

KidsFirst



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

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Say BOO! to Flu! Come get your flu shot!

Wear your spookiest costume and trick-or-treat for fun goodies!

Saturday, October 20, 10 a.m. to 12 p.m.

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Urgent care vs. emergency care

Did you know that more than half of visits to the emergency room are for non-emergencies? Why wait long hours in the emergency room when you don't have to? 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!

Dressing up and trick-or-treating on Halloween is fun for the whole family. To make sure everyone has a safe and spooky good time, follow these simple steps:

- 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





Stay healthy and stop the flu from bugging you

Flu season is here! Influenza, or flu, is a very contagious and serious illness caused by the influenza virus. It is more dangerous than the common cold because it can have severe complications. Children who have trouble with their muscles, lungs, or swallowing can have worse flu symptoms.

Here are some tips to stop the flu from bugging you!

- **Get your flu shot.** We encourage everyone six months and older to get vaccinated against the flu. This is especially important for children with chronic health conditions. If you have concerns about the flu shot, talk to your doctor! There are actually very few people who should not get the flu shot. Adult caregivers can dial 2-1-1 to find out information about flu shot options near you.
- **Wash your hands often!** Flu germs can be spread from your hands, or transferred to items like cell phones, that can make someone else sick. Scrub your hands for at least 20 seconds with soap and water. If you don't have a clock, sing the "Happy Birthday Song" twice while washing your hands. Alcohol-based hand washes work fine, too.
- **Cover your mouth and nose when you cough.** Coughing into your elbow is a trick to keep your hands clean if you don't have a tissue.
- **Stay home.** If you get sick, don't spread your germs and stay home until you are well. Steer clear of others who are sick.
- **Plan ahead.** Have some food to last several days for your family and pets. Ask your work, neighbors, or friends about options for child care. Check if it is possible to work from home if your child gets the flu.

For more tips and some fun information, check out TexasFlu.org. Remember: stopping the flu is up to you!



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