

KidCare Konnection

A quarterly newsletter provided for
Florida KidCare enrollees

P.O. Box 980
Tallahassee, FL 32302-0980

Summer 2008
Volume 1, Issue 1

SUMMER IS FINALLY HERE

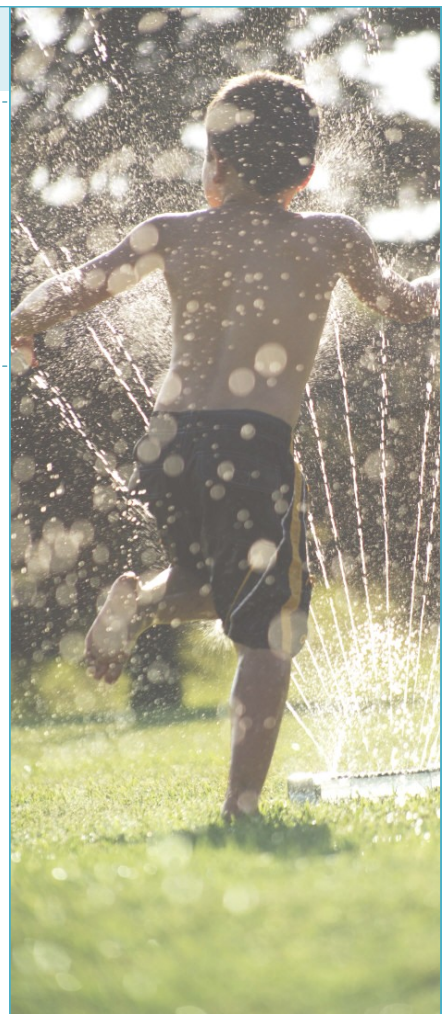


**With your kids
out of school,
health care should
be a top priority.**

Florida KidCare doesn't want good health coverage to end when the last school bell rings. The program is more than just getting you access to quality, affordable health insurance; it's about keeping your child healthy. We're focused on keeping you, as a parent or guardian, informed of how to help your child remain healthy all year round. To help, we've included many tips from various experts on how to enjoy the summer and maintain strong and healthy bodies at the same time. Help your children enjoy every season this year; keep them healthy by making their doctor's appointments, protecting their skin, and getting them the vaccinations they need.

Fl♥**rida KidCare**

Remember to pay your Florida KidCare premium each month!



DID YOU KNOW?

**Vaccines protect
children against 12
potentially serious
diseases.**

August is National Immunization Awareness month. Don't wait until the last minute to get your children vaccinated! Kindergartners and seventh graders must have their vaccines taken care of before school starts!

PARDON OUR DUST

We're just working on ways to better serve you.



Florida Healthy Kids began using a new computer system on May 1. The move to the new system didn't change family accounts or call center telephone numbers or the website address.

The new system will just improve the way we do business with you. We've extended hours for your customer service calls. Calls can now be received from 7:30 a.m. to 7:30 p.m., giving you plenty of time to get your Florida KidCare questions answered.

Also be on the lookout for more online options taking place over the summer. Please be patient with us as we continue to make everything easier for you and for us!



ONE PHONE NUMBER, ALL LANGUAGES: 1-800-821-5437

SPOTLIGHT ON... Immunizations

Immunizations are an important part of growing up. Make sure to ask your doctor about these vaccines. Most of them should be up-to-date before you go to college or turn 19:

- ⊙ Hepatitis A & B
- ⊙ HPV vaccine (females)
- ⊙ Flu shot
- ⊙ Meningococcal meningitis vaccine
- ⊙ MMR (measles, mumps, rubella)
- ⊙ Tetanus shot
- ⊙ Varicella (chickenpox)

Don't worry; your doctor will know exactly which of these vaccines you need!

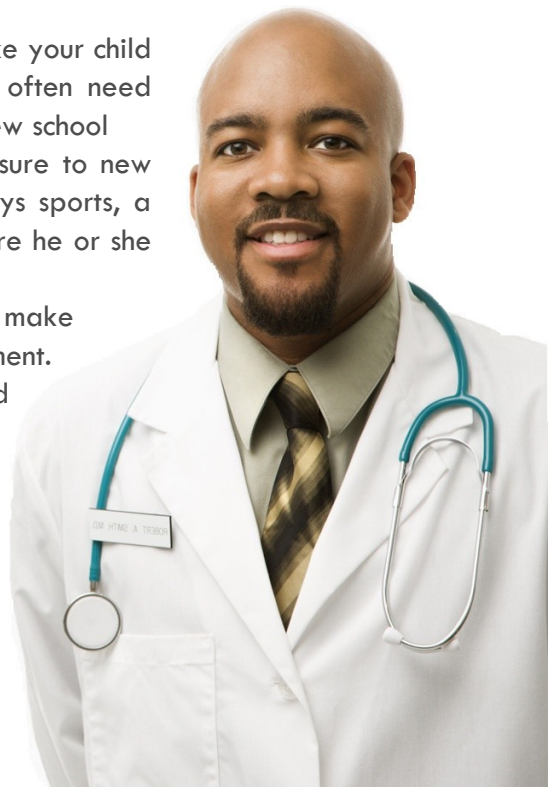
BACK-TO-SCHOOL HEALTH TIPS

Schedule checkups. Why take your child to the doctor now? Students often need back-to-school shots, and a new school or classroom can mean exposure to new germs! Plus, if your child plays sports, a doctor's visit is required before he or she can try out for the team.

Get them screened. Don't just make your child a doctor's appointment.

Also get your child's vision and hearing screenings done so they will be at their best on their first day back in class.

Keep them healthy. Tell them to cover their mouth with their elbow when they sneeze or cough. Make sure they wash their hands frequently and get plenty of exercise throughout the day.



BEATING THE FLORIDA HEAT



Check out these tips for keeping your children's sensitive skin safe from the sun and outdoors.

⊙ **Stay in the shade** from 1:00 to 4:00 p.m., the hours many believe to be the hottest of the day.

⊙ **Use plenty of sunscreen.** Dermatologists suggest applying a sunscreen of SPF 30 or higher. Apply 15 minutes before heading outdoors, and remember to reapply if it's had the chance to wash off. For babies and toddlers, try purchasing a sun block with zinc oxide.

⊙ **Protect from bug bites.** Hot weather means bugs, so make sure your children have insect repellent to put on before days spent outside. Purchase repellent with little to no DEET concentration.



The human body uses and loses more fluid when it's hot outside. Make sure your child is getting enough water during their summer activities. Cool, plain water is the best way to replace lost fluids, so send them out to play with their own water bottles! Your child not a water drinker? Flavored waters or sugar-free powder drinks work too.

Only **58.8%** of children received both medical and dental preventive care in 2005. *--According to the National Survey of Children's Health*

SET A SUMMERTIME ROUTINE FOR YOUR KIDS

School may be out, but bedtimes don't have to be. Believe it or not, children exert just as much energy during summer days as they do during the school year! Try following these steps to make sure they're still getting their rest, even during these fun summer months.

- ⊙ Try to have your kids in bed at the same time each evening.
- ⊙ Generally, doctors say that elementary school age children need about 10 to 12 hours of sleep per night, and teens need at least nine.
- ⊙ Keep the television and video games turned off so children can relax before falling asleep.

These tips will help your kids wake up well-rested and ready to play the next day!



Fl♥rida KidCare

P.O. Box 980
Tallahassee, Florida 32302-0980

Contact Us

Florida KidCare information line:
1-888-540-5437

Florida KidCare Customer Service:
1-800-821-5437

www.floridakidcare.org

KidCare Konnection is a complimentary newsletter produced quarterly by Florida Healthy Kids Corporation.

NONPROFIT ORG.
U.S. POSTAGE
PAID
TALLAHASSEE, FL
PERMIT NO. 911

Fl♥rida KidCare
Check us out online at www.floridakidcare.org!

SUMMERTIME SNACKS

Five words could keep you busy all summer long: “Can I have a snack?”

Go fruity.

Because it’s 92% water, watermelon is an excellent summertime snack choice.

Happy trails. Pack a trail mix for your child to take to summer camp. Just combine raisins, peanuts, M&Ms, and mini pretzels in a small plastic bag.

Icy treats. Freeze fruit juice in ice cube molds to provide kids with homemade, good-for-you popsicles.



National Health Observances



- ☉ **July: UV Safety Month.** Do we ever think about protecting our children’s eyes during these sunny days? Get your child a baseball cap or sunglasses to protect their eyes from sweltering rays during UV Safety Month.
- ☉ **August: Children’s Eye Health and Safety Month.** Most eye problems in children can be corrected if they are detected early. Check out the website www.preventblindness.org for tips on taking your kids to the eye doctor.

