



TAKE CARE

HEALTHY TIPS FOR SUMMER

Summer is here! Make plans. Time to get everyone outside. Unplug and visit the library. Try something new. Experts advise staying on a schedule of some kind at home or when traveling to keep some consistency to your family's days, even in the summer. And after a very long wait, COVID-19 vaccines for children 6 months through ages 4 and 5 are now available at your Pediatricians' office.



An epidemiologist answers questions about vaccinating the youngest

by Karen Pelland

As of mid-June 2022, parents and caregivers are able to get their youngest children vaccinated against COVID-19 in Oregon and Washington State. The FDA has approved the emergency use of Moderna and Pfizer's Pediatric COVID-19 vaccines for younger children. Moderna's vaccine is for vaccinating kids ages 6 months through 5 years, and Pfizer's is for kids ages 6 months through 4 years.

We talked with Dr. Kim Bonner, epidemic intelligence service officer for acute and communicable disease prevention with the Centers for Disease Control and Prevention (CDC) about questions parents are asking about the vaccine.

Q: YOUNG CHILDREN DON'T SEEM TO GET VERY SICK FROM COVID-19, SO WHY VACCINATE THEM?

DR. BONNER: "Children can get very sick from COVID-19 and they can have both short- and long-term health problems. The vaccine is an important tool to protect them from the virus. It prevents kids from getting very sick and from spreading it others, both at home, in school and at day care. There's really no way to detect how children will react if they do get COVID-19. But we do know that almost all children younger than 18 that were hospitalized had no underlying conditions. Based on that, we really would recommend parents vaccinate their children."

Q: WHERE IS THE BEST PLACE TO GET YOUR CHILD VACCINATED?

DR. BONNER: "Check with your children's health care provider or local pharmacy. (Pharmacies do not vaccinate children under age 3, and some do not vaccinate children under age 7.) You can also find a vaccination clinic or pharmacy location near you using the Get Vaccinated Oregon locator tool. One option to consider is getting the vaccination at the same time your child receives other childhood vaccines. But really, it's whatever is best for the child and family. COVID-19 vaccines are free of charge to everyone in the United States regardless of immigration or health care insurance status."

The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.

CHILDREN'S HEALTH *foundation*

5901 S Macadam Ave, Suite 220
Portland, Oregon 97239
503-222-5703 503-224-3938 (fax)
www.ch-foundation.org

© 2022 Children's Health Foundation

Source: OHA, <https://covidblog.oregon.gov>

(continued on page 2)

(continued from first page)

Q: HOW CAN PARENTS HANDLE THEIR OWN ANXIETY?

DR. BONNER: "There are a number of ways you can find support before, during and after the vaccine. Research websites for parents. Reach out to your child's health care provider. Two ways to minimize your own anxiety is by being prepared to support your child and by going into a vaccination situation equipped."

Q: WHAT ABOUT SIDE EFFECTS OR REACTIONS?

DR. BONNER: "In general, sometimes kids experience mild side effects. In the 5-11 age group, side effects are mild or brief and may include headache, fever, or pain in the arm. You can take a cool, damp cloth and put it over top of the place where the shot was given. If the child's temperature is elevated, you can give them a lukewarm sponge bath. Ask your doctor if you can give a non-aspirin pain reliever. It's normal if they eat less, but make sure they stay hydrated. If you see something that concerns you, call your child's health care provider. It's also a good idea to read up on the information sheet that you receive from your provider."

Young children don't seem to get very sick from COVID-19, so why vaccinate them?

Children can get very sick from COVID-19 and they can have both short- and long-term health problems.

There's no way to detect how children will react if they get sick with COVID-19.

The COVID-19 vaccine is an important tool to prevent kids from severe illness.

Oregon
Health
Authority



Tips for handling vaccine anxiety



If your child is age 2 or younger, ask your child's health care provider to give them a sweet solution – usually glucose or sucrose – a minute or two before the shot. Something sweet can help reduce the pain response.

Breast feeding can calm or relax the child and has some sweetness to reduce pain.

Ask for a pain-relieving ointment. The ointment can block pain signals, but it takes a little time to work, so ask in advance. The cooling spray can be given right before.

Be honest and calm. We know kids are smart so take the time to explain what is happening and what to expect. For example, that they will feel a pinch, but

it will go away fast. Use helpful words like pressure or poke rather than pain or shot. A calm voice can be reassuring even for babies.

Bring something that a child finds comforting – a favorite toy or book to help them focus on something pleasant. That can be a helpful way to soothe. Right before the shot, consider ways to distract the child. Tell a story, sing a song, act silly. Pull the child's attention away from the person giving the shot.

Bigger kids need support, too. Take deep breaths with them and have them imagine the pain is leaving their mouth as they breathe out. You can have them do it while they're getting the shot. After the shot, be calm and comfort them. You can hug older kids, and swaddle older babies. Hold your child close, soothe them so they know they are safe and loved.

Summer Safety Tips: Staying Safe Outdoors

DROWNING PREVENTION

Avoid alcohol when swimming or boating, and make sure young swimmers wear life jackets. Don't swim alone or in bad weather, and always supervise children in and near the water. Never leave a bucket (of any size) of water unattended where small children may gain access to it; 5 gallon buckets are particularly dangerous due to their size and weight. Empty buckets and wading pools after each use.

WILDFIRE SMOKE

Watch air quality reports. Limit exposure to smoke by reducing time spent outdoors or engaging in rigorous outdoor activity, and stay in a tightly closed, air-conditioned house or one with a high-efficiency particulate air (HEPA) filter, if available. Stay hydrated.

MOSQUITO-BORNE DISEASES (WEST NILE VIRUS, ZIKA)

Eliminate sources of standing water where mosquitoes breed, such as watering troughs and bird baths. Protect your family members during outdoor activities at dusk and dawn when mosquitoes are most active by using mosquito repellants containing DEET, oil of lemon eucalyptus or Picardin. Wear long-sleeved shirts and long pants in mosquito-infested areas. Make sure screen doors and windows are in good repair and fit tightly. DEET is a good tick repellent. It can be used on skin not covered by clothing. Use 30% DEET for children and teens. Deet is approved for use in children over 2 months of age. Note: DEET protects for 6 hours.

TICK-BORNE DISEASES (LYME DISEASE)

Apply tick repellent that contains permethrin or DEET. Wear long-sleeved shirts, long pants and closed-toed shoes, and tuck pant legs into the tops of socks or boots. Frequently check clothing, gear and pets for ticks, and remove them. After you get home, check the entire body for ticks, including under the arms, in and around the ears and inside the belly button. See <https://www.cdc.gov/lyme> for more info on Lyme disease prevention, particularly if visiting the Mid-West or East Coast in the spring and summer months.

CYANOBACTERIAL (HARMFUL ALGAL) BLOOMS

Avoid areas of water bodies where there are signs of a cyanobacterial bloom, such as water that is foamy, scummy, thick like paint, pea-green, blue-green or brownish red in color. Avoid swimming, water-skiing, wake-boarding, tubing, and other high-speed water activities in areas of the lake affected by a bloom. Watch children and pets to be sure they are not swallowing water or coming in contact with cyanobacterial blooms washed up on the shore or dried on rocks. Do not use lake water for drinking because camping-style filters and boiling do not remove the toxins.

BEACH BACTERIA

Visitors to Oregon beaches where a public health advisory is in place for higher-than-normal levels of fecal bacteria should avoid wading in nearby creeks, pools of water on the beach, or in discolored water, and stay clear of water runoff flowing into the ocean. Avoid swimming in the ocean within 48 hours after a rainstorm even if no advisory is in effect.

EXTREME HEAT

Visit air-conditioned places if possible and limit sun exposure when UV rays are strongest, from 10 a.m. to 4 p.m. Never leave children in a parked car. Drink plenty of fluids, especially when working outside, and avoid alcohol or liquids with large amounts of sugar. Keep up to date on the temperature and heat index when planning activities. Learn to recognize, prevent and treat heat-related illnesses such as heat stroke and heat exhaustion.

WINDOW SAFETY TO PREVENT FALLS

Young children are naturally curious. In summer months when windows in upper floor rooms may be opened for better air circulation, make sure windows are safeguarded. Install window guards and stops. Open window from the top and close after use. Keep kids from climbing near windows by moving chairs, cribs and other furniture away from windows. Never move a child who appears to be seriously injured after a fall – call 911 and let trained medical personnel move the child with proper precautions.

Sources: Oregon Health Authority and Safekids.org

Sun Safety

What you wear can protect you

Hats to protect the face, ears and neck

Sunglasses to protect the eyes. Look for youth-sized sunglasses with at least 99% UV protection

Choose cool, comfortable clothing that covers the body for additional protection



SPF

Choose a “broad-spectrum” sunscreen with at least 15 SPF.



Reapply every two hours or after swimming and sweating.



Sunscreen is not just for sunny days, use it on cloudy days too!





Mexican Cinnamon Horchata

Delicious and refreshing Mexican Cinnamon Horchata will become your staple this Summer (or any weather really!). This recipe uses cooked rice instead of raw rice grains (which can make your horchata taste sandy).

PREP TIME: 10 MINUTES
COOK TIME: 25 MINUTES
TOTAL TIME: 35 MINUTES
SERVINGS: 4 CUPS

Ingredients

1 cup long-grain rice or use 3 cups leftover cooked rice
1 1/2 cups water see notes 1 (omit if you use leftover cooked rice)
4 cups milk whole or low fat or non-dairy milk like coconut milk, almond milk
1 tsp ground cinnamon
1/4 cup light brown sugar, more if you like it sweeter
Cinnamon sticks for decoration

Instructions

1. Bring 1 1/2 cups of water to a boil. Then stir in the rice grains and lower heat. Let simmer, covered with a lid for about 15 minutes. Turn off the heat. Let sit for 10 minutes, covered. Uncover the lid and fluff rice with fork. Rice should absorb all the water at this point and be cooked through and fluffy
2. Pour mixture into a blender with milk, ground cinnamon, and sugar. Blend until smooth, then taste and add a bit more sugar to taste if you want it sweeter. You may need to do this in 2 batches if your blender isn't big enough.
3. Strain this mixture into a jug with a load of ice (if you want it cold) and discard any rice left behind. If you don't want to waste any rice, you can also mix it with some oats when you cook oatmeal for breakfast. Garnish with cinnamon sticks. Sprinkle over a little more ground cinnamon and serve.

NOTES: You may need to use more water to cook the rice if using a different type of rice. Follow instructions on the rice package. Make sure to use the same cup to measure the rice and the liquid when cooking the rice.

Summer Craft - Easy Homemade Bird Feeder

Make an Easy Homemade Bird Feeder!

Level of Difficulty: Easy

Here's what you'll need...

- Pipe Cleaners (or old shoelaces)
- plain Cheerios
- blueberries
- raffia ribbon or string

Here's how you make it...

Simply string the cheerios and berries on a pipe cleaner or shoelace and make a loop, fastening the ends together in a twist or knot. You can make a second ring of cheerios and then loop that one into a chain through your first cheerio ring. If using pipe cleaner you can then bend the feeders into circles or hearts. Tie a long length of raffia or string to your feeders and then hang them up high, on a branch in the garden.

