

KidsFirst



JULY
2018

A PUBLICATION OF TEXAS CHILDREN'S HEALTH PLAN CHIP AND STAR MEMBERS AGES 0-6 AND THEIR PARENTS.

In this issue

MS-0618-171

- 2 Be safe in the water this summer
- 3 Don't leave your child in a hot car
- 3 Tips for treating summer bug bites and stings
- 4 Sweet watermelon slush recipe
- 4 Back to school event

What do I have to do if I move?

All address changes need to be reported to HHSC. As soon as you have your new address, give it to HHSC by calling 2-1-1 or by updating your account on YourTexasBenefits.com. It is important to make sure your address is updated in a timely manner to ensure you continue to receive information from Texas Children's Health Plan and HHSC. You may need to choose another health plan if you moved to an area that is not covered by Texas Children's Health Plan. If you need help, call Member Services toll-free at 1-866-959-2555 (STAR) or 1-866-959-6555 (CHIP). We will be happy to tell you if you moved to an area that is outside of Texas Children's Health Plan's service area and get you connected to HHSC so the address change can be made. You will continue to get care through Texas Children's Health Plan until HHSC changes your address.



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





Be safe in the water this summer

Splashing, wading, and paddling in the water means cool summer fun for the kids. But water can be dangerous for kids, and drowning is a real danger if they are not watched closely. Nearly 1,000 kids die each year by drowning. It is the second leading cause of accidental death for people between the ages of 5 and 24.

You are the best person to help keep your kids safe in the water. Watch children nonstop when they are near water, whether it's in the bathtub, a wading pool, a pond, a swimming pool, at the beach, or near a lake. Think about other possible danger spots, like buckets of water, the sink, or a ditch.

All kids need to be closely watched in the water, whether or not they can swim. Infants, toddlers, and weak swimmers should have an adult swimmer within arm's reach to provide supervision.

Inflatable vests and arm devices such as water wings are not adequate protection against drowning. Coast Guard-approved life vests with head support and a strap that goes between the child's legs are a better choice, but they do not take the place of adult supervision.

Don't get distracted. This can cause you to take your eyes off your child. Don't text or talk on the phone. Don't get so lost in conversation that you forget about your child. At a party, an adult should be chosen to watch the kids if they are playing in or near water.

If you don't know how to swim, it is a good idea for you to learn. Children who are 4 and older should learn, too. If your child is between the ages of 1 and 3, swimming lessons might help him, but check with your child's doctor first.

Water temperature is important too. If it is below 85°F, babies and young children can lose body heat quickly. If your child is shivering or his lips are turning blue, remove him from the water right away and make sure he is dried off and wrapped in a towel until he warms up.

Keep these simple tips in mind, slather on that sunscreen, and you and your child can have fun staying cool in the water this summer!

Source: KidsHealth.org

Tips for treating summer bug bites and stings

Ouch! Bug bites and stings are common during the summer, and in most cases they don't require medical care. Some kids are allergic to some bug bites or stings, though, which means that they should get medical attention.



Signs of a mild reaction:

- Red bumps
- Itchiness
- Mild swelling

If your child is experiencing these symptoms:

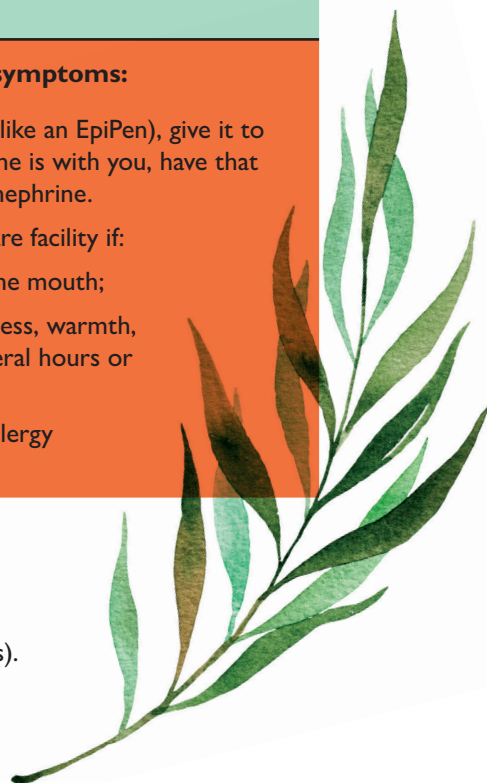
- If your child was stung and you can see the insect's stinger, remove it fast by scraping the skin horizontally with the edge of a credit card or your fingernail.
- Wash the area with the bite or sting with soap and water. Pat the area dry with a clean towel.
- Put ice or a cool wet cloth on the bite or sting to help the pain and swelling.

Signs of a severe allergic reaction:

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

If your child is experiencing these symptoms:

- If your child has injectable epinephrine (like an EpiPen), give it to her right away, then call 9-1-1. If someone is with you, have that person call 9-1-1 while you give the epinephrine.
- Take your child to the nearest urgent care facility if:
 - The sting or bite is near or inside the mouth;
 - The area looks infected (more redness, warmth, swelling, pain, or pus occurring several hours or longer after the sting or bite); or
 - You know your child has a severe allergy to an insect sting or bite.



To help prevent bug bites or stings, make sure your child does not walk barefoot in the grass, play in areas where insects have nests, or drink from soda cans outside (which can attract bugs).

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.

It's hot outside, don't leave your child in the car

It's summertime – the weather is heating up and so is your car. NEVER leave your child in your car when it's hot outside, even for a short time or with the window cracked.

Your child's temperature increases much faster than an adult's, making the heat even more dangerous to him.

To help keep your child safe, use the following tips:

- Always lock the car doors and trunk. Keep your car keys out of your child's reach.
- When you are leaving your car, make sure that all of your children are out before you leave.
- Teach your child not to play in, on, or around cars.

Remember: your child's car seat can get hot if your car is left in the heat. Before you buckle him back in, give the seat some time to cool off.

TIP: Let your purse ride in the backseat with your child! That way, you won't forget either one.



Sweet watermelon slush

What you need:

- 1 small watermelon
- 1 lime
- 2 cups ice



What you do:

1. Cut the watermelon in half and spoon out the inside of it into a blender. Try to remove as many black seeds as you can.
2. Cut the lime in half, then squeeze the juice from both halves into the blender.
3. Add ice to blender, then blend until all ice has been crushed to small bits.
4. Enjoy!



We're giving away school supplies

Saturday, July 28

10 a.m. to 1 p.m.

Almeda Mall, 12200 Gulf Fwy.

**Backpacks
School supplies**

**Dental screenings
Immunizations**

Backpacks4School.org

While supplies last. Child must be present. Must bring vaccination record.