

# KidsFirst

March 2017



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

## In this issue

- 2 When Allergies Attack
- 2 Watch out: It's Pink Eye Season
- 3 Ouch! A Bug Bit Me!
- 4 Are You Ready to Play Soccer?
- 4 Recipe: Banana Nibblers

Events on reverse

MK-0317-254



**Saturday, May 13**  
**10 a.m. to 2 p.m.**

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.

Sign up begins April 26 at [TexasChildrensHealthPlan.org/moodygardens](http://TexasChildrensHealthPlan.org/moodygardens).  
You can only register for one beach party.

Member Services Department  
P.O. Box 301011, NB 8360  
Houston, TX 77230-1011

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



# When allergies attack

Beware! Spring allergies are on their way! Is your child itching his eyes or nose, or complaining about a tickling in his throat? You may notice more sneezing, puffy eyes, a runny and stuffy nose, or itchy rashes. Your child could be battling spring allergies.



Spring allergies are allergy symptoms that occur during certain times of the year, usually when outdoor molds release their spores, and trees, grasses, and weeds release tiny pollen particles into the air to fertilize other plants.

## Cold vs. Allergy?

	Nasal drainage	Can cause fever
Colds	Discolored	Yes
Allergies	Clear	No

## Watch out for pinkeye



Pinkeye can be alarming because it may make the eyes extremely red and can spread quickly. But it's fairly common and usually causes no long-term eye or vision damage. Still, if your child has symptoms of pinkeye, it's important to see a doctor. Some kinds of pinkeye go away on their own, but others need treatment.

Pinkeye also can be caused by allergies. These cases tend to happen more often in kids who also have other allergic conditions, such as hay fever. Triggers of allergic conjunctivitis include grass, ragweed pollen, animal dander, and dust mites.

Sometimes a substance in the environment can irritate the eyes and cause pinkeye, such as chemicals (chlorine, soaps, etc.) or air pollutants (smoke and fumes).

### Prevent pinkeye!

Teach kids to **wash their hands well** and often with warm water and soap.

Keep **windows and doors closed** on days when the pollen is heavy, and dust and vacuum.

**Dust and vacuum** frequently to limit allergy triggers in your home.

### Symptoms

The different types of pinkeye can have different symptoms, which can vary from child to child.

One of the most common symptoms is **discomfort** in the eye. A child may say that it feels like there's sand in the eye. Many kids have redness of the eye and inner eyelid, which is why conjunctivitis is often called pinkeye. It can also cause **discharge** from the eyes, which may cause the eyelids to stick together when a child wakes up. Some kids have **swollen eyelids or sensitivity to bright light**.

In cases of allergic conjunctivitis, **itchiness and tearing** are common symptoms.

### Contagiousness

A child can get pinkeye by **touching** an infected person or something an infected person has touched, such as a used tissue. It also can spread through coughing and sneezing.

Doctors usually recommend keeping kids diagnosed with contagious conjunctivitis **out of school, childcare, or summer camp for a short time**.

Also, someone who has pinkeye in one eye **can spread it to the other eye** by rubbing or touching the infected eye, then touching the other eye.

Source: KidsHealth.org

# Ouch!

## A bug bit me!

As the weather gets warmer, your children will be spending more and more time outside, which means they will encounter bugs and mosquitos. No one likes insect bites!

Although insect stings and bites can be annoying, in most cases symptoms begin to disappear by the next day and don't require medical care. But sometimes, they can cause infections that require treatment and allergic reactions that can be serious.

Use the following tips to learn how to identify signs and symptoms of insect bites.

### Signs and symptoms

#### Of a mild reaction:

- Red bumps.
- Itchiness.
- Mild swelling.

#### Of a severe allergic reaction:

- Swelling of the face or mouth.
- Difficulty swallowing or speaking.
- Chest tightness, wheezing, or difficulty breathing.
- Dizziness or fainting.

### Prevent bug bites and stings!

Walking barefoot while on grass.

Playing in areas where insects nest or congregate.

Drinking from soda cans outside (these attract insects).

### What to do

#### If there are no signs of a severe reaction:

- If your child was stung and the insect's stinger is visible, remove it as quickly as possible by scraping the skin horizontally with the edge of a credit card or your fingernail.
- Wash the area with soap and water.
- Apply ice or a cool wet cloth to the area to relieve pain and swelling.

#### If there are signs of a severe reaction:

- If your child has injectable epinephrine (EpiPen), give it right away, then call 911. Tell them your child is experiencing a life-threatening emergency. If someone is with you, have that person call 911 while you give the EpiPen.
- If your child is conscious and you don't have an EpiPen, give diphenhydramine, like Benadryl®, then call 911.
- If your child was stung and the insect's stinger is visible, remove it as quickly as possible by scraping the skin horizontally with the edge of a credit card or your fingernail.

#### Seek medical care if:

- The sting or bite is near or inside the mouth.
- Your child has a known severe allergy to a stinging or biting insect.
- EpiPen was used.
- The site looks infected (increasing redness, warmth, swelling, pain, or pus occurring several hours or longer after the sting or bite).

Source: KidsHealth.org



# Are you ready to play soccer?

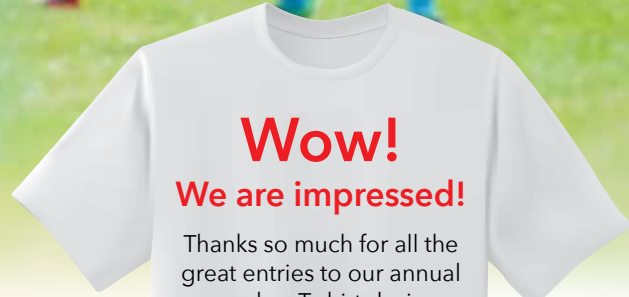
Come to one of our Dynamo Soccer Skills Clinics!



You will be coached by the Houston Dynamo Academy coaching staff. Attend one of our 8 clinics and get a ticket to a Dynamo game!



Open to our members ages 7 to 12 years old.  
Go to [TexasChildrensHealthPlan.org/Dynamo](https://www.texaschildrenshealthplan.org/dynamo)



**Wow!**  
**We are impressed!**

Thanks so much for all the great entries to our annual member T-shirt design contest! Our judges are working hard to choose the winners. It's going to be tough to select just a few. Who knew we had so many talented Texas Children's Health Plan Members!

Winners will be notified soon.

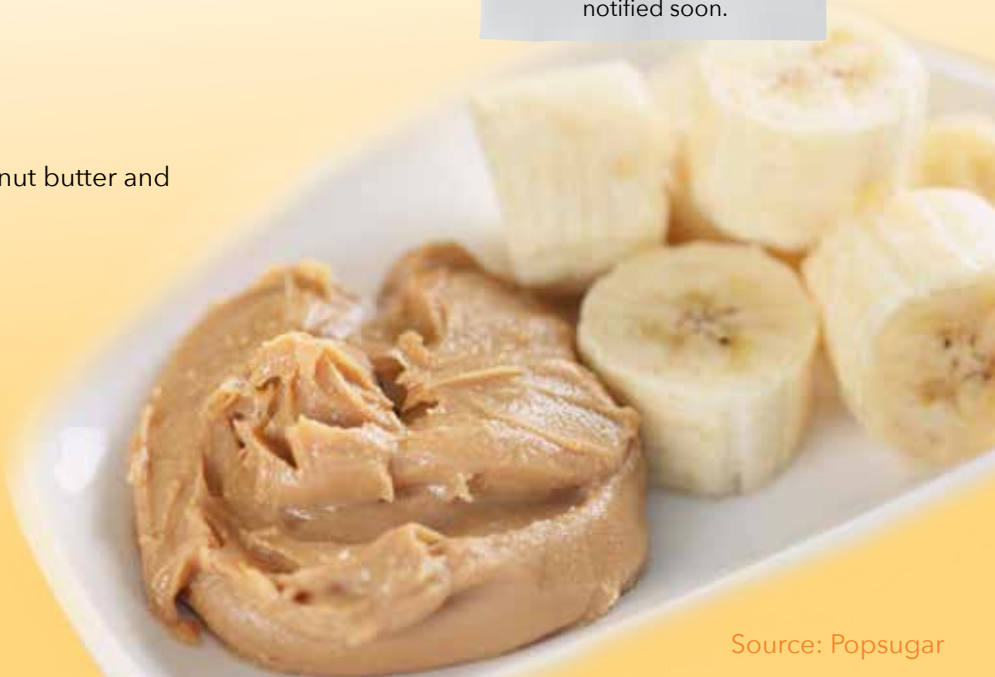
## Frozen Nutty Banana Nibblers

### Ingredients

- 5 medium ripe bananas.
- 1 tbsp. all natural creamy peanut butter.
- 2 oz. nonfat vanilla Greek yogurt.

### Directions

- Peel one banana and mash it with the peanut butter and yogurt. Set aside.
- Peel the other four bananas.
- Slice into half-inch thick slices.
- Smear the banana, peanut butter, and yogurt mixture on half the banana slices and top with the other halves, making banana sandwiches.
- Place on a wooden cutting board or a plate and freeze for at least two hours.
- Enjoy!



Source: Popsugar