

# family

# health



Kern Family Health Care

*The Friendly Face*

Winter 2007

things to know

## Car safety seats

A car safety seat can save your child's life in a crash—if it's used right.

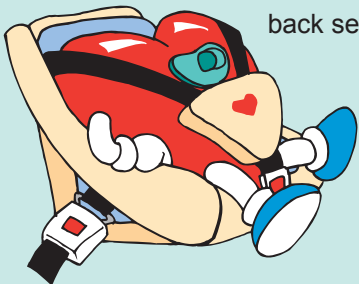
To keep your child safe:

**Make sure the car seat is installed correctly.** It shouldn't be loose. And an infant seat should face the rear of the car. A seat shouldn't face forward until your child is 1 year old or older and weighs 20 pounds or more.

**Use the right seat.** As children grow, they need to move from one type of seat to another. Once they reach about 40 pounds, they need a booster seat. Kids aren't ready for a regular seat belt until they're 4 feet 9 inches tall or taller. They may reach that height at about age 8.

**Use the seat properly.** Position straps and belts according to the instructions that come with your seat. Everyone younger than 12 should ride in the back seat.

Source: National Highway Traffic Safety Administration



work either.

That's because these illnesses are caused by viruses. Antibiotics only work against bacteria.

Taking antibiotics when they aren't needed can even do harm. It can make bacteria stronger. The next time you need the medicine, it might not work.

To make sure antibiotics work when you need them:

- Take them just as your doctor tells you to. Finish all the pills, even if you feel better.
- Let your doctor decide if you need them.
- Never take other people's medicine. It might not be right for your illness. You could even get sicker.

## When to use antibiotics

You wouldn't use a hammer to turn a screw. It's the wrong tool. Taking an antibiotic when you get a cold or the flu won't



Visit Kern Family Health Care on the Web at [www.kernfamilyhealthcare.com](http://www.kernfamilyhealthcare.com)

Si necesita esta información en español, llame al 800-391-2000.

Presorted Standard  
U.S. Postage  
PAID  
Tacoma, WA  
Permit No. 1066



## Speak up!

### Talking with your child's doctor

Your child's doctor is the person you will turn to for advice on sore throats, bumps and bruises, and maybe even broken bones.

But to get good advice, you need to do your part. Be sure to:

**Make a list.** Before visits, write down any questions you have about your child's health. That way you won't forget something important.

**Just ask.** If you have any questions, be sure to ask the doctor. Don't hold back because you think you should know the answers. Your questions show how much you care about your child's health.

**Make the most of your phone.** Call the doctor any time your child seems very sick. Call during office hours with questions about something that isn't too serious, such as a cold or behavior problems.

And always trust your feelings. Whenever you believe there is a problem, talk to your child's doctor.

Sources: American Academy of Pediatrics; American Medical Association



For more information, call the National Institutes of Health at 800-370-2943.

### When should your child get vaccines?

Vaccines protect children from diseases such as measles and polio. You can help protect your children by making sure they get all their vaccines on time.

This chart shows which vaccines children should get and at what age they should get them.

If your child doesn't get a vaccine at the set time, most can be given later. But talk to your child's doctor first. The chart also shows the best time to get catch-up vaccinations.

### Vaccines children need

- HepB** = hepatitis B
- Rota** = rotavirus
- DTaP** = diphtheria, tetanus, pertussis
- Tdap** = tetanus, diphtheria, pertussis booster
- Hib** = *Haemophilus influenzae* type b
- HPV** = human papillomavirus
- IPV** = inactivated poliovirus
- MMR** = measles, mumps, rubella
- Var** = varicella (chickenpox)
- PCV/PPV** = pneumococcal
- HepA** = hepatitis A
- Flu** = influenza
- MCV4/MPSV4** = meningococcal

Range of recommended ages

Catch-up shots

\* 1st dose at birth  
 \*\* In some cases  
 \*\*\* Recommended at age 15

1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years	7-10 years	11-12 years	13-18 years
HepB*		HepB**		HepB			HepB series					
	Rota	Rota	Rota									
	DTaP	DTaP	DTaP		DTaP				DTaP			Tdap
	Hib	Hib	Hib**	Hib		Hib						HPV
	IPV	IPV		IPV					IPV			MCV4
				MMR					MMR	MMR		
				Var					Var	Var		
				Flu (yearly)						Flu (yearly)		
	PCV	PCV	PCV	PCV					PCV	PPV		
				HepA (two doses)						HepA series		
									MPSV4			MCV4

Vaccines below this line are for certain children. Ask your doctor.

Compiled with information from the U.S. Centers for Disease Control and Prevention

## Staying active— advice for you

Having asthma doesn't mean you can't exercise.

In fact, regular exercise can help you manage your asthma. You just need to be safe about it.

### **Talk to your doctor first.**

Ask what kinds of exercises you shouldn't do. Be sure you know what to do if symptoms get worse.

**Use your inhaler.** Take a puff of your rescue inhaler 15 minutes before you start to exercise. That can help control your asthma during exercise.

**Avoid allergens.** Exercise indoors if you're allergic to

pollens or pollution. Are you allergic to dust mites? Don't lie on a carpet. Use an exercise mat instead.

**Dive in.** Swimming is a great exercise for people with asthma. The warm, moist air of a swimming pool is easy on the lungs.

**Stop and go.** Nonstop sports, such as running, can be hard on people with asthma. Try softball or walking instead.

**Listen to your body.** Don't exercise if you feel ill. You also shouldn't exercise if your asthma is flaring up. Stop exercising if you have trouble breathing. Never push yourself too hard.



Ask your doctor for more advice on exercising with asthma.

Source: American College of Allergy, Asthma and Immunology

### How weather can affect your asthma

Sometimes the weather can make it hard to breathe if you have asthma.

Luckily, there are things you can do to make it easier:

**Close your windows at night.** It will help keep pollen and mold out.

**Keep your house dry.** Air out steamy bathrooms or kitchens.

**Try to avoid outdoor pollens.** Ask someone else to mow the lawn or rake leaves.

**Check the forecast.** Stay indoors when the pollen count or humidity is high.

Sources: American Academy of Allergy, Asthma and Immunology; Asthma and Allergy Foundation of America



To learn more about asthma, call the Asthma and Allergy Foundation of America at 800-727-8462.

### Is your asthma under control?

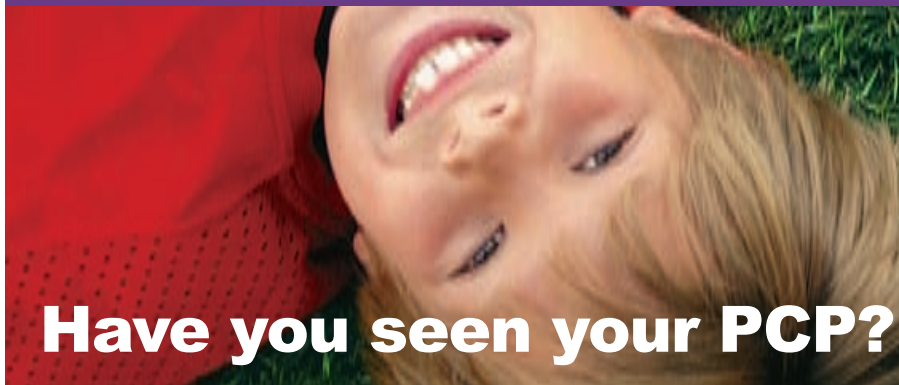
Before you answer, take this quiz. It might change your mind.

- |  |  |
|--|--|
| Sometimes my coughing and wheezing wake me up at night.            | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Some mornings I wake up and it's hard to breathe.                  | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| My asthma keeps me from doing things I'd like to do.               | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| I have missed work or school because of my asthma.                 | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| I have gone to the hospital in the last year because of my asthma. | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| I use my rescue inhaler (quick-relief medication) often.           | <input type="checkbox"/> Yes <input type="checkbox"/> No |

If you answered yes to any of these six questions, your asthma might not be controlled.

Take this completed quiz to your next doctor's visit. It can help your doctor help you breathe better.

# member news



## Have you seen your PCP?

An initial health assessment (IHA) is a complete physical exam done by your primary care provider (PCP). This is done within the first four months of becoming a new Kern Family Health Care (KFHC) member. New members 18 months old and younger need to have an IHA within two months of becoming a KFHC member.

The IHA gives your PCP a chance to check your current health. This is a good time for you and your PCP to get to know each other.

Remember, you do not have to be sick to see your PCP. Seeing your PCP for exams when you are healthy can help you stay healthy. If you or your child has not had an IHA, call your PCP for an appointment today!

At the IHA visit, your doctor

should ask you to fill out a form called the "Staying Healthy" tool. This form will help your PCP check your or your child's health risks.

Adults are asked to fill out the form once every five years. Parents will need to fill out a new form every time their child enters a new age-group. It is good for teens ages

*If you or your child has not had an IHA, call your PCP.*

12 to 17 to fill out a new form every year. Filling out the form is your choice. You have the right to refuse.

Have questions? Call Kern Family Health Care's Member Services Department at **800-391-2000**. Your health is important to us!

## Services from Kern Early Start

Kern Early Start is a program that provides special services for children from birth until age 3. The program helps children who have special needs. These include:

- Problems due to premature birth.
- Major learning or muscle tone problems.
- Down syndrome.
- Cerebral palsy.

Kern Early Start also helps children who:

- Have been seriously ill.
- Have developmental delays in areas such as walking or talking.
- Have parents needing help because of their own special needs.

Kern Early Start will work with you and your child. Our goal is to increase your child's skills and development. There is no cost to take part. Please call **800-479-9899** to learn more about the Kern Early Start program.

## We're on the Web!

Do you want to see which doctor you can choose to care for you? Do you have questions about what we offer you as a Kern Family Health Care member? Did you lose the materials we mailed you

and need another copy? Do you want to file a grievance (complaint) online?

Now you can visit us on the Web for answers to these questions, to download member materials and much, much more. Please visit our new Web site: [www.kernfamilyhealthcare.com](http://www.kernfamilyhealthcare.com).

We are very happy to provide a Web site for our members and providers. This is just one more way you can find answers to your health care questions 24 hours a day, seven days a week. We hope you enjoy your visit and find our Web site to be useful.



FAMILY HEALTH is published as a community service for the friends and patrons of KERN FAMILY HEALTH CARE, 9700 Stockdale Highway, Bakersfield, CA 93311, telephone 800-391-2000.

Information in FAMILY HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

### Editorial Board

**CEO**  
**Medical Director**  
**Supervisor, Marketing and Public Affairs**  
**Quality Improvement Manager**

**Carol Sorrell, R.N.**  
**Lon A. Graves, M.D., FACOG**  
**Louis Iturriria**  
**Linda Howells, R.N.**

Copyright © 2007 Coffey Communications, Inc.

WHN19641p