



**P.2 FREE SUMMER MEALS**



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**P.4 ASK THE EXPERT**

# ConnectCare News

Your Medicaid and ARKids First Connection to a Medical Home • Spring-Summer 2015

## Building Your First Aid Kit The 10 Essential Items to Include

**S**ummertime is busy and full of activities. It's a good idea to have a first aid kit close by. Here are the 10 essential items you'll want to have on hand in your kit. You may want to keep one in your house and one in your car for travel.

### 1. Antiseptic Wash

Soap and water are your best bet for cleaning wounds, but when you're on the go, it's good to have antiseptic wash around, since you may not be near a water source. It also has a mild pain reliever, which is helpful for those scrapes and cuts children often get on playgrounds or sidewalks. It comes in liquid and the force of the steam is strong enough that it can be used to flush out any dirt particles in an injury.

### 2. Gauze Pads

Gauze pads should always be part of your first aid kit. They come in many sizes, but it's best to buy the largest size and cut them down if necessary.

### 3. Scissors

Useful for cutting gauze pads (as mentioned above), for cutting adhesive tape, shoelaces, clothing and just about anything you can think of in an emergency -- scissors are a must!

### 4. Adhesive Tape

Adhesive tape comes in handy for many first aid needs, including forming splints and keeping gauze pads in place.

### 5. Ace Bandage

Ace Bandages are stretchy bandages used to put pressure on muscle sprains and strains. They reduce blood flow to the hurt area to help avoid swelling around the injury. Ace bandages used to come with the spiky fasteners, but now wrapping is easier thanks to Velcro.

### 6. Instant Cold Pack

An instant cold pack is needed to ease swelling of bumps and bruises when you lack access to ice. It's a good idea to purchase several since these are for one use only.

### 7. Latex Gloves

Latex gloves help keep both parties -- the injured and anyone giving first aid -- safe from bacteria, disease and other harmful conditions. They're also great to have around for situations requiring cleanup of bodily fluids or changing messy diapers. When finished, the diaper can be sealed inside the gloves and thrown away.

### 8. Band-Aids

Band-Aids take care of all sorts of small injuries. Your best bet is to buy a box with a variety of sizes and shapes to cover all your bases. Today's Band-Aids also come with added antibacterial protection.

### 9. Tweezers

Tweezers are great for splinters, removing ingrown hairs or nabbing hang nails.

### 10. Sting and Bite Treatment

On the playground or at a picnic -- ant bites, stings and other insect issues arise. Keeping a bite and sting spray or ointment around will help ease the pain. If your child's doctor has prescribed an Epi-pen or other auto injector for severe allergies, keep it with you at all times.

# Free Summer Meals for Kids

For many kids, summertime means two things: fun and feeding their hungry tummies. But for working parents, summer means making other plans for their kids since they're not in school. Most parents know that kids left on their own at home may make unhealthy food choices or not eat at all, and many parents can't afford to buy the meals that their kids usually ate at school.

That's why the U.S. Department of Agriculture (USDA) offers free summer meals to kids 18 and younger across Arkansas. Summer meals sites can be found in schools, churches and community centers – safe places for kids and teens. The meals are healthy and follow nutrition rules set by the USDA, which also pays for the meals.

Many sites also offer fun activities that kids enjoy. Parents do not need to

apply to the program, nor does it change any other benefits they get. They can simply bring their child to a summer meals site where their kids can eat a healthy meal.

There are USDA summer meals sites in most counties in Arkansas. Find a summer meals site near you by:

Calling 1-866-3 HUNGRY or Spanish speakers call 1-877-8-HAMBRE

Or go to <http://www.whyhunger.org/findfood>

This website will have new information by the time school is out. If you go to the site and no news is posted, try again closer to the last days of the school year.

*Source: Arkansas Hunger Relief Alliance*



## Text4baby Free Program

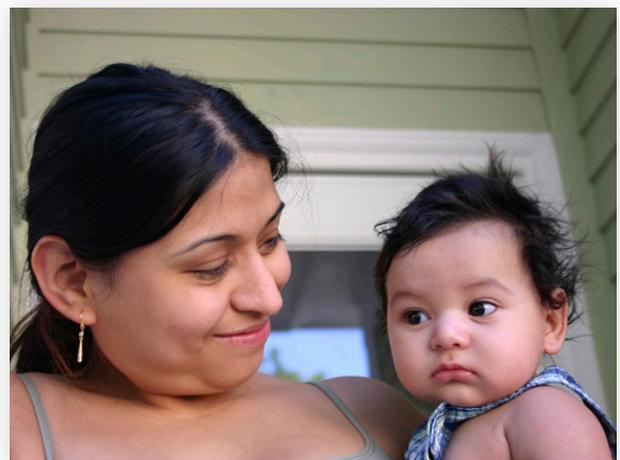
**Text4baby is a free program that offers helpful facts to pregnant women and new moms through texts.**

Women who text BABY (or BEBE for Spanish) to 511411 get three free texts a week. Texts are sent by your due date or your baby's birth date. You will get texts during pregnancy and until your baby's first birthday. The texts talk about pregnancy, giving birth, stages of a baby's growth, shots, eating habits, how to keep your baby from having a birth defect, safe sleep, safety and more.

Signing up for Text4baby is easy and just takes a few minutes. Follow these steps, or you can sign up online at <https://text4baby.org>

1. Text BABY (or BEBE for Spanish) to 511411.
2. When asked, enter your due date and zip code.
3. That's it! Now tell your friends and family!

You can cancel Text4baby at any time by texting STOP. You can text HELP if you are having trouble with the texts. Text UPDATE to change your due date or baby's birthday.





## Protect your child from getting too much sun.

Kids don't have to be at the pool, beach or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they are outdoors. Just a few serious sunburns can increase your child's risk of skin cancer later in life.

**Seek shade.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If outdoors, seek shade under a tree, umbrella or a pop-up tent.

**Cover up.** When possible, dress your kids in cool, comfortable clothing that covers the body, like lightweight cotton pants and long-sleeved shirts. A t-shirt, long shorts or a beach cover-up are also good choices.

**Get a hat.** Hats that shade the face, scalp, ears and neck give great protection. Baseball caps don't protect kids' ears and necks.

**Wear sunglasses.** Look for child-sized sunglasses with close to 100% UV protection.

**Apply sunscreen.** Use sunscreen with at least SPF 15 and UVA and UVB protection 30 minutes before your child goes outside. For babies younger than 6 months, apply sunscreen on small areas of the body, such as the face and the backs of the hands, if protective clothing and shade are not available.

*Source: Center for Disease Control and Prevention*



## Keep Your Child Safe In and Around Water

*Small children can drown in only a few inches of water. Even children who have had swimming lessons can drown. Use these tips to keep your family safe.*

- 1 Don't leave your child alone near water, even for a second.
- 2 When your child is in the water stay within arms' reach. With children under age 5, you should be able to touch them at all times.
- 3 Wear Coast Guard approved life jackets. Life jackets should be worn in all bodies of water such as rivers, lakes and streams.
- 4 When swimming in lakes and rivers, only swim in designated swimming areas.
- 5 Do not consider inflatable toys to be life preservers or safety devices.
- 6 Learn Cardiopulmonary Resuscitation (CPR). It can save a child's life with little or no brain damage.

For more safety tips:

<http://www.safekids.org/tip/swimming-safety-tips>

<http://www.redcross.org/prepare/disaster/water-safety/swim-safety>

*Sources: Centers for Disease Control and Prevention, American Red Cross*

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**[Connectcare.outreach@arkansas.gov](mailto:Connectcare.outreach@arkansas.gov) or call our office.**

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#### Editorial Staff:

*Taniesha Richardson, Public Health Section Chief, ConnectCare  
Misty Smith - Editor, Health Education Supervisor, ConnectCare  
Glen Poteet, Dental Coordinated Care Manager, ConnectCare  
Gloria Bastidas - Bilingual Outreach Coordinator, ConnectCare  
Carmen Moral - Dental Coordinator, ConnectCare  
Jill Bayles - Editorial Staff, Health Marketing  
Sherrie Shepherd - Layout Design, Health Marketing*

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#### HELPLINE

Call 1-800-275-1131  
TDD 1-800-285-1131  
[www.seeyourdoc.org](http://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:



**What is the best time to call the Helpline? Is there another way to get a doctor assigned or changed?**

The Helpline is open from 6 am to 8 pm. The shortest waiting time for callers is either early in the morning before 8 am or late in the afternoon after 5 pm.

You may ask for a doctor using the online form on the website [www.seeyourdoc.org](http://www.seeyourdoc.org) Using the online form does not guarantee you will get the doctor you wanted. It may take up to 3 days for the doctor to be assigned to you and for the letter to be mailed. The confirmation letter will let you know if the doctor has an opening and can take you as a patient.

If you need a doctor quickly you should call the help line. Assignments made on the help line are changed right away and take effect immediately.

Source: ConnectCare