

# Health Guide for Families

## Note from the Editors

Allston & Brighton APAC  
Child and Family Service Centers

Children's health is the state of complete physical, oral, mental, and social well being and not merely the absence of disease or infirmity. At the Allston & Brighton APAC we promote health literacy to protect children, their families, and staff from illness and injury.

The *Allston & Brighton Area Planning Action Council (APAC)* is providing human services to the community since 1968. Today our program plans with and assists Allston and Brighton families and individuals by implementing this philosophy of self-help through a process that provides innovative, practical, and timely programs and services which emphasize education, and develop problem-solving skills.

The content of this book follows recommendations from the several State and Federal agencies whose regulations have influence in the daily health care of children and adults, such as the Massachusetts Department of Public Health ([www.mass.gov/dph](http://www.mass.gov/dph)), the Centers for Disease Control ([www.cdc.gov](http://www.cdc.gov)), the Food and Drug Administration ([www.fda.gov](http://www.fda.gov)), etc.

The *Allston & Brighton APAC* encourages ongoing communication with your children's primary health care provider if you have any questions regarding symptoms and signs of disease.

When you give First Aid, you deal with the victim's physical and emotional conditions, and the whole incident situation. Call for help if you believe that the victim will need medical assistance, follow the indications of this book carefully having in mind that some emergency situations could be life threatening and the scene can be dangerous.

As a part of our commitment to ensuring that all who need and want health information can get it, *Allston Brighton APAC* provides the content of this book on the web (visit [www.allstonbrightonapac.org](http://www.allstonbrightonapac.org)). The online version of this book is continuously updated to ensure that the information is as up-to-date as possible.