Save the Dates

**Xtremely Important Brothers and Sisters (XIBS) Program**
Monday, January 20 – Martin Luther King Day
CHKD Main Hospital
601 Children’s Lane, Norfolk, VA, 23507

Join the Children’s Cancer and Blood Disorders staff for a fun day that is all about siblings! Kids can learn all about cancer and explore important areas of the hospital involved in their sibling’s care while doing exciting hands-on activities. This event is for siblings of patients, ages 6-17 years old only. Please contact Rebecca Ruck at (757) 668-9617 or Rebecca.Ruck@CHKD.org or Kaitlynn Lewis at (757) 668-6754 or Kaitlynn.Lewis@CHKD.org to register. Each registered child will receive a special XIBS t-shirt to wear to the event. Lunch will be provided.

**St. Baldrick’s Day 2019 - Head Shaving Event for Pediatric Cancer Research**
Saturday, March 7
Time – TBD
O’Connor Brewing Company
211 W. 24th Street, Norfolk, VA, 23517

Visit stbaldrick.org and search Virginia Beach for details.
Support
Parents/Caregivers Support Group
Tuesday, January 28, Noon – 1:30 p.m.
CHKD, 8th floor HemOnc conference room

Join other parents and caregivers of children with cancer for a support lunch. Call Rebecca Ruck at (757) 668-9617 or Kelly Trejo at (757) 668-7931 to attend. Please note that childcare will not be provided.

Education Corner
Flu Season is in full swing
Many children who are treated at the CCBDC have decreased ability to fight infections, and being exposed to others with flu-like symptoms can be extremely dangerous.

Flu-like symptoms include:
• A temperature of 101°F or greater.
• Upper respiratory tract symptoms, such as a cough, runny nose, congestion, or sore throat.
• Diarrhea, vomiting, or body aches.

If your child has flu-like symptoms and is scheduled for a non-urgent appointment, contact the clinic prior to arriving for the appointment. If your child is scheduled for chemotherapy, a transfusion, or a procedure in the infusion area, and is ill with flu-like symptoms or a fever, please contact your child’s primary nurse at (757) 668-7243 for instructions on how to proceed. The CCBDC staff needs to make sure that proper isolation procedures are used. In a worst-case scenario, we may need to reschedule or postpone some elective admissions and/or therapies.

If family members have flu-like symptoms, we ask that they do NOT come to the CCBDC unless absolutely necessary. Please remember to limit the number of people during your child’s clinic appointment to one or two. No siblings should accompany patients in the clinic, especially during flu season.

Influenza (flu) vaccines are a great protection against the illness. All CHKD staff members are required to get the vaccine. CCBDC staff will receive the inactivated (injected) vaccine only. We highly recommend that all parents, siblings, and close contacts of our patients receive the inactivated flu shot vaccine.