



Embassy of the United States of America

Maputo · Mozambique



American Citizens eNewsletter February 2009

U.S. Embassy
Av. Kenneth Kaunda, 193
Maputo, Mozambique

Tel: +258 21 49 2797
Fax: +258 21 49 0448
ConsularMaputo@state.gov
maputo.usembassy.gov

In the event of an emergency involving an American citizen, please call +258 21 49 0723

NEW PRESIDENT AND UPDATED WEBSITE

On January 20, 2009 Barack Obama was sworn in as the 44th President of the United States. The official website of the White House, www.whitehouse.gov, has been updated and is a great tool to become acquainted with President Obama's policies.



Visit "White House 101: Fun and Facts for All Ages" at www.whitehouse.gov/about/white_house_101/. The site has information on the White House, the Presidents, First Ladies, and even First Pets.

EMBASSY CLOSURES

The Embassy will be closed **Tuesday, February 3rd** for Mozambican Heroes Day and **Monday, February 16th** for Presidents' Day



FOREIGN SERVICE EXAM TO BE HELD IN MAPUTO

The U.S. Department of State Foreign Service Office Exam will be held at the U.S. Embassy in Maputo on February 7 and 8. You must register by January 28th for the exam. Please visit <http://careers.state.gov/officer/index.html> for more information on becoming a Foreign Service Officer and to register for the exam.

TAX PAYER ALERT: SCAMS USING FORMS AND LETTERS ALLEGING TO BE FROM THE IRS

Please be aware that the Internal Revenue Service (IRS) does not send e-mails and urges people not to open email that claims to be from the IRS. If you have received e-mail from the IRS, you have been "phished." Phishing is the act of sending an e-mail to a user under false pretenses as an attempt to obtain private information, which could be used for identity theft.

Scam artists use the IRS as a lure; however, the IRS does not contact tax payers by e-mail nor do they request personal information. IRS officials request that anyone who receives such e-mail please forward it to phising@irs.gov.

According to the IRS, as of March 2008, more than 33,000 scam e-mails were forwarded to the IRS relating to some 1,500 different schemes. The only official IRS website is www.irs.gov.

FROM THE EMBASSY'S MEDICAL UNIT: CHILDREN'S ILLNESSES

Does it seem your child is sick all the time? In school, your child's immune system is put to the test. After all, young children in large groups are breeding grounds for the organisms that cause illness.

THE TOP 5 CULPRITS

1. The Common Cold — The common cold spreads easily through contact with infected respiratory droplets coughed or sneezed into the air. Signs and symptoms may include runny or stuffy nose, itchy or sore throat, cough, sneezing and low-grade fever.

There is no cure for the common cold, and cough and cold medicines aren't recommended for young children — but you can help your child feel better while he or she toughs it out.

- Offer plenty of fluids, such as water, juice, and chicken soup.
- Encourage your child to rest as much as possible.
- Run a humidifier in your child's bedroom, or have your child sit in a steamy bathroom. Try over-the-counter saline nose drops.
- For an older child, soothe a sore throat with hard candy, cough drops or gargled salt water.
- An over-the-counter pain reliever — such as acetaminophen (Tylenol in the U.S., or others) or ibuprofen (Advil or Motrin in the U.S., or others) — can reduce a fever and ease the pain of a sore throat or headache. Remember however, low-grade fevers don't need treatment. If you give your child a pain reliever, follow the dosing guidelines carefully. Don't give aspirin to anyone age 18 or younger.

2. Stomach Flu (Viral Gastroenteritis) — Viral gastroenteritis typically develops after contact with an infected person or after eating or drinking contaminated food or water. Signs include vomiting and diarrhea. There's no effective treatment for viral gastroenteritis. While the illness runs its course:

- Prevent dehydration with an oral rehydration solution such as Pedialyte (in the U.S.) or the WHO dehydration mix, which can help replace lost fluids, minerals and salts.
- Encourage your child to rest as much as possible.
- Slowly return to a normal diet, starting with easy-to-digest items — toast, rice, bananas, potatoes. Avoid dairy products, which can make diarrhea worse.

If your child seems dehydrated — is excessively thirsty, complains of dry mouth, produces little or no urine, or seems severely weak or lethargic — contact a doctor immediately.

3. Ear Infection (Otitis Media) — Ear infections start with a viral infection, such as a cold. The middle ear becomes inflamed from the infection, and fluid builds up behind the eardrum. This fluid can become a breeding ground for viruses or bacteria. Your child may complain of ear pain, tug or pull at the affected ear, be unusually irritable or have trouble sleeping.

Most ear infections clear on their own in just a few days, and antibiotics won't help an infection caused by a virus. If your child is uncomfortable place a warm, moist cloth over the affected ear and ask your child's doctor about pain relievers. He or she may recommend eardrops or an over-the-counter pain reliever, such as acetaminophen (Tylenol in the U.S. or others) or ibuprofen (Advil or Motrin in the U.S., or others). Use the correct dose for your child's age and weight. Don't give aspirin to anyone age 18 or younger.

4. Pink Eye (Conjunctivitis) — Pink eye is an inflammation or infection of the clear membrane that lines the eyelid and part of the eyeball. Pink eye is typically caused by a virus, often in association with a cold—although sometimes bacteria or allergies are to blame. When pink eye is caused by a virus or bacteria, it's highly contagious. You may notice redness and discharge in one or both of your child's eyes. Your child may complain of itchy eyes or blurred vision.

If your child has bacterial pink eye, the doctor may prescribe antibiotic eye drops or ointment. Viral pink eye simply needs to run its course. Use warm or cool compresses on the eyes to ease your child's discomfort.

5. Sore Throat — Most sore throats are caused by viruses. They're usually associated with other respiratory signs, such as a runny nose and cough, most sore throats go away without treatment. To help your child feel better in the meantime:

- Offer plenty of fluids. Try honey and lemon in hot water.
- Encourage your child to rest his or her voice as much as possible.
- Run a humidifier in your child's bedroom, or have the child sit in a steamy bathroom.
- For an older child, try gargled salt water hard candy or cough drops.

If the sore throat lasts longer than a week, causes severe pain, or is accompanied by a fever or red and swollen tonsils, contact your child's doctor. Your child may have strep throat, a bacterial infection that's treated with antibiotics.

WHEN TO STAY HOME , WHEN TO RETURN TO SCHOOL

Although the specific school or facility guidelines may vary, your child will probably need to stay home if he or she:

- Has a fever higher than 100.4 F (38 C)
- Is vomiting or has diarrhea
- Is in the first 24 hours of antibiotic treatment for pink eye or strep throat

Generally, a child can return to school when he or she:

- Has no fever
- Can eat and drink normally
- Is rested and alert enough to pay attention in class
- Has completed any period of doctor-recommended isolation