



# News at the Q



Volume 5 Issue 8

August 2018

## August 2018 - Policy!

### National Health Observances for August

#### National Immunization Awareness Month

#### Children's Eye Health and Safety Month

\*\*\*\*\*

Vaccination is one of the best ways parents can protect infants, children and teens from 16 potentially harmful diseases. Vaccine-preventable diseases can be very serious, may require



hospitalization, or even be deadly - especially in infants and young children. preteens and teens are at risk for diseases like meningitis and HPV cancers and need the protection of vaccines to keep them healthy.

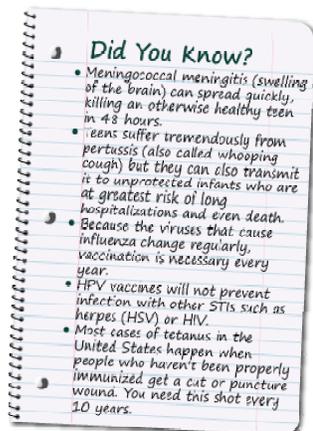
Vaccines are recommended for preteens and teens because:

Some of the childhood vaccines wear off over time, so adolescents need shots to stay protected from serious diseases like tetanus, diphtheria, and pertussis (whooping cough).

As children get older, they are at greater risk of getting certain diseases like meningitis, septi-

cemia (blood infection), and infections that can lead to HPV cancers.

Specific vaccines, like HPV vaccine, should be given during the preteen (11 to 12) years because they provide more protection when given at that age.



Vaccines not only help protect preteens and teens from serious diseases, but also their siblings, friends and the people who care for them, like their parents or grandparents.

Vaccines do more than protect your child. Some diseases, like whooping cough and the flu, can be deadly for newborns or infants who are too young to be vaccinated themselves. You can help protect our littlest community members from being exposed to vaccine-preventable diseases by making sure your child gets all the vaccines recommended.

Vaccines are among the safest and most cost-effective ways to prevent disease. Protecting your children from preventable diseases will help keep

them healthy and in school.

Vaccines are an important component of a healthy pregnancy. Women should be up to date on their vaccines before becoming pregnant, and should receive vaccines against both the flu and whooping cough (pertussis) during pregnancy. These vaccines not only protect the mother by



preventing illnesses and complications, but also pass on vaccine protection to her unborn child.

Key messages:

Before becoming pregnant, a woman should be up-to-date on routine adult vaccines to help protect her and her child from vaccine-preventable diseases like rubella.

There are two vaccines routinely recommended during pregnancy: flu (to protect against influenza) and Tdap (to protect against whooping cough).

Vaccines protect you against serious diseases and prevent you from passing diseases on to your baby after birth.

<http://www.cdc.gov/vaccines/parents/index.html>

### Inside this issue:

Children's Eye Health & Safety Awareness Month  2

Outreach Events  2

Q's Quote Corner 2



### Need Help to Enroll in Medicaid?

Contact  
Veronica or Harry  
215) 227-0300  
ext. 7326 or 7309



# Children's Eye Health and Safety Month

## Children's Eye Health

With a large number of states beginning the school year earlier, August is the new September! Along with school supply shopping and purchasing those back-to-school clothing items, it's time to make [comprehensive eye exam](#) appointments for the kids. Conveniently, August is designated as Children's Eye Health and Safety Month!

A good rule of thumb is to have your children's eyes examined during well-child visits, beginning around age three. Our little **Eva B**, pictured above, actually told her mother her eyes were blurry. Your child's eye doctor can help detect refractive errors such as nearsightedness, farsightedness and astigmatism as well as the following diseases:



- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelid)
- Color deficiency (color blindness)

If you or your doctor suspects that your child may have a vision problem, you can make an

appointment with your local ophthalmologist for further testing. There are some specific warning signs that may indicate that your child has a vision problem. Some of these include:

- Wandering or crossed eyes
- A family history of childhood vision problems
- Disinterest in reading or viewing distant objects
- Squinting or turning the head in an unusual manner while watching television

**Nina F.** pictured here began experiencing vision problems recently. She was unable to clearly see the blackboard. Nina's Mom spoke with her teacher to determine she was having difficulty in class. Keeping your children's eyes safe is another part of maintaining healthy vision. Eye injuries are the leading cause of vision loss in children. There are about 42,000 sports-related eye injuries every year in America, and children suffer most of these injuries. Help prevent your child from being one of the more than 12 million children who suffer from vision impairment by remembering a few basic rules of safety:



- All children should wear protective eyewear while

participating in sports or recreational activities

- Purchase age appropriate toys for your children and avoid toys with sharp or protruding parts (Source: [HAP](#)).

Help your children have a successful school year by scheduling a comprehensive eye exam and taking safety measures to ensure their eyes are free from injury. If you need assistance finding a licensed eye care specialist, please speak with your Doctor.

<http://yoursightmatters.com/august-childrens-eye-health-safety-month/>

+++++



**"Affordable Care Act"**  
**Special Enrollment**  
 We assist with  
**Medicaid Enrollment**  
**Call**

**Veronica or Harry**  
**215) 227-0300**  
**ext. 7326 or 7309**



**"Arrogance is the camouflage of insecurity."**

Tim Fargo

## Outreach Events

**4th Annual Back to School Back Pack BBQ**  
**Net Community (CUA 7) & QCHC**

### Back to School BACKPACK BBQ



August 4, 2018  
 12pm—4pm  
 2101 Cecil B Moore Ave  
 Philadelphia, Pa 19121  
**Free Food & Games**  
 Registration: <https://backpack2018.eventbrite.com>

For More Information: Nadia Washington: 267-616-9591

## Saturday August 4, 2018

Martin Luther King Center  
 21st Cecil B Moore Avenue  
 12:00pm - 4:00pm  
 Free Food, Give-aways,  
 School Supplies, Family Fun,  
 Resources and more...

\*\*\*\*\*

Greater Vision Church  
 @ Adonai/ Hope on the Hill CDC

## Back to School—Health Fair

August 25, 2018  
 12:00noon-3pm  
 201-207 E. Logan street  
 Philadelphia, PA 19144  
**Blood Pressure Screenings** Courtesy of QCHC