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ConnectCare News

Your Medicaid and ARKids First Connection to a Medical Home • Fall 2014

Changes to Immunization Schedule Starting September 1, 2014 for Children

“Getting the needed shots is a key way to protect our children from sicknesses that can be quite bad. It also helps students miss less school and parents miss less work. It can also save parents and children costly health care bills. That’s why I support all parents and children getting their shots. It can make a big difference,” said Dr. Jennifer Dillaha, Medical Director for Immunizations at the Arkansas Department of Health.

New immunization rules that will start September 1 for students in both private and public school will be:

- Kindergarten and Grade 1: students need one Hepatitis A shot that was given on or after their first birthday.
- Kindergarten through Grade 12: students need to have a series of three polio shots. One of the shots must have been given on or after the student’s fourth birthday.
- Kindergarten through Grade 12: students need to have a series of two varicella shots. Varicella is also called chickenpox.
- Grades 1 through 12: students need to have four DTaP shots with one after the fourth birthday. The DTaP shot is the pertussis (whooping cough) shot for young children. It also protects against tetanus and diphtheria.

- Children who will be 11 years of age or older on or before September 1 of each school year and through the 12th grade will have to have one Tdap shot. Children who have had the shot will not need more. Tdap is the shot for older children and adults. It protects against tetanus, diphtheria and whooping cough.
- Grade 7: students need a meningococcal shot. This shot helps protect you from several bad illnesses like meningitis, sepsis, pneumonia and arthritis. A second dose at age 16 is also needed, or 1 shot at age 16 if they have not had the shot before.

Please note that the new changes do not involve all of the shots that are needed for children. For more information, please talk to your doctor or nurse. Any student who gets all of their shots will meet the school rules.

You can get these shots at your local health unit or your family doctor. Parents or guardians will need to give a copy of their child’s shot record to the childcare director or school nurse. For children who may not have had the varicella (chickenpox) shots because they have had chickenpox, parents or guardians will need to give the childcare director or school nurse health records from their doctor to prove that the child had the disease.

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The complete shot requirements can be found on the Arkansas Department of Health's Rules & Regulations webpage at <http://www.healthy.arkansas.gov/aboutADH/Pages/RulesRegulationsProposed.aspx>. You may also get information about shots from the Centers for Disease Control and Prevention at this link: <http://www.cdc.gov/vaccines/schedules/index.html>.

If a parent or guardian does not want their child to receive a required shot, they must get an exemption before September 1, 2014. Exemption forms may be requested from the Immunization Section of the Arkansas Department of Health by calling 501-661-2169 or via email at immunization.section@arkansas.gov



DO YOU HAVE QUESTIONS ABOUT POISON?

The Arkansas Poison and Drug Information Center has "Certified Specialists" ready 24 hours a day to talk to you and answer questions about poison. This involves cleaning products and medicines such as over the counter or prescription drugs. If you or a child has taken something that may cause harm call the poison control hotline to get answers on what to do. How will you know if you are poisoned? Many cleaning products look like candy or a sweet tasting drink. Most people can't tell the difference between Aspirin and Skittles or fruit punch drink and red colored cold medicine. It's hard for adults to see the difference, and children are less likely to tell they are different. If you have cleaning products or medicine such as Ex-Lax, chewable vitamins or aspirin, keep them out of reach of toddlers. It is best if you can keep these products locked up so toddlers and small children can't reach them. We suggest adding the Poison Hotline number in your phone now so it will be in your phone when you need it. The Poison number is **1-800-222-1222**. Please call if you have any poisoning or drug question or need more information.

Medication Safety

Medicines can hurt you if used in the wrong way or if the wrong amount is taken. Never take medicine that belongs to someone else.

- Follow the instructions when taking over-the-counter and prescription medication.
- Always read the labels and never take medicines in the dark.
- Never share your medicine with others or take someone else's medicines.
- Properly dispose of old or outdated medicines.
- Consult your doctor before taking natural or herb supplements. They might cause a bad reaction.
- Ask your doctor if you need blood testing to prevent drug side effects.

If you believe you have been exposed to a poison or you have taken medications in error call the poison hotline **1-800-222-1222**.

Sources: American Poison Control Center, Centers for Disease Control and Prevention, National Council on Aging



Stay Safe from the Flu - Get a SHOT!

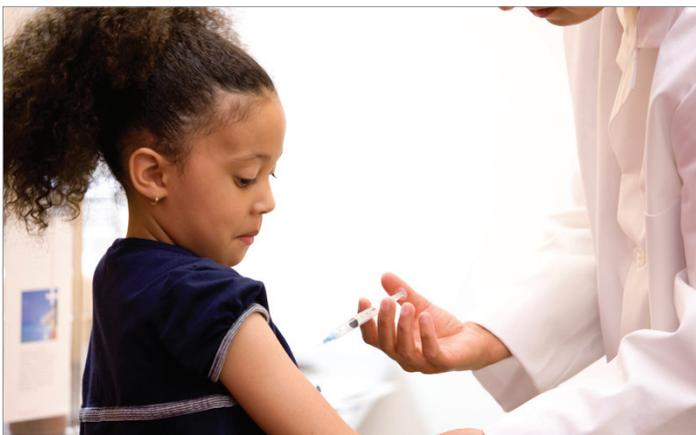
The flu is a virus called influenza that infects the nose, throat, and lungs. It can spread from one person to another and can cause mild to deadly illness. The best way to stay safe from the flu is to get a flu shot each year.

The flu clinics across the state start in October.

For a list of flu clinics near you, go to www.healthy.arkansas.gov

- Then Click on F
- Then click on Flu Clinics
- Then click on Mass Flu Clinic List
- Or call 1-800-462-0599

If you need more information about flu shots, call your local health unit or family doctor. More information is available at the CDC website <http://www.cdc.gov/flu/protect/keyfacts.htm>



Brush Up on Healthy Teeth - Simple Steps for Kids' Smiles

Start cleaning teeth early.

- As soon as the first tooth appears, begin tooth cleaning by wiping with a clean, damp cloth every day.
- When more teeth come in, switch to a small, soft toothbrush.
- Begin using toothpaste with fluoride when your child is two years old.
- Use toothpaste with fluoride before age two if your child's dentist or doctor recommends it.

Use the right amount of fluoride toothpaste.

- Fluoride is important for fighting cavities. But if children younger than six years old swallow too much fluoride, their permanent teeth may have white spots. To keep this from happening, use only a small amount of toothpaste (about the size of a pea).
- Teach your child to spit out the toothpaste and to rinse well after brushing.

Supervise brushing.

- Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone.
- Continue to closely watch brushing to make sure the child is doing a good job and using only a small amount of toothpaste.

Talk to your child's dentist or doctor.

- Children older than six months may need extra fluoride if the drinking water does not have enough.
- Children younger than six years old should not use a fluoride to help prevent cavities if they drink water that contains fluoride and brush their teeth with a pea-sized amount of fluoride toothpaste twice a day.
- Ask the dentist or doctor about your child's specific fluoride needs.

Source: Center for Disease Control and Prevention, <http://www.cdc.gov/OralHealth/pdfs/BrushUpTins.pdf>

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HELPLINE

Call 1-800-275-1131
TDD 1-800-285-1131
www.seeyourdoc.org

ConnectCare Helpline can:

- Assign or change your doctor
- Refer you for help if we cannot help you
- Tell you if your Medicaid is still active

DENTAL PROGRAM

Call 1-800-322-5580
TDD 1-800-285-1131

ConnectCare Dental Program can help:

- Find a Medicaid dentist in your area
- Schedule dental appointments
- Assist with transportation (Medicaid and ARKids First A only)
- Remind you of appointments
- Reschedule missed appointments

Ask the Expert:



I have lost my Medicaid card. How do I get a new card?

To get a replacement card you can call your local DHS office OR the DHS client assistance number at 1-800-482-8988. You will be asked a few questions to confirm your identity and verify your mailing address. A new card will be mailed to you.

Source: DHS Client Assistance