

KidsFirst

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A publication of **Texas Children's Health Plan CHIP and STAR Members** ages 7-12 and their parents.

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Member Movie



Saturday, November 18!

Sign up for event on October 25 at 10 a.m.
at TexasChildrensHealthPlan.org/Movie



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Is it a cold or allergies?

Seasonal allergies and the common cold can be so much alike that it's sometimes hard to tell the two apart. But if you look closely, you can find clues about what's going on. Ask yourself these questions to see whether our child has a cold or allergies.

Have the seasons changed?

Seasonal allergies come at the same time every year and around the same set of conditions, like when leaves start to fall in autumn or plants start to bloom in spring. Symptoms like sneezing, congestion, or a runny nose are the body's response to breathing in allergens like plant pollen or mold.

Colds are caused by viruses that can turn up in any setting, at any time of year. These viruses are most common in winter months.

Did symptoms come on quickly and last a long time?

If yes, it could be allergies. Cold symptoms come on slowly and usually go away within 7 to 10 days. Allergies last as long as someone is exposed to an allergen, which can be for weeks or months.

Is there a fever?

If yes, it could be a cold. Cold viruses often cause fevers and allergies usually do not.

Is there thick yellow or green nasal drainage?

If yes, it could be a cold. With an allergy, your runny nose would have a thin, clear discharge.

If you think that your child has an allergy, talk to her doctor. Contact with animals, smoke, pollen, dust, and mold are just a few of the things that can cause allergies. Finding and removing the cause can help avoid allergy symptoms.

The only way to know what someone is allergic to is with an allergy test. This can be done in your doctor's office with a skin test or a blood test.

If it looks like your child has a cold, check with her doctor before giving her any over the counter cold medicines.



Urgent care vs. emergency care

Why wait long hours in the emergency room when you don't have to? Did you know that more than half of visits to the emergency room are for non-emergencies? Use this guide to help you understand when to bring your child to a pediatric urgent care clinic or a pediatric emergency room.

Conditions usually seen in an urgent care clinic:

- Allergic reaction
- Asthma
- Cough, cold or congestion
- Ear pain
- Fever in infants older than 8 weeks
- Flu
- Minor burn
- Minor injury from fall or sport
- Pink eye
- Rash
- Simple laceration
- Skin infection
- Sore throat
- Sprain and strain
- Urinary tract infection
- Vomiting and diarrhea

Conditions usually seen in an emergency room:

- Broken bones (with deformity)
- Bleeding that won't stop
- Extensive or complicated cut or laceration
- Fainting or head injury with loss of consciousness or disorientation
- Fever in infants younger than 8 weeks
- Loss or change of vision
- Procedure requiring a CT scan or sedation
- Seizure without a previous diagnosis of epilepsy
- Serious burn
- Snake bite
- Spinal injury
- Sudden change in mental state
- Sudden shortness of breath or difficulty breathing
- Vomiting or coughing up blood

Please note that this infographic is meant as a guide and for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. If you are not sure if your child needs urgent or emergency care, go to the closest emergency room or call 9-1-1.

Have a safe and happy Halloween!

- Help your child choose a light-colored costume because these are easily seen at night. Add reflective or glow-in-the-dark tape to the front and back of the costume and to the trick-or-treat bag.
- Make sure wigs and beards don't cover your child's eyes, nose, or mouth.
- Use nontoxic paint or makeup instead of a mask, which can make it hard for your child to see and breathe.
- Avoid oversized and high-heeled shoes that can cause trips and falls. Also make sure your child's costume fits well in order to prevent injury.
- If your child carries a prop like a wand or a sword, make sure it is short and flexible.
- Always accompany children under the age of 12 while trick-or-treating. Make sure they know your cell phone number and how to call 911 if they get lost.
- Give your child a flashlight with new batteries to help them see in the dark.
- Limit your trick-or-treating to your neighborhood and the homes of people you and your child know.
- When you get home, check all treats to make sure they're sealed. Throw away candy with torn or ripped wrappers, spoiled items, and anything homemade that wasn't prepared by someone you know.
- Consider buying Halloween treats other than candy, like dried fruit, pretzels, stickers, crayons, and coloring books.
- Know how much candy your child got on Halloween and store it somewhere other than her bedroom. Let her have one or two treats a day instead of leaving candy out in big bags or bowls for her to grab whenever she likes.



Source: KidsHealth.org

Fall applesauce

What you need:

- 4 apples
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon ground cinnamon

What you do:

- Peel, core, and chop apples.
- Combine apple pieces, water, sugar, and cinnamon in a saucepan.
- Cover and cook over medium heat for 15 to 20 minutes, or until apples are soft.
- Allow to cool, then mash apples with a fork or potato masher.
- Sprinkle with cinnamon and enjoy!

Source: AllRecipes.com

