



HEALTHLINK

SUMMER 2008



Three Tips for Having a Safer Summer

It feels good to go outside in the summer. Here's how you can keep your family safe and healthy:

PLAY IT SMART BY THE WATER

These tips may keep you safe when you're around water:

- Learn to swim. Contact your local American Red Cross to sign up for lessons.
- Be careful when diving. Know how deep the water is before you jump. Never dive into shallow water.

STEER CLEAR OF SUNBURN

Sunburn increases your risk of skin cancer. To help protect your skin:

- Limit sun exposure. Stay out of the sun from late morning to early afternoon. When you're outdoors, seek shade.

- Wear sunscreen with at least SPF 15. Apply it 30 minutes ahead of time, and reapply at least every two hours.
- Keep covered. Choose light-colored clothes with long sleeves. Wear a wide-brimmed hat and sunglasses, too. If your hat leaves the tips of your ears or nose exposed, protect them with sunscreen.

AVOID FOOD POISONING

Summer picnics are prime time for foodborne illness. To not get sick:

- Avoid letting raw food touch cooked food. Pack raw meat in leak-proof plastic bags. Be sure to use separate utensils and dishes for raw and cooked food.
- Always wash your hands before touching food. ■

Pregnant? Many Services Are Free for You

Some pregnant women qualify for Medicaid through their unborn child. Medicaid covers many services linked to pregnancy for these moms-to-be.

Services that are paid for are those that are needed for your health and your baby's. Services that have become necessary as a result of being pregnant also are covered. These include, but are not limited to:

- Care before your baby is born.
- Having your baby.
- Care after your baby is born.
- Family planning.

Treating health problems that might harm your baby also are free.

What's not paid for? Things like:

- Routine eye tests.
- Routine glasses.
- Replacing hearing aids.

Not sure if a service is paid for? Ask your doctor.

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Childhood Asthma: What Parents Need to Know

Asthma in children is common. You can lower your child's risk. Make sure to protect them from smoke. Being around smoke can be dangerous for children.

Kids who have allergies are more likely to develop asthma. If you have allergies, it can raise your little one's risk.

WHAT PARENTS CAN DO

Limit your child's exposure to items that cause allergies. This is especially important during the first year of life. Here's how:

- Use airtight mattress and pillow covers.
- Wash bedding and stuffed animals regularly in hot water.
- Keep pets outside. Or at least out of bedrooms.
- Clean the house often.

EARLY WARNING SIGNS

Asthma is hard to find in children. It often seems like a cold. If your child has any of these signs, see your doctor:

- Frequent coughing. Especially at night or after running or crying.

Need Help?

If you need help reading this information, please contact Primary Care+ Member Services at **1-800-424-7097** (Lincoln) or **402-392-4180** (Omaha).

Si necesita ayuda para leer esta información, póngase en contacto con el Servicio para Afiliados de Primary Care+ llamando al **1-800-424-7097** (Lincoln) o al **402-392-4180** (Omaha).

Nếu quý vị cần được giúp đỡ để đọc thông tin này, xin vui lòng liên lạc Ban Phục Vụ Thành Viên Chương Trình Primary Care+ ở số **1-800-424-7097** (Lincoln) hoặc **402-392-4180** (Omaha).



- Repeated chest infections.
 - Wheezing.
- In infants, watch out for:
- A rattling cough.
 - Rapid breathing.
 - A lot of chest colds. ■

Is your child younger than 21? Has the doctor said your child has asthma? Call to learn about the Primary Care+ education program. Call Primary Care+ Case Management at **343-3311** (Omaha) or **1-800-424-7096** (Lincoln).

Strategies for Safe, Healthy Road Trips

Taking a trip in the car? Try these tips to make your road trip a safe one.

Before You Leave

- Prepare a first aid kit. Sample items include bandages, bug spray, and sunscreen.
- Stock up on plenty of healthy snacks and drinks.
- Be sure to bring any medicine you have to take.
- Take a back support or pillow.

On the Road

- Adjust your seat so it feels good to you.
- Take breaks at least every two hours. Get out of the car and stretch.
- Avoid driving late at night.

Routine Care. Remember to see your doctor before you leave. Routine medical care is not covered outside the State

of Nebraska. If you are pregnant, always take the advice of your doctor. Do not travel late in your pregnancy.

In An Emergency. Need emergency care? Go to the nearest emergency room. The law requires that a Medicaid approved hospital look at you. This is true even if your illness is not an emergency. If it is an emergency, the hospital must treat you. If the hospital is not Nebraska Medicaid approved, you may have to pay the bill.

Going to a Hospital. If you go to the hospital while traveling, your PCP will need to speak to the doctor who is treating you. Please call Primary Care+ and your PCP within 48 hours. You may have to move to a hospital closer to home. Primary Care+ will take care of the transfer. Call **1-800-247-1103**.

Must-Have Medical Screenings

Women should get health tests. These help catch diseases and problems early. This is when they are most treatable.

The following is a chart of important screenings. Be sure to talk to your doctor. He or she can tell you what is best for you.

WHAT?	WHO?	WHEN?
Pelvic Test	Women age 18 and older. Sexually active women.	Every year for first three years. Then every one to three years based on results.
Blood Pressure Test	Women age 21 and older.	Every one to two years.
Cholesterol Test	Women age 20 and older.	Every five years.
Pap Test	Women by age 21 or within three years of becoming sexually active.	Every one to three years.
Breast Exam	Women age 20 and older.	Every three years for women ages 20 to 39. Yearly from age 40.



Crunchy Munchy Peanut Butter Balls

Here's a healthy recipe that your little ones can help make. Steps for children are in bold.

- 1 c. **peanut butter**
- ½ c. **powdered dry milk**
- 1½ c. **crispy rice cereal**
- ½ c. **raisins**
- 1-2 tbsp. **brown sugar**
- 1 tsp. **vanilla extract (optional)**

1. In a bowl, mix all ingredients together.
2. Press ingredients together by hand until well blended.
3. Shape into small (golf ball-sized) balls and place on plate.
4. Chill in refrigerator.

Makes about 20 to 25 balls

fast facts

Is your child scared of the dark?

Leave a **night-light** or a very **dim lamp** on in your child's bedroom. Or **crack open the door** to let in light from a hallway or other room.



