



HEALTH CHECK

Office of HEALTH CARE
FINANCING, EQUALITYCARE

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WHO NEEDS A WELL CHILD CHECK-UP?



If your child is enrolled in an EqualityCare program, he or she can get FREE Well Child Health Checks! Health Check Exams help keep your children healthy. Many health problems begin before your children look or feel sick. Regular Health Check exams can find problems and treat them before they get worse.

Special points of interest:

- ☺ Well Child Check-Ups
- ☺ Lead Hazards
- ☺ How Does Lead Affect the Body?
- ☺ Simple steps you can take to protect your family from lead hazards.
- ☺ Important telephone numbers

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WHAT IS INCLUDED IN A WELL CHILD HEALTH CHECK?

- ✓ A complete Head to Toe physical Exam
- ✓ Immunizations (Shots)
- ✓ Tests for anemia & Lead
- ✓ Height, Weight and Development check
- ✓ Nutrition check (eating habits)
- ✓ Vision, Dental and/or Hearing screening
- ✓ Health Information (Potty Training, Biting, Fighting, Walking, Talking)

LEAD HAZARDS

Main Sources of Lead

Lead-based paint is a hazard if it is peeling, chipping, chalking, or cracking. Even lead-based paint that appears to be undisturbed can be a problem if it is on surfaces that children chew or that get a lot of wear and tear. The older your home is, the more likely it is to contain lead-based paint.

Contaminated dust forms when lead paint is dry-scraped or sanded. Dust can also become contaminated when painted surfaces bump or rub together. Lead chips and dust can gather on surfaces and objects that people touch or that children put into their mouths.

Contaminated soil occurs when exterior lead-based paint from houses, buildings, or other structures flakes or peels and gets

into the soil. Soil near roadways may also be contaminated from past use of leaded gasoline in cars. Avoid these areas when planting vegetable gardens.

Other Sources of Lead

- ◆ Contaminated drinking water from older plumbing fixtures
- ◆ Lead-based painted toys and household furniture
- ◆ Imported lead-glazed pottery and leaded crystal
- ◆ Folk remedies like azarcon and pay-loo-ah
- ◆ Cosmetics like kohl and kajal
- ◆ Lead smelters
- ◆ Hobbies



How Does Lead Affect the Body?

- ✓ Lead gets into the body by swallowing or inhaling lead contaminated dust or materials.
- ✓ No amount of lead in the body is safe. Lead causes permanent damage! Lead can damage the brain or nervous system, interfere with growth, cause hearing loss and learning disabilities.
- ✓ Many children do not show signs of lead poisoning. If signs are present, they may include vomiting, upset stomach, irritability and restlessness.
- ✓ If a woman is pregnant and is exposed to lead, she and her unborn child may become lead poisoned. Lead can cause permanent damage to the mother and her baby.

Is Your Child At Risk Of Becoming Lead Poisoned?

Your child may be at risk if you answer yes to any of the following questions:

- Does your child live in or regularly visit a house or child care facility built before 1960?
- Does your child live in or regularly visit a house or child care facility built before 1978 that is being or has recently been renovated or remodeled?
- Does your child live in or regularly visit a house or child care facility that has peeling or chipping paint or deteriorating walls?
- Does your child live with an adult or frequently visit an adult whose job or hobby exposes that adult to lead?



SIMPLE STEPS YOU CAN TAKE—TO PROTECT YOUR FAMILY FROM LEAD HAZARDS

If you think your home has high levels of lead:

- * Make sure your children eat healthy, low-fat foods high in iron, calcium, and vitamin C.
- * Get your children tested for lead, even if they seem healthy.
- * Get your home tested for lead if it was built before 1978. Call 1-800-424-LEAD for more information.
- * Always wash your hands before eating.
- * Wash children's hands, bottles, pacifiers, and toys.
- * Do not use imported pottery to store or serve food.
- * Let tap water run for one minute before using.
- * Use only cold water for making your baby's formula, drinking, and cooking.
- * Regularly clean floors, windowsills, and other surfaces using wet methods that control dust.
- * Wipe or remove shoes before entering your house.
- * If you rent, it is your landlord's job to keep paint in good shape. Report peeling or chipping paint to your landlord and call your health department if the paint is not repaired safely.
- * Take Precautions to avoid exposure to lead dust when remodeling or renovating.
- * Don't try to remove paint yourself!

WHERE SHOULD I TAKE MY CHILDREN FOR CHECKUPS?



Your doctor, a clinic, health center, local health department or public health agency can provide Well Child Health Checks. It is best to establish a "medical home," a place where the doctors/providers know your child's history. You should find a doctor in your area to provide

this medical home. For Dental exams, make an appointment with a dentist in your area.



MAKING AN APPOINTMENT...

- > You may make an appointment directly with your doctor or dentist.
- > It is important for you to keep your appointment. Your doctor and dentist reserve time especially for you. If you cannot keep your appointment, call and tell them as soon as possible.
- > When you go for your appointment, take your child's EqualityCare card and your child's immunization record

WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs

Babies need checkups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

Young children need checkups at:

- ✓ 3 years
- ✓ 4 years
- ✓ 5 years
- ✓ 6 years



Older children and Teenagers need:

- ✓ A checkup every year

WHO SHOULD I CALL?

- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941, or 1-800-438-5795.
- To apply for assistance in purchasing nutritional food items (I.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.



For children enrolled in Kid Care CHIP:

- If you have any questions on your Kid Care CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your Kid Care CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

** Kid Care CHIP is not an EqualityCare Program*



YOUR HEALTH CHECK NEWSLETTER

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FINANCING, EQUALITYCARE

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We envision a Wyoming in which all citizens are able to achieve their maximum health potential; a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems; a Wyoming in which all citizens have regular access to basic health care; a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services; a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.

Mission

The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.

Our mission is to promote, protect and enhance the health of all Wyoming citizens.

Wyoming
Department of Health
Office of Medicaid

