

KidsFirst

July 2016



A publication of **Texas Children's Health Plan CHIP and STAR Members** ages 0-6 and their parents.

In this issue

- 2 10 ways to play it safe at the beach
- 3 Safely have a blast with fireworks
- 3 Let's have fun at Pirate's Bay
- 4 How can you treat itchy poison ivy this summer?
- 4 Apple lady bug treats

Upcoming events on reverse side.

MK-0616-231



Saturday, September 17
Moody Gardens
One Hope Blvd., Galveston, TX

Bring your family and join us on the white sand at Palm Beach. There will be a lazy river, 18-foot tower slides, a wave pool, a splash pad for younger kids, and much more.

No cost for parking!

Sign up begins August 16 at TexasChildrensHealthPlan.org/moodygardens.

NONPROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 1167
N. HOUSTON, TX



Texas Children's Health Plan
P.O. Box 301011
Houston, TX 77230-1011

10 ways to play it safe at the beach

Going to the beach is fun! Playing in the sand and the surf is a great way to spend a day. Follow these tips to make it a safe and memorable outing for your family.

- 1 Learn to swim.** Swimming in the ocean is different than swimming in a pool. The waves and current can make it more of a challenge. It is a good idea for children ages 4 and up to learn to swim. If your child doesn't swim, he should wear a Coast Guard approved life jacket.
- 2 Swim near a lifeguard.** The odds of drowning at a public beach are nearly 5 times as great in areas without lifeguards. Always swim near an open lifeguard tower.
- 3 Protect your head and neck.** Teach your children to never dive into the ocean headfirst. It is a leading cause of head and neck injuries. Tell them to always enter the water feetfirst.
- 4 Never let your child swim alone.** Teach him to always swim with a buddy.
- 5 Obey all posted warning signs and flags.** Signs and flags alert you to ocean safety conditions. If you do not know what the signs or flags mean, ask a lifeguard.
- 6 Never turn your back on the ocean.** Even the smallest wave can knock you over and cause injury. Teach your kids to always face forward and not turn their backs to the ocean.
- 7 Learn about rip currents and how to get out of them.** Rip currents cause deaths on our nation's beaches every year because they are very powerful and can pull swimmers away from the beach into deeper water. Teach your kids not to fight the rip current if they get caught in one. Instead, tell them they should stay calm and swim parallel to the beach until they get out of the current. Then they can swim safely back to the beach.
- 8 Watch out for marine life.** Jellyfish are very common at beaches, and their stings can really hurt. Teach kids to avoid them if they see them in the water. Even dead jellyfish can sting, so tell your child not to touch or poke them, even if one has washed up on the beach. Shark attacks are very rare. But you can follow simple rules to make the risk even smaller. Be aware of shark danger in your area. Do not swim if you are bleeding. Do not swim during twilight hours. If there are fishermen nearby, avoid swimming or wading.
- 9 Watch out for broken glass and trash.** Bare feet are perfect targets for broken glass and trash on the beach. It is best to wear shoes when walking on the beach. Snugly fitting water shoes are great to wear on the beach and in the water.
- 10 Don't forget the sunscreen! It is important that you use sunscreen to protect your family from harmful UVA and UVB rays that can lead to sunburn and skin cancer.** Put it on your children several times during the day at the beach, especially after they have been in the water.



Want more summer safety tips?

Visit [TexasChildrensHealthPlan.org/summersafety](https://www.texaschildrenshealthplan.org/summersafety) to learn new ways to keep your kids safe!



Safely have a blast with fireworks

The 4th of July can be a fun time with family and friends. But before you celebrate, be sure everyone knows about fireworks safety.

Fireworks can be dangerous if they are not handled in a proper and safe way. They can cause burns and eye injuries in kids. The best way to protect your family is to not use ANY fireworks at home. Instead, go to a public fireworks display.

Lighting fireworks at home is not even legal in many places. Check with your local fire or police department to see if they are legal in your area. If they are legal and you insist on lighting fireworks, keep these safety tips in mind.



- **Kids should NEVER play with fireworks.** If you give kids sparklers, make sure they keep them outside and away from their faces, clothing, and hair. Remember that sparklers can reach 1,800 degrees which is hot enough to melt gold!
- **Buy only legal fireworks, which have a label with the manufacturer's name and directions.** Illegal fireworks have no label. Illegal fireworks usually go by the names M-80, M-100, blockbuster, or quarter pounder. These explosives were banned in 1966 but still cause many fireworks injuries.
- **Never try to make your own fireworks.**
- **Always use fireworks outside.** Have a bucket of water or a running water hose nearby in case of accidents.
- **Make sure no one is too close when lighting fireworks.** Never throw or point fireworks at someone.
- **Do not hold fireworks in your hand or any other part of the body over them when lighting.** Wear eye protection.
- **Point fireworks away from homes, brush, leaves, and anything else that burns easily.**
- **Light only 1 firework at a time. NEVER relight a dud.**
- **Don't let kids pick up pieces of fireworks after an event.** Some may still be lit and could explode at any time.
- **Soak all fireworks in a bucket of water before throwing them in the trash.**

You will enjoy the 4th of July fireworks much more if you know your family is safe from injury.

Ahoy!

Let's have fun
at Pirate's Bay

We are having a party for our members. Join us for a day of waterslides, wave pools, kids' play areas, and a lazy river.

Saturday, September 10

Pirates Bay | 5300 East Road, Baytown, TX

Sign up begins **August 16** at
TexasChildrensHealthPlan.org/piratesbay

No cost for parking!



How can you treat itchy poison ivy this summer?

Leaves of three, let them be! You've probably heard that little rhyme about poison ivy. But did you know that poison ivy, poison oak, and poison sumac all contain the same rash-causing substance?

When will it appear?

About 60 to 80 percent of all people get a reaction that can appear within hours of contact or as much as 5 days later. The rash from poison ivy takes 1 to 2 weeks to heal.

Signs and Symptoms

- An itchy, red rash that appears within 4 hours to 4 days after touching the plant oil.
- Blisters that ooze clear fluid.
- Bumps and blisters that may be different sizes and look like streaks on the skin.
- Rash may begin to look crusty as it heals.

Rashes and skin infections can be tricky.

Visit [TexasChildrensHealthPlan.org/skin-infection](https://www.texaschildrenshealthplan.org/skin-infection) to learn how to prevent and treat skin infections.

What to do

- Remove any clothing that has touched the plant or rash and wash all recently worn clothing.
- Gently wash skin and scrub under fingernails right away with soap and water.
- Cut fingernails short to keep your child from breaking the skin when scratching.
- Place cool compresses on the skin as needed.
- For itching: add oatmeal to the bath; use calamine lotion (do not use on the face or on the genitals); and, if needed, give your child diphenhydramine.
- If your child has a severe rash or a fever with the rash, call your doctor.

Apple lady bug treats

What you need:

- 2 red apples.
- ¼ cup of raisins.
- 1 tablespoon of peanut butter.
- 8 thin pretzel sticks.

What you do:

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too.
3. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

