



# News at the Q



Volume 6 Issue 8

August 2019

## August 2019 - Self Care!

### National Health Observances for August

#### National Immunization Awareness Month

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

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#### Why Vaccinate?

On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases.

Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

Recommended ages.

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.

#### Childhood/Adolescent Vaccine

- You have the power to protect your children against serious diseases like measles, cancers caused by HPV, and whooping cough.
- Vaccines provide immunity before children are exposed to potentially serious, even life-threatening diseases.
- Preteens and teens need four vaccines to protect against serious diseases: meningococcal conjugate vaccine to protect against meningitis and bloodstream infections; HPV vaccine to protect against cancers caused by HPV; Tdap vaccine to protect against tetanus, diphtheria and whooping cough; and a yearly flu vaccine to protect against seasonal flu.

#### Adult Vaccines

You have the power to protect yourself against serious diseases like shingles, pneumonia, and flu.

- Vaccines aren't just for kids. Adults may need vaccines to protect against whooping cough, the flu, types of pneumonia, and shingles.
- If you have diabetes, some illnesses like flu can make it harder to control your blood sugar (glucose). Make sure you're up to date on your vaccines. Ask your doctor about the vaccines you need to be protected against serious diseases.

#### Heart Disease, Stroke and Other Cardiovascular Disease and Adult Vaccine

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die.

People with heart disease and those who have suffered stroke are at higher risk for serious problems from certain diseases. Getting vaccinated is an important step in staying healthy. **If you have cardiovascular disease, talk with your doctor about getting your vaccinations up-to-date.**

#### Maternal Vaccines

Tdap and flu vaccines are very safe to receive during pregnancy and help prevent harm to you and your developing baby.

A 2018 study external icon showed that getting a flu shot reduced a pregnant



woman's risk of being hospitalized with flu by an average of 40%. A 2017 CDC evaluation external icon found Tdap vaccination during the third trimester of pregnancy prevents more than 3 in 4 cases of whooping cough in babies younger than 2 months old.

Vaccines reduce your risk of infection by working with your body's natural defenses to help you safely develop immunity to disease.

Vaccines are tested to ensure that they are safe and effective to receive during pregnancy. Like all medical products, vaccines can cause side effects. The most common side effects are mild and go away quickly.

<https://www.cdc.gov/vaccines/index.html>

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#### Need Help to Enroll in Medicaid?

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



Self care is so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.

- Eleanor Brown

# 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. In the last report on our little **Eva B**, pictured above, told her mother her eyes were blurry. Since Eva's diagnosis, her eyes are healthier and the prescription is not as strong as it was initially. Your child's eye doctor can help detect refractive errors such as nearsightedness, farsightedness and astigmatism as well as the following diseases:

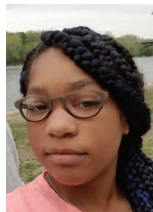
- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelid)
- Color deficiency (color blindness)

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, she was unable to clearly see the blackboard. Since her diagnosis Nina has excelled and is now an honor student. 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/>

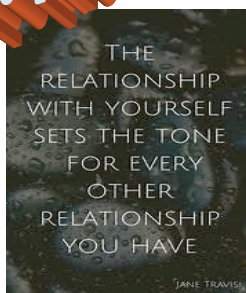
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**“Affordable Care Act”  
No need to sit in the  
Medicaid Office all day!  
We assist with  
Medicaid Enrollment**

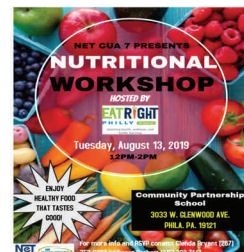


Call

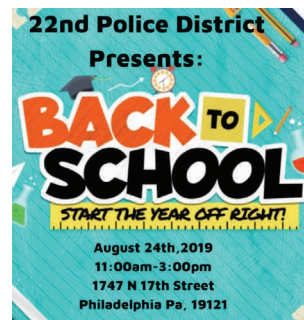
**Veronica or Harry  
215) 227-0300  
ext. 7326 or 7309**



## Outreach Events



**Tuesday, August 13, 2019**  
Community Partnership School  
3033 W Glenwood Ave.  
Phila. PA 19121  
12:00pm - 2:00pm  
QCHC Resource Table



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**Back to School Fair**  
August 24, 2019  
11:00am-3pm  
1747 N 17th Street  
Philadelphia, PA 19121

**QCHC Resource Table, School Supplies & Back Pack Distribution.**  
**First Come First Serve!**

