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NEW CONNECTCARE TEAM PLAYER

# ConnectCare News

Volume 9 - Number 3

Your Medicaid and ARKids First Connection to Better Health Newsletter

## How to care for a sick child at home

**Remember even if you take every safety measure the moment your child starts getting sick, they may already be contagious. People may be sick a day before they get symptoms. Here are some tips on what to do when your child starts feeling sick.**

- Check with a doctor about whether your child should take any medicine.
- Keep your sick child at home while ill. They should stay home until they have been without fever for 24 hours (without taking medicine).
- Reduce the contact between your sick child and other family members.
- Offer easy to digest food and drinks.
- Distract your sick child the best you can.
- Wash hands often with soap and warm water for 20 seconds.
- Watch for emergency warning signs.

### Emergency warning signs that need to be checked by a doctor

- Trouble breathing.
- Vomiting.
- Not drinking enough fluids.
- Seizures (shaking you can't control).
- Gray or blue skin color.
- Not waking up or not responding.
- High fever (higher than 103°).
- Dizziness when standing.
- Unable to use the bathroom.



- Lack of tears when crying.
- Extreme tiredness.

### Things you can do to prevent germs from getting the rest of the family sick.

- Wipe off things that your sick child has touched – like doorknobs, tables, and handrails – with a cleaner that kills germs.
- Wash toys and other frequently touched items. Many plastic toys can be put into the dishwasher, and many stuffed animals in the washing machine.
- Bleach the toilet, floor and sink in the bathroom.
- Get your child a new toothbrush after being sick.
- Wash towels often. You may even want to switch to disposable paper towels for a week.
- Don't allow sharing at meals. Avoid swapping dishes, forks, spoons, cups and food.
- Remind family members to cover their nose and mouth with a tissue when coughing or sneezing. If no tissue is available, they should cough into their sleeves or elbows, not their hands.
- Remind everyone in the family to wash their hands, especially after handling dirty laundry or touching used tissues and any other kind of waste.



Source: <http://www.cdc.gov/h1n1flu/talkingtokids.htm> and [http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)



# CHILD SAFETY

## Can injuries be prevented?

**M**any children are badly hurt or die from accidents, but many of these accidents can be prevented. There are some safety tips for the road to keep your child safe.

- Use seat belts, child safety seats and booster seats that are right for your child's age and weight.
- When driving long distances, stop driving and give yourself and your child a break about every two hours.
- Never leave your child alone in a car, even for a minute.
- Carry drinking water, snacks, child-safe hand wipes and diaper rash cream.
- Set a good example by always wearing a seat belt.

**THE FOLLOWING CHART IS A GUIDE TO HELP YOU KNOW THE TYPE OF SEAT YOUR CHILD NEEDS.**

Age	Type of Seat	General Guideline
<b>Infants</b> (birth - 1 year of age)	<b>Infant seats and rear-facing child safety seats</b>	All infants should always ride rear-facing until they are at least 1 year of age and weigh at least 20 pounds.
<b>Toddlers/ Preschoolers</b> (1 year - 7 years of age)	<b>Child safety seats</b>	It is best to ride rear-facing as long as possible. Children 1 year of age and at least 20 pounds can ride forward-facing.
<b>School-aged children</b> (8 years - 12 years of age)	<b>Booster seats</b>	Booster seats are for older children who have outgrown their forward-facing car safety seats. Children should stay in a booster seat until adult belts fit correctly (usually when a child reaches about 4'9" in height and is between 8 and 12 years of age).
<b>Older children</b> (13 years - 18 years of age)	<b>Seat belts</b>	Children who have outgrown their booster seats should ride in the back seat with a lap and shoulder belt until 13 years of age.

**C**ontact the Injury Prevention Center at 501-364-3400 or 1-866-611-3445 if you need help to correctly install a car seat in your car or to find out if you have the correct seat for your child or if your child is old enough to use a seat belt.

Source: <http://www.aap.org/family/carseatguide.htm>, [http://www.archildren.org/injury\\_prevention](http://www.archildren.org/injury_prevention) and <http://www.cdc.gov/ncipc/factsheets/childpas.htm>

# Arkansas Medicaid's Dental Care for Adults

As a result of the tobacco tax law, the new Arkansas Medicaid Adult Dental Program now offers, in addition to emergency services, reconstructive and preventive services. This will improve the overall quality of life for eligible clients. The adult dental care program started July 1, 2009.

## Who qualifies?

Adults who are on regular Medicaid under certain covered plan descriptions and pregnant women. Call the ConnectCare Dental Program to find out if you qualify for dental care and to request a list of names and phone numbers of participating dentists.



For more information call the ConnectCare Dental Program at 1-800-322-5580 or visit our Websites:

[www.seeyourdoc.org](http://www.seeyourdoc.org),  
[www.medicaid.state.ar.us](http://www.medicaid.state.ar.us)  
or [www.afmc.org/bene](http://www.afmc.org/bene)



# Head Lice

Lice are tiny bugs that live on the scalp.

## Symptoms

Having head lice causes intense itching of the scalp and small, red bumps on the scalp, neck and shoulders. This could lead to an infection but does not lead to serious medical problems. Children ages 3 years to 12 years old are more likely to get head lice.

Tell the school if your child has lice. Many schools do not allow infected children to be at school until the lice have been treated.

Head lice can be treated by using a special shampoo or lotion to kill the lice. Follow the directions on the label to make sure that the treatment works. If a child is under 2 years old and has head lice, do not use medicine for lice. Instead, remove the head lice by hand.

Here are some ways to prevent getting head lice.

- Regularly vacuum carpets.
- Wash bed sheets and clothing in hot water.
- Never share hair brushes, combs, hats, bedding, or clothing with someone who has head lice.
- Do not lie on beds that have recently been in contact with an infected person.
- Stuffed animals that can't be washed should be placed in a sealed plastic bag for 14 days.

Call your doctor if you have used head lice treatment and still have symptoms or to get information on how to prevent head lice from coming back!

Sources: <http://www.cdc.gov/lice/head/treatment.html> and <http://www.kidshealth.org/Search01.jsp>





**Arkansas Department of Health**  
*Keeping Your Hometown Healthy*



1-800-275-1131 / 1-800-285-1131 TDD  
 Central Arkansas: 501-614-4689  
[www.seeyourdoc.org](http://www.seeyourdoc.org)

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If you are interested in receiving this newsletter, please  
 contact [connectcare.outreach@arkansas.gov](mailto:connectcare.outreach@arkansas.gov)

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**HELPLINE**  
 Toll-free ConnectCare  
 1-800-275-1131  
 TDD 1-800-285-1131

**When you call the ConnectCare helpline, WE CAN...**

- Assign a doctor for you.
- Change your doctor.
- Refer you to someone to help you if we can't help you.
- Tell you if your Medicaid is still active.

**We CANNOT...**

- Make name and address changes (Visit your local DHS office to change this information).
- Search by Social Security number (We can ONLY search by your Medicaid ID number).
- Discuss the number of visits you have left.

When calling the **ConnectCare Helpline** please have your Medicaid ID number available. Also, please have your choices for a doctor ready. You can also request to assign, change and find the list of doctors in your area when you visit [www.seeyourdoc.org](http://www.seeyourdoc.org). Do you have an issue to discuss with Medicaid? Call 1-888-987-1200.

*Source: Maria Ruvalcaba, ConnectCare Health Promotion & Outreach to Hispanic Communities. ADH*

**WHAT PARENTS NEED TO KNOW ABOUT A MEDICAL HOME**

A Medical Home is more than just a place. It is where your child is cared for and you can talk to the doctor to make decisions about your child's health care. A Medical Home means that your child has a regular doctor.

**Benefits of a Medical Home**

- You can take your child to the doctor for well-checkups and when he/she gets sick.
- Regular visits to your child's doctor will help you avoid going to the emergency room.
- It helps you keep a good record of your child's shots, medications and health history.

You and your child, along with your doctor, can create a Medical Home.

Source: Martha Hiett, Health Policy Administrator, Division of Child Care and Early Childhood Education and [http://www.medicalhomear.org/about\\_medical\\_home.html](http://www.medicalhomear.org/about_medical_home.html)

**NEW CONNECTCARE TEAM PLAYER!**

ConnectCare has a new member on staff in the Health Promotion Program. Maria G. Ruvalcaba speaks English and Spanish.

She will join efforts with the ConnectCare Helpline and the Dental Program to let families know about health services offered to them. Maria will offer information on health issues that affect people focusing on the Hispanic communities.



Maria G. Ruvalcaba