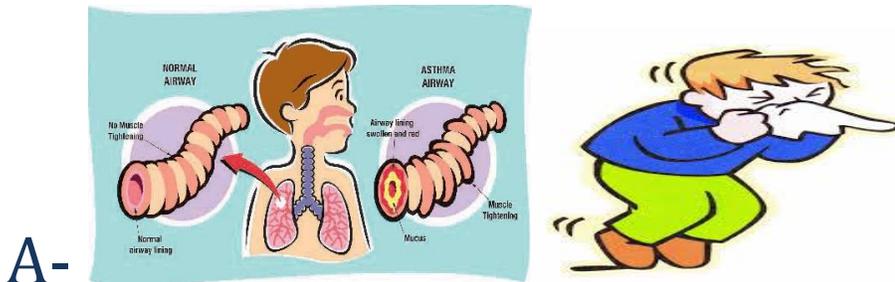


# FREE Health Resources

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## “Health Resources: Allergies to Zzzzzzz’s”

\*Compiled by Samuel Merritt University Nursing Interns 2013\*



### Allergies

The Food Allergy and Anaphylaxis Network: Learn to recognize when someone is having a food reaction. It may look like this: vomiting, swollen face or lips, difficulty breathing, coughing, sneezing and watery eyes, skin that is bumpy, red and itchy. To learn how to become a PAL to friends who have food allergies, go to:

- [www.faankids.org](http://www.faankids.org)

### Asthma & Asthma Action Plan

Action plan for schools when a nurse is not available. Here is a resource page from the National Asthma Education and Prevention Program. [http://www.nhlbi.nih.gov/health/prof/lung/asthma/no-nurse\\_p.pdf](http://www.nhlbi.nih.gov/health/prof/lung/asthma/no-nurse_p.pdf)

If you have skills to assess and handle an emergency asthma situation, here is a suggested nursing emergency protocol to help children who don't have a personal asthma action plan.

<http://www.nhlbi.nih.gov/health/prof/lung/asthma/sch-emer-actplan.pdf>



- **Bereavement, Loss of a Loved one and Grief**

Bereavement Resources- Children and Teens grieve differently than adults. The way young people express their grief can be confusing to those around them, increasing feelings of isolation and despair. For more information please see link:

- <http://www.hospiceeastbay.org/bereavement-services-program/58-childrens-services/>
- Or call: 925-887-5678

- **Burns:** First Aid. A concise and simple guide by the Mayo clinic on how to recognize and treat 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> degree burns.
  - <http://www.mayoclinic.com/health/first-aid-burns/FA00022>
- **Bullying:** a great resource teaching to recognize and address this problem is available from Stopbullying.gov
  - <http://stopbullying.gov/index.html>

C-



- **Crisis Center-**
  - 211 is the national, toll-free, bilingual, three-digit phone number to call 24 hours per day for information about local health and social services. It enables people to find out about valuable resources in their community quickly and easily. Please see the website or simply call 211:
  - <http://www.crisis-center.org/programs/211-info-referral/>
- **Child CPR**
  - Sometimes CPR can help a person stay alive, if the person is in trouble, has stopped breathing, and the heart may have stopped beating. The person giving the CPR is called the rescuer: follow 3 main steps, which are known as C-A-B:
    - **C:** do chest **compressions**
    - **A:** check the **airway**
    - **B:** do rescue **breathing**

**THIS IS AN EMERGENCY**

Your child may need help right away if he or she:

- Is unable to breathe
- Is gasping or wheezing
- Is unable to talk, cry, or make noise
- Turns blue
- Grabs at his or her throat or waves arms
- Appears panicked
- Becomes limp or unconscious

For a detailed fact sheet please visit: [http://kidshealth.org/parent/firstaid\\_safe/sheets/choking\\_sheet.html](http://kidshealth.org/parent/firstaid_safe/sheets/choking_sheet.html)

- **Abdominal Thrusts (Child Heimlich maneuver)**

Do not thrust hard enough to lift the child off his feet



ADAM

- For more information on choking and how to stop choking from happening please visit:

[http://kidshealth.org/parent/firstaid\\_safe/home/choking.html#](http://kidshealth.org/parent/firstaid_safe/home/choking.html#)

- To watch a video on abdominal thrusts and what to do if a child is choking:

<http://www.youtube.com/watch?v=59I7oxfS6vU>

- **Cold -**

- Seasonal allergies and the common cold can be so much alike that it's sometimes hard to tell the two apart. But look closely and you can find clues as to what's going on. For signs and symptoms see:
- <http://kidshealth.org/parent/medical/allergies/coldvsallergy.html#cat132>



- **Diabetes –**

- Diabetes is a disease that affects how the body uses [glucose](#) (say: GLOO-kose), a sugar that is the body's main source of fuel. Like a cell phone that needs a battery, your body needs glucose to keep running. To learn about how to manage diabetes and what is happening in the body see:
- [http://kidshealth.org/kid/diabetes\\_basics/what/prevention.html#cat20491](http://kidshealth.org/kid/diabetes_basics/what/prevention.html#cat20491)

- **Diseases and Conditions –**

- Looking for information about a chronic childhood condition or disease? Read about asthma, allergies, cancer, diabetes, heart murmurs, sleep disorders, and much more.
- <http://kidshealth.org/parent/medical/#cat132>

- **Dental**

- It's important to visit your dentist every 6 months to make sure you're taking good care of your teeth, and that your teeth and gums are healthy.



E-

- **Emergencies**

- Even healthy kids get hurt or sick sometimes. In some cases, you will know that you need to head straight to the emergency room (ER) at the nearest hospital. In other cases, it's harder to determine whether an injury or illness needs the attention of a medical professional or can be treated at home.
- For more information please see:  
[http://kidshealth.org/parent/general/aches/emergencies.html?tracking=83967\\_A#cat20491](http://kidshealth.org/parent/general/aches/emergencies.html?tracking=83967_A#cat20491)



F-

- **Fathers**

- See "P" for Proud Fathers

- **Food Banks**

- The Food Bank of Contra Costa and Solano works to end hunger and increase access to nutritious food for low-income individuals and families through a comprehensive group of programs that combat hunger and its causes
- See more at: <http://www.foodbankccs.org/>

G -



- **Growth and Development**

- Physical growth refers to the increases in height and weight and other body changes that occur as a child matures. Hair grows; teeth come in, come out, and come in again; and eventually puberty hits. It's all part of the growth process.
- For lots of details about each stage of growth, please see:  
[http://kidshealth.org/parent/growth/growing/childs\\_growth.html#cat20491](http://kidshealth.org/parent/growth/growing/childs_growth.html#cat20491)

# H-



- **Hand and Body Hygiene**

- Good hand washing prevents germs from spreading and from illness's being spread.
- Make sure to wash your hands before eating, after using the bathroom, and after touching pets. Wash your hands with soap and water for at least 15 seconds. Rinse and dry off completely.

For more information please visit:

<http://www.cdc.gov/handwashing/>

<http://www.californiahealthykids.org/index>

A great video to watch:

<http://www.youtube.com/watch?v=cWISRb2RMbs>

- **Head Injuries**

- Head injuries fall into two categories: external injuries and internal injuries. 1. External - (usually scalp) injuries and 2. Internal - head injuries which may involve the skull, the blood vessels within the skull, or the brain.
- Fortunately, most childhood falls or blows to the head result in injury to the scalp only, which is usually more frightening than threatening. An internal head injury could have more serious implications because it may result in bleeding or bruising of the brain.
- For a fact sheet and more information please see:

[http://kidshealth.org/parent/firstaid\\_safe/emergencies/head\\_injury.html#cat113](http://kidshealth.org/parent/firstaid_safe/emergencies/head_injury.html#cat113)

- **Healthcare**

- **Healthy Families** - Affordable healthcare for children. The Healthy Families program is a low cost insurance for children and teens. It provides dental, health and vision coverage to children who do not have insurance and do not qualify for Medi-Cal.

For more Information please see: [www.healthyfamilies.ca.gov](http://www.healthyfamilies.ca.gov)

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# I- Immunizations are for everyone!

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- **Immunization Schedules**

- Vaccines boost kids' immune systems and are the best way to protect them from serious infections and diseases, including pneumonia, meningitis, polio, measles, chicken pox, and whooping cough. Side effects are mild and can include swelling where the shot was given, a low fever, or fussiness.
- For Vaccination schedules: <http://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>
- See more at:
- <http://www.cafc.ca.gov/parents/health-center/checkups/?a=vaccinations&t=1366235532928#/?a=vaccinations&gclid=CPeTtYGvmboCFXRp7Aodwx8Atw>

- **Immunizations services at Contra Costa Health Services**

- No appointment is necessary at any of the Public Health Immunization Clinic sites. Clients are seen on a first come first served basis. Please come early, as we stop accepting clients when the clinic is full. Our busiest time of year is August through September. During pregnancy, only flu and Tdap (pertussis) vaccines are given at these clinic sites.
  - Please see: <http://cchealth.org/immunization/>
  - For additional clinic times and locations, which vary weekly, call 1-800-246-2494
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J-

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- **Junk Food**

- Balance is the most important thing when developing healthy eating habits. Teach your daughter to eat healthy foods the majority of the time and to save fattening junk foods for occasional treats.
- For great and healthy recipes, please visit: <http://kidshealth.org/kid/recipes/#cat20491>

K-

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L-

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- **Lice**

- Lice are very, very small insects. They are so tiny that you can barely see them! Head lice need to be next to skin to survive — and the warmth of your skin is a perfect place for them to live. Lice eat tiny amounts of blood and can survive up to 30 days on a person's head. For more facts about how to detect, treat and prevent a lice infection, see:
  - <http://www.headlice.org/faq/questions.htm>

- **La Clinica-** Can help provide information on free health care services and help apply for Medi-Cal. Services available include pediatrics, family medicine, dental, women's health, WIC, behavioural health and much more. For more information please see:

- <http://www.laclinica.org>



M-

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- **Managing weight-**
  - A person's healthy weight is measured by BMI or Body mass index, which is determined by using a person's height and weight. Being overweight is a medical problem that can lead to serious health problems, like high blood pressure and diabetes. For some more detailed information on weight management please see:
    - [http://kidshealth.org/teen/diseases\\_conditions/obesity/obesity\\_overweight.html?tracking=88821\\_A](http://kidshealth.org/teen/diseases_conditions/obesity/obesity_overweight.html?tracking=88821_A)
- **Medi-Cal for Children-** Downloadable forms available in many languages at:
  - <http://www.dhcs.ca.gov/services/medi-cal/pages/medicalapplications.aspx>
- **Medi-Cal general information for families and health care coverage.** For more information please visit:
  - <http://www.medi-cal.ca.gov>
  - <http://www.dhcs.ca.gov/services/Medi-cal/pages/default.aspx>



N-

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## Nutrition

As a parent, you're the one buying groceries, preparing meals, and handing out snacks. A child also learns from watching his parents. If you eat lots of fruits, vegetables, and whole grains, it's more likely your child will too!

Please see the very educational information on First Five California:

<http://www.cffc.ca.gov/parents/health-center/nutrition/?a=makinghealthychoices&t=1342560878987#/?a=makinghealthychoices&gclid=COTAmcDnVLoCFex7QgodHRUAcg>

O-



- **Optical:**

- WebMD describes some common **child eye** problems, the **screening** process used to diagnose them, and how they're treated. For more information please see:
  - [www.webmd.com/eye-health/features/child-eye-and-vision-problems](http://www.webmd.com/eye-health/features/child-eye-and-vision-problems)
- The American Academy of Pediatrics (AAP) outlines when **children** should have their eyes checked by a pediatrician. For more information please see:
  - [www.healthychildren.org/English/healthissues/eyes/pages./Vision-Screenings.aspx](http://www.healthychildren.org/English/healthissues/eyes/pages./Vision-Screenings.aspx)
- **American Association for Pediatric Ophthalmology and Strabismus** gives information on what vision screening is, how it is done, and what sort of problems can be uncovered early in children. For more information please see:
  - <http://www.aapos.org/terms/conditions/107>

P-



- **Poisoning-**

Poisoning is one of the most common childhood injuries. Most of the time poisoning happens right at home. Children who are between the ages of eight months and six years old are the most likely to be poisoned. If you think a child in your care has been poisoned, don't panic! Most poisonings can be taken care of at home with the help of the poison center experts.

- **Call 1-800-222-1222 right away → Do not wait for the child to look or feel sick.**

- **Proud Fathers-** Resources for fathers 25years and younger. Parenting communication, anger management, developing child self-esteem, child support/custody and financial planning and employment issues. More information available at:

- [www.STANDffov.org](http://www.STANDffov.org)
- **Or call crisis line: 1-888-215-5555**

## Q-

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- Q & A. Commonly asked questions and answers about general health, growing up, medical conditions and much, much more. For your questions please visit:
  - <http://kidshealth.org/parent/question/>

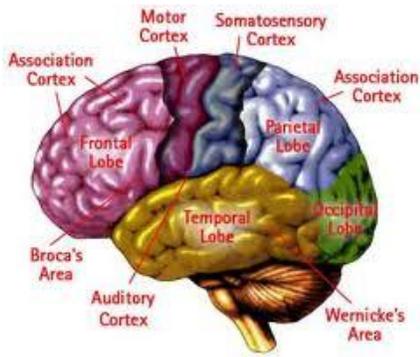


## R-

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- Recipes -
    - For fresh ideas a for the whole family and recipes for a special diet including diabetes, lactose intolerance, cystic fibrosis, celiac disease see:
      - <http://kidshealth.org/parent/recipes/#cat20238>
  - Ringworm -
    - Ringworm is caused by a fungus and is easily passed from person to person. To prevent ringworm, keep skin clean and dry, don't share clothing and avoid animals with patches of missing hair (they may have ringworm). For more information on ringworm symptoms, treatment and prevention please see:
      - <http://www.webmd.com/skin-problems-and-treatments/tc/ringworm-of-the-skin-prevention>
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## S-



- Scabies-
  - Scabies is caused by a small mite and is very easily passed through skin-to-skin contact. It causes small red bumps and is very, very itchy. If you think you have scabies please see a doctor right away because you can pass it to others in your household. For more information on scabies, please see:
    - <http://www.medicinenet.com/scabies/article.htm>
- Seizures-
  - A seizure is a common term that describes a sudden change in the way the brain is functioning. Seizures usually include wild muscle movements or passing out. Seizures can be caused in many ways; an infection, a fever, a head injury, accidental poisoning, low blood sugar, and drug overdose. To learn more about seizures and what to do if someone you know has a seizure please see:
    - [http://kidshealth.org/parent/firstaid\\_safe/emergencies/seizure.html](http://kidshealth.org/parent/firstaid_safe/emergencies/seizure.html)
- Stroke-
  - Strokes are sometimes called brain attacks, this happens when enough blood or oxygen does not get to the brain. Most strokes happen in adults but kids can have strokes too. Although they're less common in kids, strokes occur in children of all ages. For some great parent and kids information on strokes, please see:
    - <http://kidshealth.org/parent/medical/brain/strokes.html>



## T-

- **Tobacco Cessation (Quitting smoking)**
  - If you're like many smokers and other tobacco users, you know you should quit — you just aren't sure how to do it. Creating a quit-smoking plan may improve your chances of stopping for good. Having a quit-smoking plan helps you cope with the physical and emotional issues that often arise when you stop smoking.
  - For some great plans and ideas on how to quit, please visit:
    - <http://www.mayoclinic.com/health/smoking-cessation/SK00055>

## U-

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- Urinary system and kidney infections are very common in young girls. Early signs and symptoms of a urinary tract infection include: feeling the need to pee often, burning while peeing, pain while peeing, temperature, cloudy, bad smelling pee. Medical attention is needed.
  - <http://kidshealth.org/parent/dictionary/u/az-uti.html>



## V-

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- **Vaccines-**
  - Immunization (vaccination) is a way of creating immunity to certain diseases by using small amounts of a killed or weakened microorganism that causes the particular disease.
  - Vaccines are available at some local grocery stores, drug stores (CVS, Rite Aid,) and Wal-Marts. A schedule of when to vaccinate your child is listed below on the CDC.gov website. Please see more about vaccine schedules and vaccination concerns at:
    - <http://www.cdc.gov/vaccines/schedules/easy-to-read/index.html>
- **Viral infections**
  - Different germs such as bacteria or viruses can cause infections. Viral infections can cause many different symptoms, like fever, congestion, sore throat, cough, ear pain, vomiting, diarrhea, or rash. Antibiotics won't help a viral infection get better or keep it from being contagious, and can sometimes cause unnecessary side effects.
  - For more information on Viral Infections, please see:
    - <http://kidshealth.org/parent/dictionary/v/az-viral.html#cat20491>
- **Violence**
  - It's important for kids to feel like they can share their feelings, sometimes they can be afraid and react differently than adults. Rather than waiting for your child to come to you, think about starting the conversation. Ask kids what they understand about violence and violent incidents and how they feel about them.
  - For helpful tips on how to explain and speak with your child about violence, please see:
    - [http://kidshealth.org/parent/positive/talk/school\\_violence.html#cat20491](http://kidshealth.org/parent/positive/talk/school_violence.html#cat20491)

**\*\* If you or someone you know is a part of domestic violence or being abused please get help contact the local police department 925-252-4980 \*\***

## WOMEN'S HEALTH



## W-

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- **Women's Health**
  - Low-cost or no-cost pap smears, breast exams, birth control and STD/HIV Testing are available to all [women](#) who qualify at our health centers in Bay Point, Brentwood, Concord, North Richmond and Pittsburg.
  - **Contact Us:** 925-313-6250  
Public Health Clinic Services  
597 Center Avenue, Suite 150  
Martinez, CA
- **WIC-** Women, Infants and children is a service that provides helps with food and health care for you and your young child.
  - <http://cchealth.org/wic/>
  - Local WIC- 2311 Loveridge Rd, Pittsburg, CA 94565  
(925) 431-2460

## X-

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## Y-

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## Z-



- Children's sleep basics from **Sleepforkids. Org**  
<http://www.sleepforkids.org/html/sheet.html>