, height, weight and physical activity level.

MyPlate Tips Sheets
The 10 Tips Nutrition Education Series and the MyPlate, MyVista Tips Series provide consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format.
- Find your healthy eating style and maintain it for a lifetime
- Reach your nutrition goals
- Click here for more.

Related Health Topics

MEDICAL ENCYCLOPEDIA
Cow's milk and children Eating extra calories when you are sick Children Food jags Kwashiorkor

HOME / AUDIENCE / PROFESSIONALS / Health Professionals / Health Professionals

Print Share

MyPlate Resources
MyPlate Mini Poster

MyPlate Plan

MyPlate Tips Sheets

What's MyPlate?
All About it?
Printable Resources

MyPlate: Your Guide to Healthy Eating

U.S. National Library of Medicine
National Network of Libraries of Medicine
Pacific Northwest Region

Nutrition Communications Network
Communicator's Guide
A Snapshot of the 2015-2020 Dietary Guidelines for Americans
Translating the Dietary Guidelines into Consumer Messages
Best Practices for Creating Nutrition Education Materials
Resources
Teachers Health Professionals MyPlate Resources Dietary Guidelines Resources MyPlate Graphics

BROWSE BY AUDIENCE

Infographics
MyPlate's colorful infographics (information + graphics) are truly a great resource! Print out a couple and post them where you (and others) can use some nutrition information and tips. They are also great for Facebook, Twitter, or Pinterest.

MyPlate Plan
The MyPlate Plan shows individuals their food group targets — what and how much to eat within their calorie allowance. Select a plan based on the individual’s age, sex, height, weight and physical activity level.

MyPlate Tips Sheets
The 10 Tips Nutrition Education Series and the MyPlate, MyVista Tips Series provide consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format.
- Find your healthy eating style and maintain it for a lifetime
- Reach your nutrition goals
- Click here for more.

Related Health Topics

MEDICAL ENCYCLOPEDIA
Cow's milk and children Eating extra calories when you are sick Children Food jags Kwashiorkor

HOME / AUDIENCE / PROFESSIONALS / Health Professionals / Health Professionals

Print Share

MyPlate Resources
MyPlate Mini Poster

MyPlate Plan

MyPlate Tips Sheets

What's MyPlate?
All About it?
Printable Resources

MyPlate: Your Guide to Healthy Eating

U.S. National Library of Medicine
National Network of Libraries of Medicine
Pacific Northwest Region
Immunizations

Summary

Today, children in the United States routinely get vaccines that protect them from more than a dozen diseases such as measles, polo, tetanus, diphtheria, and pertussis (whooping cough). Most of these diseases were once at their highest levels in history, thanks to years of immunization. Children must get at least some vaccines before they may attend school.

Vaccines help make you immune to serious diseases without getting sick first. Without a vaccine, you must actually get a disease in order to become immune to the germ that causes it. Vaccines work best when they are given at certain ages. For example, children don’t receive measles vaccine until they are at least one year old. If it is given earlier it might not work as well. The Centers for Disease Control and Prevention publishes a schedule for childhood vaccines.

Although some of the vaccines you receive as a child provide protection for many years, adults need immunizations too.

Related Health Topics

- Chickenpox
- Diphtheria
- Flu Shot
- Haemophilus Infections

Stay Connected

Sign up for the My MedlinePlus newsletter.

Enter email address:  GO

MEDICAL ENCYCLOPEDIA

Immunizations - general overview

For Specific Groups of People

- Immunization Managers
- Immunization Partners
- PARENTS (BIRTH+ 18 YRS)
- ADULTS (19 AND OLDER)
- PREGNANCY AND VACCINATION
- HEALTHCARE PROVIDERS

News & Media

- Press Releases
- Media Contacts
- In the spotlight
- Newsletters
Mental Health

Teen Mental Health

Summary

Being a teenager is hard. You’re under stress to be liked, do well in school, get along with your family, and make big decisions. You can’t avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you:

- Often feel very angry or very worried
- Feel gruff for a long time after a loss or death
- Think your mind is controlled or out of control
- Use alcohol or drugs
- Exercise, eat, and care about your appearance
- Hurt other people or destroy property
- Do reckless things that could harm you or others
- Feel depressed (sad and hopeless)

Mental health problems can be treated. To find help, talk to your parents, school counselor, or health care provider.

School and Campus Health

SAMHSA supports efforts to promote mental health and substance use prevention in schools and on campuses and to provide safe learning environments.

Overview

Young people face a variety of life challenges that can affect their mental health and/or use or abuse of alcohol and other drugs. Schools and campuses should be safe havens for them to grow and learn. Both settings offer a number of mental health promotion and substance use prevention activities, yet America’s schools and campuses are facing challenging public health issues such as bullying, violence, dehydration, alcohol use, and illegal or prescription drug abuse. For example:

- In 2014, 18- to 25-year-olds had the highest rate of alcohol dependence or abuse (16.3%) among people aged 12 or older.
- Youth who drop out of school and adolescents frequently absent from school have higher rates of illegal drug use.
- In 2014, 9.4% of 12- to 17-year-olds (an estimated 3.3 million youth) reported using illicit drugs within the month prior to being surveyed.
- Of children living in the United States, 13% to 20% experience a mental illness in a given year, and suicide is the second leading cause of death among children.
Flu

Flu is a respiratory infection caused by a number of viruses. The viruses pass through the air and enter your body through your nose or mouth. Between 5% and 20% of people in the U.S. get the flu each year. The flu can be serious or even deadly for elderly people, newborn babies, and people with certain chronic illnesses.

Symptoms of the flu come on suddenly and are worse than those of the common cold. They may include:

- Body or muscle aches
- Chills
- Cough
- Fever
- Headache
- Sore throat

It is cold or the flu? Cold symptoms include cough, sneezing, and runny nose. Fever often is present. The flu can cause fever, chills, muscle aches, and an upset stomach. "Stomach flu" isn’t really flu at all, but gastrointestinal flu.

Flu Vaccine:
- CDC’s vaccine recommendations for the 2018-2019 flu season are now available.
- CDC recommends yearly flu vaccination for people 6 months and older.
- Get vaccinated by the end of October.
- See how much 2018-2019 flu vaccine has been distributed.

Influenza Updates:
- Flu activity in the U.S. is low now, but expected to pick up in the coming months.

Prevent Flu:
- Everyone 6 months and older should receive a yearly flu vaccine.
- Flu can cause mild to severe illness. Learn the symptoms of flu.
- Antiviral drugs can be used to treat flu.

Symptoms & Diagnosis:
- Prescription medications called antiviral drugs can be used to treat flu.

Treatment:
- Antibiotics: An antibiotic is not needed for symptoms caused by a virus.

Flu Activity & Surveillance:
- During week 41 (Oct 7-12, 2018), flu activity is below baseline in the U.S.

Medical Encyclopedia:
- Colds and the flu - what to ask your doctor - adult
- Colds and the flu - what to ask your doctor - child
- College students and the flu
- Flue
- Pregnancy and the flu
- Your baby and the flu

Stay Connected
- Sign up for the My MedlinePlus newsletter.

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

CDC on Flu Vaccine:
- CDC’s vaccine recommendations for the 2018-2019 flu season are now available.
- CDC recommends yearly flu vaccination for people 6 months and older.
- Get vaccinated by the end of October.
- See how much 2018-2019 flu vaccine has been distributed.

Influenza (Flu)

Want to be a Disease Detective? Download CDC’s New Graphic Novel Today!

- PREVENT FLU:
  - Everyone 6 months and older should receive a yearly flu vaccine.
  - Flu can cause mild to severe illness. Learn the symptoms of flu.
  - Antiviral drugs can be used to treat flu.

- SYMPTOMS & DIAGNOSIS:
  - Prescription medications called antiviral drugs can be used to treat flu.

- TREATMENT:
  - Antibiotics: An antibiotic is not needed for symptoms caused by a virus.

- FLU ACTIVITY & SURVEILLANCE:
  - During week 41 (Oct 7-12, 2018), flu activity is below baseline in the U.S.

Flu Vaccine Finder
- Everyone 6 months of age or older needs a flu vaccine.
Bullying

Summary
Bullying is when a person or group repeatedly tries to harm someone who is weaker or who they think is weaker. Sometimes it involves direct attacks such as hitting, name-calling, teasing, or taunting. Sometimes it is indirect, such as spreading rumors or trying to make others reject someone.

Often people dismiss bullying among kids as a normal part of growing up. But bullying is harmful. It can lead children and teenagers to feel tense and afraid. It may lead them to avoid school. In severe cases, teens who are bullied may feel they need to take drastic measures or react violently. Others even consider suicide. For some, the effects of bullying last a lifetime.

Centers for Disease Control and Prevention

Related Health Topics
- Child Mental Health
- School Health
- Teen Mental Health
- Teen Violence

Other Languages
Find health information in languages other than English on Bullying

Stop Bullying on the Spot
When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time.

Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.
Current Trends

How to Talk About Marijuana

Where do you start? What do you say? We’re here to help. Between and new ways of using (edibles, vapors, tinctures), it’s better to address marijuana use with your kids.

Start with a Better Understanding of Marijuana and the Teen Brain

The parts of the adolescent brain that develop first are those responsible for coordination, emotion and motivation. However, the part of the brain responsible for reasoning and impulses — known as the prefrontal cortex — doesn’t fully mature until the age of 25.

It’s as if, while the other parts of the brain are making decisions, the prefrontal cortex is ready to play referee. This can have noticeable effects on behavior.

- Difficulty holding back or controlling emotions
- Irritability
- Tension
- Aggression
- Overreaction
- Overconfidence
- Impulsivity

Summary

Piercing and tattoos are body decorations that go back hundreds of years. While you can personalize your body with piercings and tattoos, it’s important to be aware of the health risks.

- Allergic reactions
- Infections, such as hepatitis
- Maladies, a type of scar that forms during healing

The health risks of piercings and tattoos include:

- Infections and healing issues
- Allergic reactions
- Maladies, a type of scar that forms during healing
- Injuries, such as hepatitis

To reduce the risks, make sure that the facility is clean and that the equipment is properly sterilized.

Summary

Piercing and tattoos are body decorations that go back hundreds of years. While you can personalize your body with piercings and tattoos, it’s important to be aware of the health risks.

- Allergic reactions
- Infections, such as hepatitis
- Maladies, a type of scar that forms during healing

The health risks of piercings and tattoos include:

- Infections and healing issues
- Allergic reactions
- Maladies, a type of scar that forms during healing
- Injuries, such as hepatitis

To reduce the risks, make sure that the facility is clean and that the equipment is properly sterilized.

Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults

What’s the Bottom Line on the Risks of E-cigarettes for Kids, Teens, and Young Adults?

- The use of e-cigarettes is unsafe for kids, teens, and young adults.
- Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues to the age of 25.
- E-cigarettes can contain other harmful substances besides nicotine.
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

The use of e-cigarettes is unsafe for kids, teens, and young adults.

What Are E-cigarettes?

- E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mist, of small particles in the air.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products.
- E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e hookahs,” “mods,” “vape pens,” “vapers,” “tank systems,” and “smart cigarettes.”
NNLM PNR

- Help your students/parents/school staff be informed about health
- Provide health resources and increase health awareness to parents and the wider community
- Connect with the community through collaboration and information
- Look to NNLM PNR for great resources, classes, webinars, funding and other opportunities

NNLM PNR
https://nnlm.gov/pnr
Thank You!

Carolyn Martin, MLS, AHIP
Consumer Health Coordinator
National Network of Libraries of Medicine
Pacific Northwest Region (NNLM PNR)
martinc4@uw.edu