



KidsFirst

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

Have a health question? Our 24-hour Nurse Help Line is here for you!

If you have a health-related question but your doctor's office is closed, you can call the Texas Children's Health Plan Nurse Help Line 24 hours a day, 7 days a week! The 24-hour Nurse Help Line phone number is **1-800-686-3831**.

When you call, be ready to give the member's name, ID number, and symptoms. Please note that the nurse you speak with cannot diagnose problems or recommend specific treatments. The nurse can give you health information or tell you where you should go to get health services. The 24-hour Nurse Help Line is not an emergency line or a substitute for your doctor's care.



Take a look inside!

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Why your child should get the measles, mumps, and rubella (MMR) vaccine

The MMR vaccine protects against measles, mumps, and rubella (German measles). MMR vaccinations are given by injection in two doses:

- at age 12–15 months
- at age 4–6 years

Children traveling outside the United States can get the vaccine as early as 6 months of age. These children should still get the recommended routine doses at 12–15 months and 4–6 years of age (if they are staying in an area where disease risk is high, they should get the first dose at 12 months and the second at least 4 weeks later).

There have been recent outbreaks of measles in the U.S. An outbreak is when a disease happens in greater numbers than one would expect in a certain area. If you have questions about vaccinating your family during an outbreak, ask your health care provider or contact your state or local health department.

Why the vaccine is recommended

Measles, mumps, and rubella are infections that can lead to significant illness. More than 95% of children receiving MMR will be protected from the three diseases throughout their lives.

Possible risks

Serious problems such as allergic reactions are rare. Potential mild to moderate reactions include rash, fever, swollen cheeks, febrile seizures, and mild joint pain.

When to delay or avoid vaccination

The MMR vaccine is not recommended if your child:

- had a severe allergic reaction to a previous dose of MMR vaccine, or components of the vaccine, which include gelatin and the antibiotic neomycin.
- has a disorder that affects the immune system (such as cancer).
- is taking steroids or other medicine that weakens the immune system.
- is undergoing chemotherapy or radiation therapy.

Talk to your doctor about whether the vaccine is a good idea if your child:

- is currently sick. Generally, simple colds and other minor illness should not stop your child from getting a vaccine.
- has received any other vaccines in the past month because some can interfere with how well the MMR vaccine will work.
- has ever had a low platelet count.

Your doctor may decide that the benefits of vaccinating your child outweigh the potential risks.

Pregnant women should not receive the MMR vaccine until after childbirth.

Caring for your child after vaccination

If your child develops a rash without other symptoms, no treatment is needed. The rash should go away in several days. Check with your doctor to see if you can give either acetaminophen or ibuprofen for pain or fever and to find out the appropriate dose.

When to call the doctor

Call if you aren't sure if the vaccine should be postponed or avoided. You should also call if there are problems after the vaccination.

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

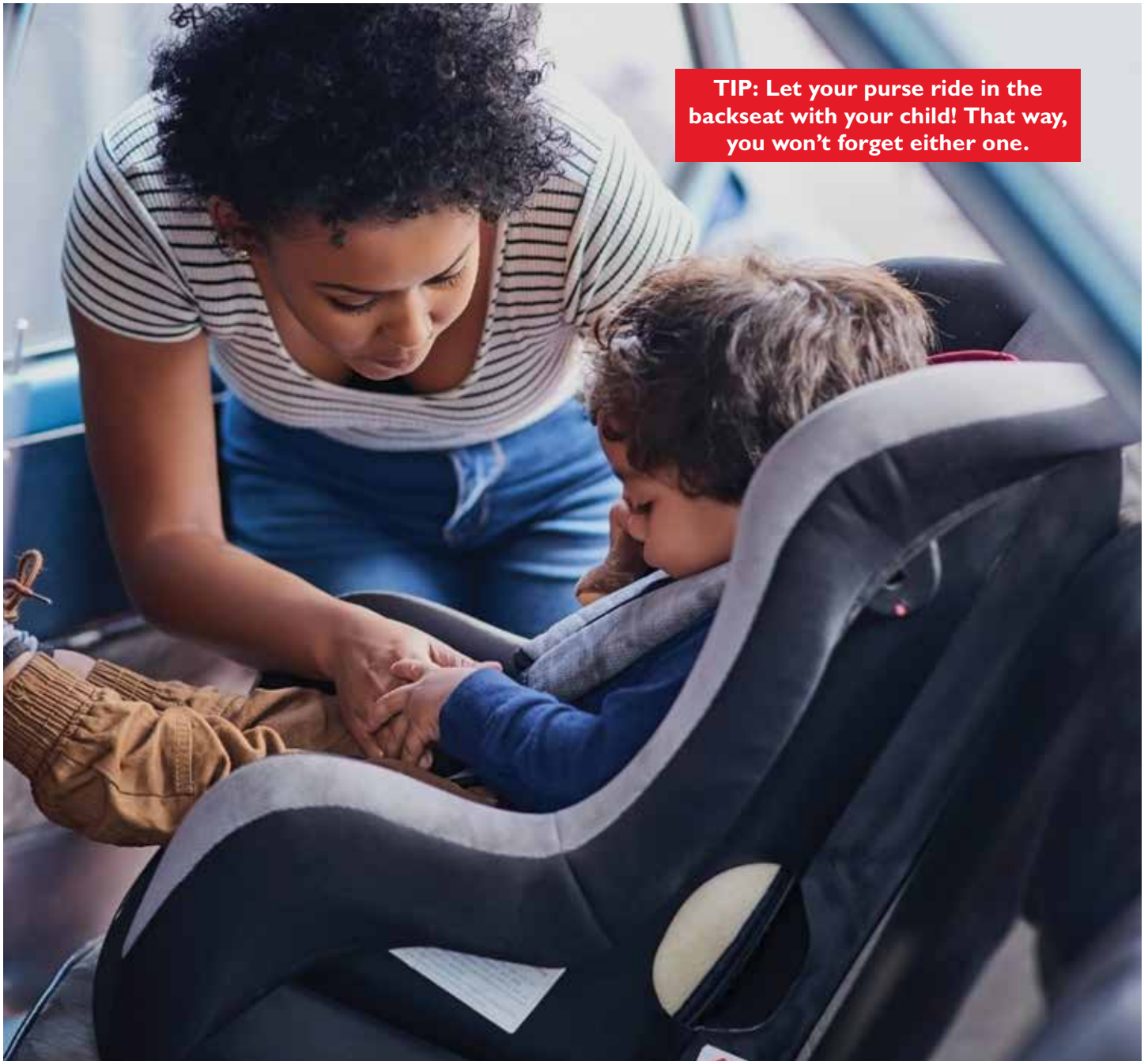
It's almost summertime, which means the weather is heating up and so is your car. **NEVER leave your child in your car when it's hot outside, even for a short time or with the window cracked.**

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

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

- Always lock the car doors and trunk after leaving your car with your child. 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 lock it.
- 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 or her 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.



Blueberry oatmeal squares

Ingredients:

- 1 ½ cups quick oats
- ½ cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup fresh or frozen blueberries
- 1 egg
- 1 cup skim milk
- 3 tablespoons apple sauce
- ¼ cup brown sugar

Directions:

1. Preheat oven to 350°F (176°C).
2. Coat 8x8-inch baking pan with cooking spray.
3. Place all of the ingredients into a large bowl and mix until just combined.
4. Pour into prepared pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean.
5. Allow to cool for 5 minutes and cut into squares.

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