



Manage Your Health

FALL 2019

A PUBLICATION OF TEXAS CHILDREN'S HEALTH PLAN

Arm yourself against the flu!

Flu season is upon us! You can help stop the spread of flu by getting the flu shot. Everyone 6 months of age and older should get the vaccine. It is not too late to protect yourself and your family. You can get the flu shot at your doctor's office or a drug store.



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Take a look inside!

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4 steps to keep your child well in the flu season

1. Get the flu shot (influenza vaccine).

The flu shot will not prevent every cold or virus, but it will help to prevent one of the worst. The flu is the most common vaccine-preventable killer of children in the U.S. The flu shot CANNOT give you the flu.

2. Wash the hands and/or use a hand sanitizer. You get the cold or flu when you touch a surface that has the virus on it, then touch your eyes, nose, or mouth. By keeping the hands clean, it keeps the viruses off your hands.
3. Keep the hands clean and try not to let your child touch things in the doctor's office waiting room. The doctor's office is where sick kids go for care. The waiting room is often where they share their viruses with other kids.



4. Keep your home and car smoke (and vape) free. Smoke makes colds and flu worse. It increases risk for asthma, pneumonia, and ear infections. For free help to stop smoking call **I-800-QUIT NOW** or **I-800-YES QUIT**.

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Blueberry Oatmeal Squares

Ingredients:

- 1½ 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

Equipment and supplies:

- Large mixing bowl
- 8x8-inch baking pan
- Measuring cups and spoons

Directions:

1. Preheat oven to 350°F (176°C).
2. Coat 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.



Nutritional analysis (per serving):

- | | |
|------------------|-------------|
| 120 calories | 5g protein |
| 1.5g fat | 0g sat. fat |
| 23g carbohydrate | 2g fiber |
| 25mg cholesterol | 95mg sodium |
| 9g sugars | |

Serving size: 1 square (Serves 9)

Note: Nutritional analysis may vary depending on ingredient brands used.

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Treat your child's ADHD

If your child has ADHD and has been getting treatment, be on the lookout for a welcome packet from Texas Children's Health Plan ADD/ADHD Program.

This packet has helpful information about ADHD. It also has a doctor's visit and medication log. This will help you keep track of doctor and therapy visits.

Texas Children's Health Plan and the Health and Human Services Commission (HHSC) are checking key parts of care for children who are given ADHD medication. You may get follow-up calls to help remind you about the visit.

- Your child should go to a follow-up visit by the prescribing doctor during the first 30 days from the first date the medicine was given.
- Your child should also go to 2 follow-up visits within the next 9 months from a prescribing doctor.

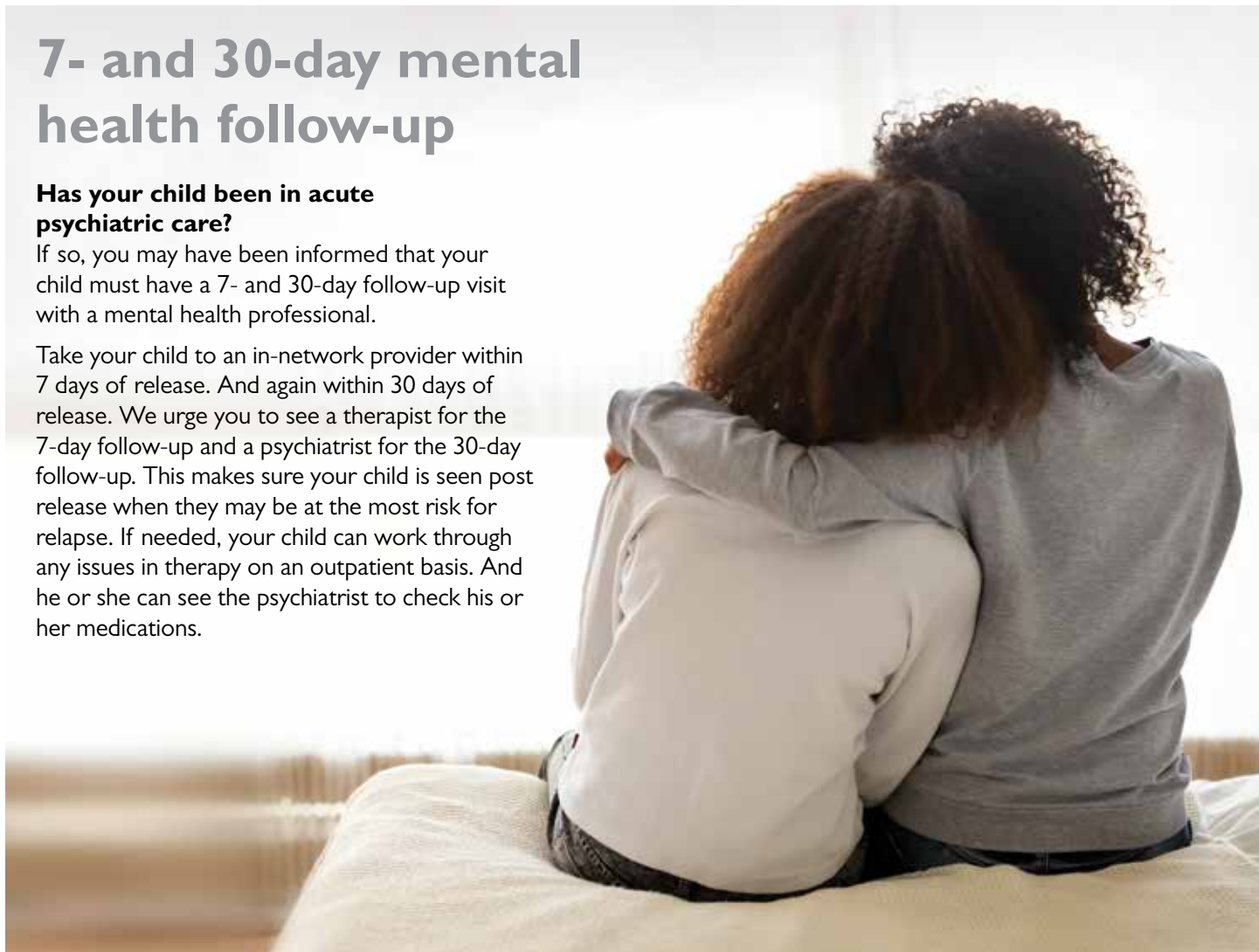


7- and 30-day mental health follow-up

Has your child been in acute psychiatric care?

If so, you may have been informed that your child must have a 7- and 30-day follow-up visit with a mental health professional.

Take your child to an in-network provider within 7 days of release. And again within 30 days of release. We urge you to see a therapist for the 7-day follow-up and a psychiatrist for the 30-day follow-up. This makes sure your child is seen post release when they may be at the most risk for relapse. If needed, your child can work through any issues in therapy on an outpatient basis. And he or she can see the psychiatrist to check his or her medications.



Halloween Safety Tips

From the candy to the costumes, Halloween is a fun-filled time for kids and parents. To help make it a trick-free treat, follow these simple safety tips.

Dressing your little ghouls and goblins

- Choose a light-colored costume that's easy to see at night. Add reflective tape or glow-in-the-dark tape to the costume and to the trick-or-treat bag.
- Only buy costumes labeled "flame-retardant." This means the material won't burn. If you make your own costume, use nylon or polyester materials, which are flame-retardant.
- Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.
- Masks can make it hard for kids to see and breathe. Instead, try using non-toxic face paint or makeup.
- Don't use colored or decorative contact lenses, unless they're prescribed by a licensed eye doctor.
- Put a nametag — with your phone number — on your children's costumes.
- To prevent falls, avoid oversized and high-heeled shoes. Make sure the rest of the costume fits well too.
- Make sure that any props your kids carry, such as wands or swords, are short and flexible.



Trick-or-Treating Basics

Kids under age 12 should:

- always go trick-or-treating with an adult
- know how to call 911 in case they get lost
- know their home phone number or your cellphone number if you don't have a landline

Older kids who go out on their own should:

- know their planned route and when they'll be coming home
- carry a cellphone
- go in a group and stay together
- only go to houses with porch lights on
- stay away from candles and other flames
- know to never go into strangers' homes or cars

For all kids:

- According to Safe Kids Worldwide, the risk of kids being hit by a car is higher on Halloween than on any other day of the year. So make sure all kids:
 - walk on sidewalks on lit streets (never through alleys or across lawns)
 - walk from house to house (never run) and always walk facing traffic when walking on roads
 - cross the street at crosswalks and never assume that vehicles will stop
- Give kids flashlights with fresh batteries. Kids may also enjoy wearing glow sticks as bracelets or necklaces.
- Limit trick-or-treating to your neighborhood and the homes of people you know.

When kids get home:

- Help them check all treats to make sure they're sealed. Throw out candy with torn packages or holes in the packages, spoiled items, and any homemade treats that weren't made by someone you know.
- Don't let young children have hard candy or gum that could cause choking.

Keep visiting ghouls safe too!

Make sure trick-or-treaters are safe when visiting your home too. Remove anything that could cause them to trip or fall on your walkway or lawn. Make sure the lights are on outside your house and light the walkway to your door, if possible. Keep family pets away from trick-or-treaters, even if they seem harmless to you.

Halloween Goodies —

What you give out and what kids get

- Make Halloween fun for all — including kids with food allergies. Consider buying Halloween treats other than candy. Stickers, erasers, crayons, pencils, coloring books, and sealed packages of raisins and dried fruits are good choices.
- As you inspect what your kids brought home, keep track of how much candy they got and store it somewhere other than their bedrooms. Consider being somewhat lenient about candy eating on Halloween, within reason, and talk about how the rest of the candy will be handled. Let kids have one or two treats a day instead of leaving candy out in big bags or bowls for kids to eat at will.

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Why exercise is wise

When you exercise, you make your body stronger. So be active every day. Your body will thank you!

Make your heart happy!

Your heart is a muscle. It works hard, pumping blood every day. Help your heart get stronger by doing aerobic (say: air-OH-bik) exercise.

Aerobic means “with air.” When you do aerobic exercise, you breathe faster so you take in more air. Your heart beats harder too. This gives your heart a workout. It will get even better at its main job — taking oxygen from the air you breathe in and giving it to all your body parts.

What type of exercise is good for me?

Lots of exercises can get your heart pumping. Try these:

- swimming
- basketball
- hockey
- running or walking
- skating
- soccer
- cross-country skiing
- riding your bike
- jumping rope

Exercise feels good

It feels good to have a strong, flexible body that can do all the things you enjoy — like running, jumping, and playing with your friends. It’s also fun to be good at something, like making a basket, hitting a home run, or dancing.

Exercising can also put you in a better mood. When you exercise, your brain releases chemicals that make you feel happier. It’s just another reason why exercise is a good idea!

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Does your child have a Written Asthma Action Plan?



An Asthma Action Plan includes:

- A daily care plan to help keep your child well and meet goals for asthma control.
- A rescue plan to help your child deal quickly with increasing symptoms.
- A guide for asthma emergencies to help you know when to call the doctor and when you need emergency help.

Call us at **832-828-1430** or call Member Services at **1-866-959-2555 (STAR)** or **1-866-959-6555 (CHIP)** if you need an Asthma Action Plan.

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