P.2 FLU SHOTS IN EVERY COUNTY

P.3 VACCINATION SCHEDULE

P.4 ASK THE EXPERT


See Your Child's Vaccination Schedule Page 3!

# ConnectCare News

Your Medicaid and ARKids First Connection to a Medical Home • Fall 2011

## School Nurses Help Keep Children Healthy

**Every child deserves a school nurse in their school. There are many ways that a school nurse helps to keep your child healthy and healthy children learn better.**

A school nurse makes sure that your child has all of their shots when they start school. So don't worry if you're not sure that your child has gotten all the required shots. Your school nurse will help you figure out which ones are needed to help keep them from getting sick during the school year. They will even send out reminders for other shots, such as the yearly flu shot.

Your school nurse will help to make sure that your child is able to learn by checking their vision and hearing at school. A student who can see and hear well will be able to better understand and learn the information the teacher is talking about in class. If your child seems to be having trouble seeing or hearing, talk to your school nurse and decide if your child needs to see a doctor. The nurse can give you information and help you find doctors in your area that can help with vision or hearing problems.

Many children in school have health conditions that need nursing care on a daily basis. The school nurse is there to help so that these children can go to school and be able to get the care they need. They can give medications during school to help children with diseases and conditions such as seizures, asthma and diabetes. Also, they are there to help teach children about things they can do to stay healthy.

These are a few of the many things the school nurse does for your children each year. A student recently described her school nurse as "They are nurses, but they are also your friend, your counselor and your teacher. They give more than medicine; they give laughter, smiles, kindness and hugs." What a great way to think about a school nurse!

***Source:*** *Valerie Beshears, RN, MSN, NCSN*
*Arkansas School Nurses Association (ASNA) - President*

# Local Health Units Providing Flu Shots in Every County

The flu is a serious illness. Local health units over the state will begin giving flu shots at mass flu clinics in October and November. Some clinics will have drive thru service so you do not have to get out of your car.

If you have insurance, Medicare, Medicaid or ARKids First, bring your cards with you so that we can file with your insurance. If you do not have insurance the shot will be no charge to you.

To find the dates and locations of the mass flu clinics, go to the Arkansas Department of Health website at **www.healthy.arkansas.gov** or call **1-800-462-0599**.

# SEND YOUR CHILD TO SCHOOL WELL RESTED

A good night's sleep will help your child pay attention and learn better in school. Children generally need more sleep than adults. If your child seems tired during the day, falls asleep in class or after school or is short-tempered, they may not be getting enough sleep. If you think your child has a sleep problem, you should talk with their doctor.

Help your child get a good night's sleep by following a regular bedtime schedule. At least 30 minutes before bedtime, have your child choose a calm activity such as quiet play or reading to help them wind down. During this time, have them avoid television, video games, computers, telephones and physical activity. Dim the lights in the house to signal your child's brain that it is night and time for sleep. Follow a bedtime routine, such as a light snack, a bath and brushing teeth, going to the bathroom and putting on pajamas. Many parents read a story to their young child at bedtime and older children can read on their own. By following a similar bedtime routine, you can help your child get a more restful night's sleep.

| How much sleep do we need? |
|---|
| |
| Preschool up to 4 years: 11-13 hours |
| School aged 5-12 years: 9-11 hours |
| Teenager 13-19 years: 9 hours |
| Adults over 20: 7-8 hours |

***Source:*** *Center for Effective Parenting/ AR State PIRC*
***www. parenting-ed.org***

# From WIC's Kitchen to Yours

With the new school year underway, parents should be reminded of the important role nutrition plays in making sure their child has a successful school year. Nutrition and learning go hand in hand. Children who are nutritionally fit are more likely to have enough energy to help them learn. Your child can learn about how important nutrition is by the example you set. Eat right, get some exercise and make a healthy lifestyle a family affair.

## Spanish Rice Supreme

**Ingredients:**

- 1 tablespoon vegetable oil
- 1 cup brown rice
- ½ cup water
- 1 medium onion, chopped
- 2 cans (14-16 ounce each) diced tomatoes with liquid OR tomato sauce
- ½ teaspoon salt

**Directions:**

1. Heat oil in a medium frying pan over medium-high heat.
2. Add brown rice to pan. Cook and stir until lightly browned ( about 3 to 5 minutes)
3. Add ½ cup water, onion, tomatoes (or sauce) and salt. Heat to boiling. Cover and cook over low heat for 45 minutes or until rice is soft and most of the liquid is absorbed.

*One serving is approximately ¾ - 1 cup*
*Nutritional Content for 1 serving: 346 calories, 7 grams fat, 6 grams dietary fiber, 8 grams protein*

# VACCINATE YOUR CHILD, YOUR TEEN AND YOURSELF

## Protect Yourself and Others from Disease!

Most parents don't think twice before having their children vaccinated. Nearly 90 percent (nine out of every 10) of kids in the United States are fully immunized against sicknesses that once killed thousands of children every year. Immunizations don't protect just the person getting the shot; they protect the entire community. By getting shots on time, you can protect your child and yourself from disease and protect others at home, daycare, school or work.

The first table shows the recommended shot schedule from birth to 18 years. The second table shows the recommended shot schedule for adults age 19 years to 65 years and older. ***Call 1-800-462-0599 to locate a county health unit near you or contact your healthcare provider.***

### SCHEDULE FOR CHILDEN AND TEENS BIRTH THROUGH 18 YEARS OF AGE

| AGE | Birth | 2 months | 4 months | 6 months | 12 months | 15 months | 18 months | 19-23 months | 4-6 years | 7-10 years | 11-12 years | 13-18 years |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **HepB** Hepatitis B | ✓ | ✓ 1-2 months | | ✓ 6-18 months | | | | | | | | |
| **DTaP/Tdap** Diphtheria, Tetanus, Pertussis | | ✓ | ✓ | ✓ | | ✓ 15-18 months | | | ✓ | | ✓ | |
| **Hib** *Haemophilus Influenza* type b | | ✓ | ✓ | ✓ | ✓ 12-15 months | | | | | | | |
| **Polio** | | ✓ | ✓ | ✓ 6-18 months | | | | | ✓ | | | |
| **PCV** Pneumococcal conjugate | | ✓ | ✓ | ✓ | ✓ 12-15 months | | | | | | | |
| **RV** Rotavirus | | ✓ | ✓ | ✓ | | | | | | | | |
| **MMR** Measles, Mumps, Rubella | | | | | ✓ 12-15 months | | | | ✓ | | | |
| **Varicella** Chickenpox | | | | | ✓ 12-15 months | | | | ✓ | | | |
| **HepA** Hepatitis A | | | | | ✓✓ 2 doses given 6 months apart at age 12-23 months | | | | | | | |
| **HPV** **Human papillomavirus** | | | | | | | | | | | ✓✓✓* | |
| **MCV4** Meningococcal conjugate | | | | | | | | | | | ✓ | ✓ 16-18 years |
| **Influenza** | | | | ✓ Given each fall or winter to all people ages 6 months and older | | | | | | | | |

***1st Dose at 11 or 12 years. 2nd Dose 2 months after the first dose. 3rd Dose 6 months after the first dose.***

### SCHEDULE FOR ADULTS AGE 19 YEARS THROUGH 65 YEARS AND OLDER

| AGE | 19-26 years | 27-49 years | 50-59 years | 60-64 years | 65 years and older |
|---|---|---|---|---|---|
| **Influenza** | ✓ 1 dose annually<br>You need a dose every fall (or winter) for your protection and for the protection of others around you. | | | | |
| **Td/Tdap** Tetanus, Diphtheria, Pertussis | ✓ Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 years | | | | ✓ Td booster every 10 years |
| **Varicella** | ✓ 2 doses | | | | |
| **HPV** Human papillomavirus | ✓ 3 doses | | | | |
| **Zoster** | | | | ✓ 1 dose | |
| **MMR** Measles, Mumps, Rubella | ✓ 1 or 2 doses | | ✓ 1 dose | | |
| **Pneumococcal** (polysaccharide) | ✓ 1or 2 doses | | | | ✓ 1 dose |
| **Meningococcal** | ✓ 1 or more doses | | | | |
| **Hepatitis A** | ✓ 2 doses | | | | |
| **Hepatitis B** | ✓ 3 doses | | | | |

| |
|---|
| For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of previous infection) |
| Recommended if some other risk factor is present (e.g., based on medical, occupational, lifestyle, or other indications) |

***Note: Consult your healthcare provider to determine your level of risk for infection and your need for these vaccines.***

TEAR OFF PAGE FOR YOUR RECORDS

Arkansas Department of Health
*Keeping Your Hometown Healthy*

ARKANSAS DEPARTMENT OF HUMAN SERVICES

CONNECT CARE

PRSRT STD
U.S.POSTAGE
PAID
Little Rock, AR
Permit No. 2641

1-800-275-1131 / 1-800-285-1131 TDD
Central Arkansas: 501-614-4689
**www.seeyourdoc.org**

ConnectCare News is printed for Medicaid/ARKids First customers

**If you are not on our mailing list and would like to receive this newsletter, or would like to receive this newsletter in Spanish, please email us at Connectcare.outreach@arkansas.gov or call our office.**

**Si usted no está en nuestra lista de correo y quisiera recibir este boletín, o quisiera recibir este boletín en Español, por favor envíenos un correo electrónico a Connectcare.outreach@arkansas.gov o llame a nuestra oficina.**

**Editorial Staff:**
Misty Smith - Health Education Supervisor, ConnectCare
Sherrie Shepherd - Layout Design, Health Marketing
Jan Horton - Health Marketing

**Produced by Health Marketing**
**Arkansas Department of Health**

customer-centered HEALTHmarketing science-based
Arkansas Department of Health

CONNECT CARE
Your Medicaid and ARKids First Connection to a Medical Home

## 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:

## WHAT SHOULD I DO AFTER I'M ASSIGNED A NEW DOCTOR?

- Adults with Medicaid should call their new doctor to let them know they are a new patient. Make an appointment only if you need to see the doctor. Adults with Medicaid only have 12 doctor visits a year.
- Make your children an appointment with their new doctor. Your child should have regular check-ups. It helps the doctor get to know your child and find health problems early. There is no limit on doctor visits for children.
- Have your Medicaid or ARKids card or your Medicaid number when going to the Doctor's Office.
- Don't forget to get the Doctor's Office hours. If you need to see a doctor and their office is closed, ask for the name and phone number of a doctor or clinic they would want you to use.

For more information contact ConnectCare at 1-800-275-1131 Monday through Friday from 6:00 a.m. to 10:00 p.m.