



WHOLE you



2022 Spring Bulletin

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Your healthy source for living well.

Welcome to another edition of Whole You, a newsletter from Sunshine Health.

We are looking forward to sharing the important information in this issue with you and your child. It's filled with great advice that can help us cope and stay safe and healthy. We've got tips on sun protection, managing allergies, and how to identify signs of PTSD. Plus, there's a quick and easy recipe that's perfect for fall fruits.

In case you missed it, check out the [Winter 2022 issue \(PDF\)](#). It's filled with great info on kicking old habits, starting healthy new ones, and more.

We hope you enjoy this issue!

Don't Forget Shots

Vaccinations have a lot of benefits. Below are tips to help you protect your child's health and the health of others.

1 Keep Records. Keep track of your child's immunizations and put the information in a safe place. Having an accurate record can save you time and money by preventing unneeded vaccinations. Ask your child's primary care provider to make sure your child is current on their shots.

2 Stay Current. Some immunizations require "boosters" to remain effective. Depending on your child's age and health, they may also be at risk for different diseases that vaccinations help prevent. Certain shots, like the flu shot, are needed every year. Check with your healthcare provider to find out which vaccines can help your child stay healthy.

3 Don't Worry. Many people worry about their child getting shots. But you shouldn't. Vaccines are tested under strict regulations before they are deemed safe. Few people experience side effects from immunizations. But those who do usually have mild ones like soreness at the spot of the shot. Speak with your child's healthcare provider if you have any concerns about an immunization.



4 Stay Healthy. When kids get sick, they miss school. Vaccines can help your child stay healthy so they don't miss out on learning. If they can avoid getting sick, they will have more time for family, friends and hobbies.



Vaccines give the best protection available against many serious diseases. They are one of the safest ways to protect your child's health and the health of others.

Tips to Triumph Over Seasonal Allergies

Allergy season is here, and it affects millions of people every year. The following tips can help your child get through allergy season more comfortably.

- 1 Consider allergy testing.** Ask your child's doctor or allergist about the benefits of allergy testing. Allergy testing helps doctors find out what triggers your child's allergies. Once you know what works for your child, you can create a plan for them to stay comfortable during allergy season.
- 2 Limit time outside.** If it's dry and windy, try to stay inside. Rain reduces pollen on outdoor surfaces, so after a storm or rain shower is a better time to enjoy the outdoors. The time of day matters, too. Pollen counts are high in the morning, so plan outdoor activities in the evening when counts are lower.
- 3 Monitor the allergy index in your area.** Technology makes it easy to know how pollen will affect your child's day before they go outside. Most TV stations broadcast allergy forecasts during the weather report. Websites, apps and text messaging programs can also alert you to conditions in your area.
- 4 Breathe easier inside.** At home or while riding in a car, turn on the air conditioner instead of opening the windows. Open windows bring allergens inside. High-efficiency air filters can also help your air conditioner work even better. Keep carpets and floors clean of pet dander and dust. Also, have your child take a bath or shower before going to bed to keep pollen off sheets.

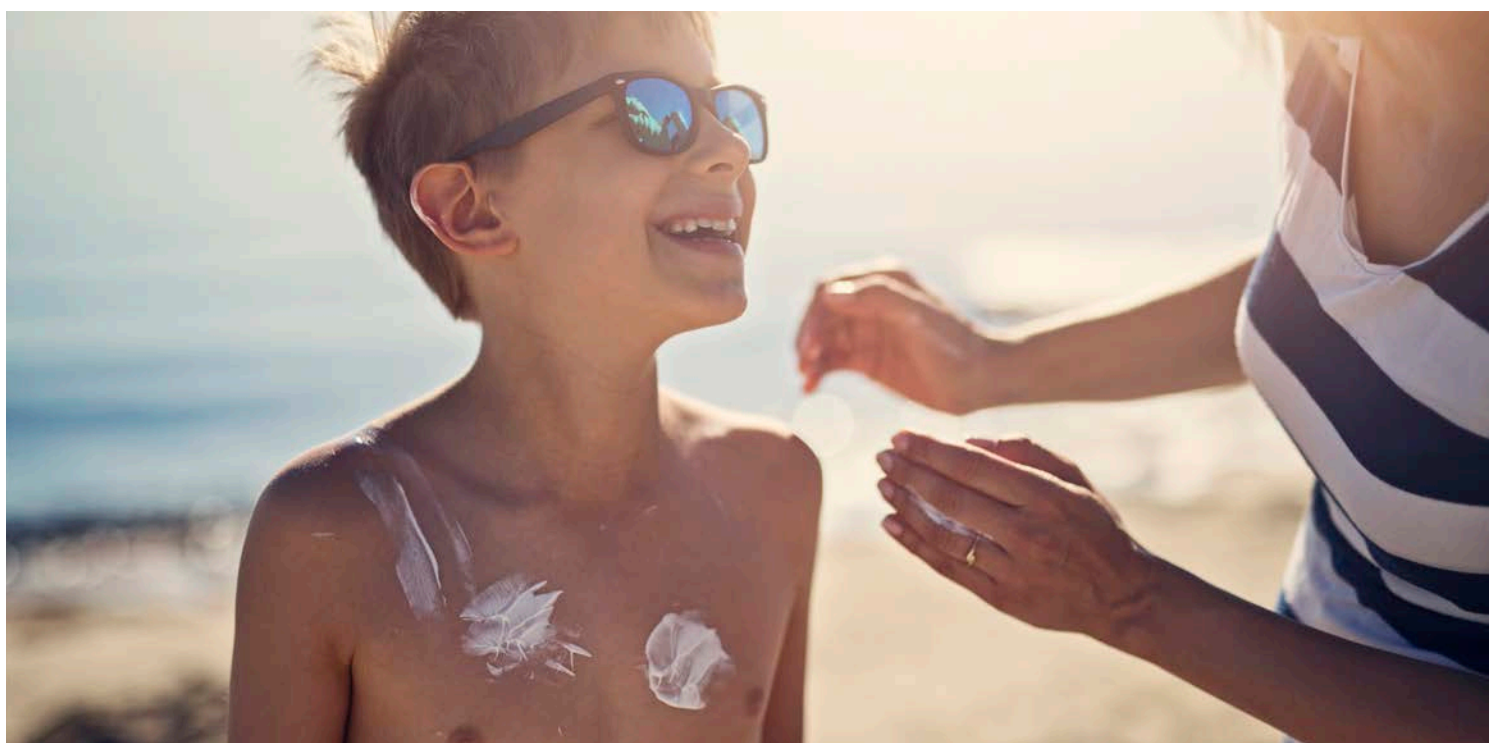
- 5 You are what you eat.** Many people don't realize that certain foods can make you have an allergic response. Keep track of the food your child eats. Pay attention to foods that cause nausea, headaches, dizziness, wheezing or an itchy throat. Sugars, wheat, dairy and processed foods can increase allergic reactions and mucus production. Make sure your child drinks plenty of water to flush and hydrate their system.



Sunscreen Safety 365

Protection from UV rays is important all year long, not just in the summer. UV rays can reach your child on cloudy and cool days, too. They also reflect off surfaces like water, cement and sand. In the United States, UV rays tend to be strongest from 10 a.m. to 4 p.m.

Broad-spectrum sunscreen can help protect your child's skin from harmful UVA and UVB rays. Here are a few tips to consider when choosing and using sunscreen:



SPF: Choose a sunscreen with a sun protection factor (SPF) of 30 or higher. The higher the number the more protection for your child's skin.

AMOUNT: Apply sunscreen in a thick layer all over exposed skin. Don't forget hard-to-reach places!

REAPPLICATION: Sunscreen wears off. Put it on again if your child stays out in the sun for more than 2 hours, and after swimming, sweating or toweling off.

EXPIRATION DATE: Check your sunscreen expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

PAIR IT UP: Sunscreen works best in combination with other sun protection options like sunglasses, hats, shade and sun protective clothing.

Apple Pecan Kale Feta Salad with Maple Apple Dressing



Salad

- 3 cups kale, de-stemmed, washed and torn
- 1 apple, sliced thinly
- 2 tablespoons cranberries
- 2 tablespoons pecans
- 3 tablespoons crumbled feta

Maple-Apple Vinaigrette Dressing

- 2 tablespoons maple syrup
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Salad

Place the kale in a large bowl. Add the apples, cranberries, pecans and feta cheese on top.

Maple-Apple Vinaigrette Dressing

Whisk the ingredients together and pour over the salad.

Enjoy!

A Little Dirt Never Hurt: Getting Kids Outside to Play

There are lots of fun ways to bring the outdoors into your child's everyday activities. Here are a few tips to encourage your little ones to move playtime outside and enjoy some fresh air.



Provide Options. Struggling to get the kids off the couch? Give them a couple of options when choosing something to do outside. Making children feel like they are in charge is key. Children like to be part of the decision-making process. Create a summer bucket list with fun, outdoor activities. Help them check things off as the summer goes on!



Move Toys. Bringing your child's favorite indoor activities outside is an easy way to make playing more exciting. Pack up the dolls, building blocks or costumes and take them outside to see what happens.



Make It Friendly. Make sure your outdoor space is safe for kids. You can set up a fence for small kids and remove all dangerous items. If playground equipment isn't an option, don't stress. Give children time to explore. Nature will give them plenty of entertainment.



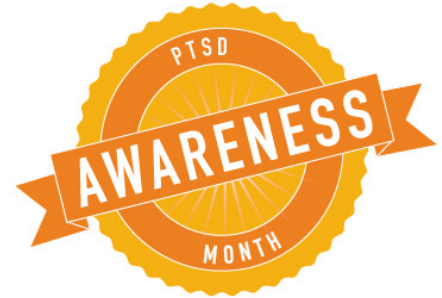
Enjoy Play – Rain or Shine! Encourage your kids to play outside, even on rainy days! Make sure there is no thunder and lightning in the area first. A pair of rubber rain boots and old clothes go a long way. Don't be afraid to join in the fun. If your children see you splashing around, they'll be more likely to enjoy the mess!



More the Merrier! Make it a play date by inviting some of your child's friends over. Set up a weekly schedule to give them something to look forward to. Providing children time to interact with one another is a great way to help develop their social skills. Bringing more minds together helps expand kids' imaginations and creativity, which means more fun games to play outside!

Understanding PTSD and Its Causes

Trauma can take many forms. Any experience that threatens your life or someone else's can cause post-traumatic stress disorder, also known as PTSD. Over 8 million people in the United States suffer from some form of PTSD, including children. The good news is that there is treatment that works. Below are four common symptoms related to PTSD:



- 1 Reliving the event.** Memories of the trauma, or flashbacks, can happen at any time. They can feel real and be very scary. Memories can be triggered by something that reminds your child of the event.
- 2 Avoiding things that remind your child of the event.** Your child may try to avoid certain people or situations that remind them of the event. Try to keep them busy so they don't have to think about the event.
- 3 Having more negative thoughts and feelings than before.** Your child may feel more negative than before the trauma. They might be sad or numb. They may feel that the world is dangerous and they can't trust anyone. It may be hard for them to feel happiness or be positive.
- 4 Feeling on edge.** It may feel hard to relax. Your child might have trouble sleeping or concentrating. They may suddenly get angry or irritable. They may feel like you are always on the lookout for danger.

Talk to your child. If thoughts and feelings about a trauma are bothering them, you should talk to a mental health care provider to learn more about PTSD and PTSD treatment

Call 911 right away if you have an emergency. You can also call **Sunshine Health's 24-hour Behavioral Health Crisis Line** at 1-855-463-4100 (TTY 1-800-955-8770).

You can reach the national [Mental Health Hotline](#) at 1-866-903-3787 and the [National Suicide Prevention Hotline](#) at 1-800-273-8255.



Sunshine Health provides free aids and services to people with disabilities, such as qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic and other formats), and free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

This information is available for free in other languages. Please contact Member Services at 1-855-463-4100, TTY 1-800-955-8770 Monday through Friday, 8 a.m. to 8 p.m.

Esta información está disponible en otros idiomas de manera gratuita. Comuníquese con nuestro número de servicio al cliente al 1-855-463-4100, TTY 1-800-955-8770 de lunes a viernes, de 8 a.m. a 8 p.m.

Si oumenm, oubyen yon moun w ap ede, gen kesyon nou ta renmen poze sou Sunshine Health, ou gen tout dwa pou w jwenn èd ak enfòmasyon nan lang manman w san sa pa koute w anyen. Pou w pale avèk yon entèprèt, sonnen nimewo 1-855-463-4100 (TTY 1-800-955-8770).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Sunshine Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-855-463-4100 (TTY 1-800-955-8770).