



Kings Quarterly

Milton Teske, M.D., Health Officer

Marjorie Batin, SPHN, CHDP Deputy Director

Message from the CHDP Deputy Director,

Kings County is unique in so many ways—a farming community with small-town charm, but with a variety of cultures, businesses and amenities. I have always felt, though, that one of the best things about living here is the way the seasons change. It seems that in just one week's time, the endless hot summer days are replaced by chilly mornings, cool evening breezes, pumpkin lattes, and a substantial reduction in daylight hours. With the changing weather, we are also reminded that flu season is upon us and so, at the Health Department, we are busy promoting flu shots and other necessary childhood immunizations and we are certain you are too!

It makes me happy to announce the revival of the CHDP Kings Quarterly newsletter, which was one of my first tasks as a Public Health Nurse many years ago, and a great way to communicate timely information with our CHDP providers, school nurses, and other community partners. We all serve the same pediatric population and it is our duty to keep up with the changes and events that affect them. The healthier they are now, the more likely they are to grow up healthy and successful as adults. Remember, they are our future!

There have been a few changes here at the Health Department as well. Our new CHDP Public Health Nurse, Crystal Hernandez, has been working diligently to put this newsletter back in circulation. Her phone number is listed on the back page, so please feel free to reach out to Crystal with questions or concerns. Our Senior PHN, Becky Durrenberger, oversees all of the children's programs, including CHDP, Foster Care and CCS. Crystal and Becky will likely be visiting all of our CHDP provider offices in the next year to introduce themselves, provide educational materials, and to set up a few site reviews. We will also resume offering a series of trainings and provider orientations in the near future, so be on the lookout for those.

Just a note for our CHDP providers—as of October 1st the new State fiscal intermediary is DXC Technology Services. You are encouraged to call the same telephone service center at 1-800-541-5555 with any Medi-Cal billing questions.

Lastly, a reminder to providers that the local CHDP office still needs the Foster Care/CHDP Care Coordination follow up form to be sent to us for all fee-for-service (non-FQHC) and all Foster Care CHDP physicals, regardless of provider type. This ensures that Crystal and the Foster Care nurses have the information they need to ensure that those children are connected with care. Thank you all, and Happy Fall!

Fall 2019

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Vaping Danger

Dangers of Vaping Cannabis or Cannabidiol (CBD) Oils have taken a national affect amongst users.

The following is a news release from Kings County Public Health Officer Dr. Milton Teske, issuing a warning regarding the dangers of vaping cannabis or CBD oils.

"Since June, seven cases of **Acute Respiratory Distress Syndrome (ARDS)** have been identified, requiring hospitalization and respiratory support among previously healthy adults. Some of these patients' conditions were so severe they were admitted to the intensive care unit and required respiratory support through mechanical devices.

The first symptoms of ARDS are feeling like you can't get enough air into your lungs, rapid breathing, a low blood oxygen level, low blood pressure,

confusion, and extreme tiredness. If you are experiencing any of these symptoms seek immediate medical treatment.

A reported common exposure among these patients is that they have been vaping cannabis or CBD oils.

At this time, no infectious cause has been identified. One pattern also observed during the investigation is that all of the cases to date have involved the purchasing of vape cartridges from "pop-up shops". Pop-up shops are temporary shops that open for an undetermined amount of time, advertise by word of mouth, and will move locations frequently.

These pop-up shops are not licensed retailers and do not

follow any current regulations or safety practices, including selling only products that have been tested for contaminants.

Under no circumstances should you vape cannabis or CBD oils obtained from a "pop-up shop". Although cannabis or CBD oil use is legal in California, if you are going to use cannabis or CBD oil or a combination of both, be cautious and only purchase from a licensed retailer. The Kings County Department of Public Health has partnered with the California Department of Public Health for continued investigation and surveillance."

For more information on cannabis or vaping visit **Kings County Website:**

[https://www.countyofkings.com/
departments/health-welfare/public-health](https://www.countyofkings.com/departments/health-welfare/public-health)



"How To Talk To Kids About Vaping"-taken from American Lung Association

Before having the talk with your teen about vaping, knowing the facts is highly advised. American Lung Association discusses the importance of what parents need to know, such as the different vaping terms. For instance, "JUUL, vapes and vape pens are all forms of e-cigarettes and they're all dangerous. There is a misconception that vapes are just flavors and steam. Not true. Vaping is highly addictive. In fact, one JUUL pod contains as much nicotine as 20 cigarettes, or about one pack of cigarettes. Vape pods also contain toxins and carcinogens, including formaldehyde, propylene glycol and acrolein, which can cause irreversible lung damage. And because vaping is new, we're still uncovering its long-term health effects."

Parents of teens that are vaping may never know. According to American Lung Association about 40% of teens have tried vaping. Unlike cigarettes, vaping is easy to hide because it does not leave a scent like tobacco. Signs that might stand out to parents of teens that are vaping include "looking for changes in your kid's behavior. They might start cutting back on caffeine or getting frequent nosebleeds. Also look for signs around the house. Vape pens can look like markers or USB flash drives and have disposable flavor pods, so look for discarded pods in the trash. And since vape pods come in lots of flavors, take note of any new sweet scents in their rooms or on their clothes."

A few quick tips for a healthy discussion when talking to your teen about vaping consist of; Choosing the Right Time and Place, Appeal to their Good Judgment, and ask Open-Ended Questions. For more valuable information on how to talk to your kids about vaping and more visit [https://www.lung.org/stop-smoking/
vape-talk/](https://www.lung.org/stop-smoking/vape-talk/)

Provider Reminders

No more PM160's

- ◊ "Starting the beginning of September providers should no longer order PM 160 (information only) forms. Instead, providers will fulfill reporting requirements by including informational lines on their claims. Required reporting data will be extrapolated from the informational lines. PM160s (information only) discontinued for FQHCs, RHCs and IHS-MOA Clinics. FQHCs, RHCs and IHS-MOA clinics will no longer submit the Confidential Screening/Billing Report Information Only (PM 160 Information Only) with claims to fulfill reporting purposes. Instead, providers will fulfill reporting requirements by including informational lines on their claims. Required reporting data will be extrapolated from the informational lines."
- ◊ Visit <https://files.medical.ca.gov/pubsdoco/bulletins/artfull/chdp201908.asp> for further information."

Lead Poisoning Prevention Week

National Lead Poisoning Prevention Week is October 20th-26th 2019. Children's Lead Poisoning Prevention week is to raise awareness and working together with individuals, organizations and state and local governments to decrease lead exposure. Act fast and always inform parents of possible risk factors that can put their children at harm. Lets spread awareness and protect those from possible health related issues.

Helpful reminders to help prevent Lead Poisoning:

- Homes that were built before 1978 should be tested for lead exposure
- Wash children's hands before they eat, and wash their toys often.
- Wash floors and window sills to protect kids from dust and peeling paint contaminated with lead.
- Run cold water until it becomes as cold as it can get. Use only cold water for drinking, cooking, and making baby formula.

For more information:

<https://www.epa.gov/children/what-you-can-do-protect-children-environmental-risks#protectleadpoisoning>

1st grade physicals

Providers, CHDP would like to remind you to inform parents that a health examination must be completed any time between 18 months before entering first grade through 90 days after entry into first grade for their child. Although school is already in session, please remind parents the health examination should be done, or a signed waiver should be collected, no later than December of child's first grade year. For any reason if a child comes into your office that falls between 5-7 years of age, parents should be asked if a health examination is completed for their child and the right steps should be taken. Health examination forms can always be printed out on the CHDP Website. The link is located just below.

- ◊ Also, please keep parents informed that no-cost health examinations are available to eligible children through the CHDP program.
- ◊ <https://www.dhcs.ca.gov/formsandpubs/forms/Pages/CHDPForms.aspx>

Newborn Hearing Screening

Attention providers, it is imperative that those children who have failed the Newborn Hearing Screening Test should seek early intervention to address possible hearing loss that can interfere with linguistic competence and literacy development.

- ◊ Referrals for diagnosis, management and treatment for infants and toddlers ages 0-3 with those identified with hearing loss should be coordinated with a Pediatric Audiologist.

KPFP

We here at CHDP wanted to remind you of Kings County community events and newsletters that are easily accessible on the **Kings Partnership for Prevention** website. Attached below is the direct links for further access.

<http://www.kpfp.org/>

<http://www.kpfp.org/tiles/index/display?id=173190906331407895>



419000-419100

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Safety Recalls

"Contigo Kids Cleanable Water Bottles recall their water bottle lids due to choking hazard. Contigo identified that the water bottle's clear silicone spout in some cases may detach from the lid posing a potential choking hazard. Contigo has received 149 reports of the spout detaching including 18 spouts found in children's mouths. No injuries have been reported."

Approximately 5.7 million water bottles were sold in the states. You should immediately stop using the recalled water bottles, take them away from children and contact Contigo for inspection instructions and a free replacement lid."



<https://cpsc.gov/Recalls/2019/Contigo-Recalls-57-Million-Kids-Water-Bottles-Due-to-Choking-Hazard>

For this recall and more visits

<https://www.safekids.org/product-recalls>



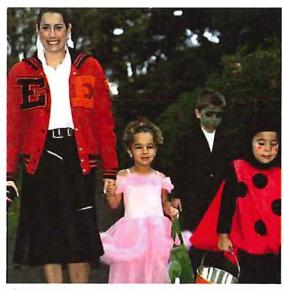
Halloween Safety Tips

Everything you need to know to keep your kids safe on Halloween.

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

Walk Safely

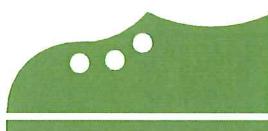
- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.



Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.



Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.



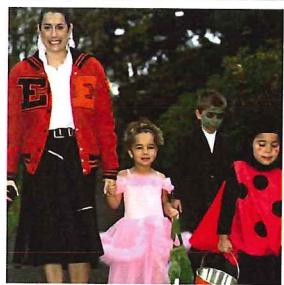
Consejos de Seguridad para Halloween

Todo lo que necesita saber para la seguridad de sus hijos en Halloween.

A todo el mundo le encanta un buen susto en Halloween, pero no cuando se trata de la seguridad de sus hijos. Hay varios comportamientos sencillos y eficaces que los padres pueden compartir con los hijos para ayudar a reducir el riesgo de lesiones.

Caminar con precaución

- Crucen la calle en las esquinas, usando las señales de tráfico y los pasos peatonales.
- Mire a la izquierda, derecha e izquierda de nuevo antes de cruzar y siga mirando al cruzar.
- Pon dispositivos electrónicos hacia abajo y mantener la cabeza arriba y caminar, no correr, cruzando la calle.
- Enseñe a los niños a hacer contacto visual con los conductores antes de cruzar delante de ellos.
- Camine siempre por las aceras o sendas. Si no hay aceras, camine de cara al tráfico, lo más pegado a la izquierda que sea posible. Los niños deben caminar por las rutas más directas y con menos cruces.
- Esté atento a los coches que están girando o haciendo marcha atrás. Enseñe a los niños a no salir disparados hacia la calle y a no cruzar entre los autos aparcados.



Pedir caramelos con un adulto

- Los niños menores de 12 años no deben andar solos por la noche sin la supervisión de un adulto. Si los niños son lo suficientemente maduros como para estar sin supervisión, deben permanecer en áreas conocidas que estén bien iluminadas y pedir caramelos en grupos.

Los disfraces deben ser tan seguros como creativos

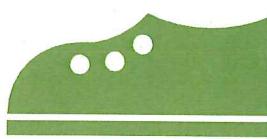
- Decore los disfraces y las bolsas con cinta adhesiva o pegatinas reflectantes y, si es posible, elija colores claros.
- Siempre que sea posible, utilice pintura y maquillaje facial en lugar de máscaras que puedan obstruir el campo de visión de los niños.
- Procure que sus hijos lleven barras luminosas o linternas para ayudarles a ver y a ser visibles para los conductores.



- Al elegir un disfraz, asegúrese de que sea de la talla correcta para evitar tropezones y caídas.

Conduzca con extrema precaución en Halloween

- Reduzca la velocidad y esté especialmente alerta en las zonas residenciales. Los niños se excitan en Halloween y pueden moverse en formas impredecibles.
- Emplee más tiempo del habitual buscando la presencia de niños en los cruces, medianeras y bordillos.
- Entre y salga de los caminos de entrada y de los callejones lentamente y con cuidado.
- Elimine las distracciones dentro de su coche para poder concentrarse en la carretera y sus alrededores.
- Conduzca despacio, espere la presencia de muchos peatones y encienda pronto las luces del auto para detectar a los niños a mayor distancia.
- Durante las horas de 5:30-9:30 se estará celebrando el trick-or-treat, por favor tengan cuidado y estén atentos a los niños.



De media, los niños tienen el doble de probabilidades de morir atropellados en Halloween que en cualquier otro día del año.



Get the
Facts



Get Your
Home Tested



Get Your
Child Tested

October 20-26, 2019
**National
Lead
Poisoning
Prevention
Week 2019**

#NLPPW2019 #LeadFreeKids





Niños Libres de plomo

Para un futuro saludable



Comprenda
los datos



Haga examinar
su casa



Haga examinar
a sus niños

October 20-26, 2019

Semana
Nacional
de Prevención
del Envenenamiento
por Plomo
2019

#NLPPW2019 #LeadFreeKids