



**COMMUNITY
HEALTH PLAN**
of Washington

Committed to your health.

Pregnancy Calendar

Your personal day-by-day guide to a healthy pregnancy and your baby's development from conception to birth

Calendario de Embarazo

Su guía diaria personal a un embarazo sano y el desarrollo de su bebé de la concepción para dar a luz a.



An exciting time!

Pregnancy is an exciting time of change in your life. From the beginning, your baby alters the way you live. The best way to have a healthy pregnancy, labor and delivery is to be well informed. Having the information included within this calendar will help you make decisions. Decisions that will help your baby have a healthy start and make you feel your best.

This calendar can be used to:

- Learn about your baby's growth and development
- Track your weight each month
- Write down doctor's appointments
- Write down feelings
- Write down questions to ask doctor

This calendar will help you through your pregnancy and offer valuable information that can be utilized after the birth of your baby. This includes Maternal Care, Infant Care, Well Child Visits and Immunizations, Safety, Emergency Room, and reference to Community Health Plan's 'Children's First Program'.

The calendar is separated by tabs on the left side which display each trimester.

You will find tabs at the bottom of the calendar which represents information that may be valuable after pregnancy.

Each week of your pregnancy, you will notice a one to two sentence block above the days of the week. This information is to help identify stepping stones of your pregnancy throughout that particular trimester. The information provided in these areas comes from the booklet *Your Journey Through Pregnancy* that you can obtain free of charge by enrolling in the New Arrivals Program. When you see a page number listed after the education each week, that number is referring to the page number in *Your Journey Through Pregnancy*. If you have any questions about anything listed, or feel that you are experiencing complications, please contact your doctor at any time.



This may be a good time to sign up for the New Arrivals program which offers:

- Referrals and access to community resources
- Education Material
- A 24-hour nurse line
- A free car seat
- Access to a Nurse or Social Work case manager

As part of the New Arrivals program, you will complete three maternity surveys at various times during your pregnancy. The answers you provide will help us know what education materials to send you.

If you have a pregnancy with special needs, you will also receive additional follow-up from a maternity nurse who works with your doctor to ensure you get the help you need.

When signing up for this free program, you will be sent a booklet entitled, *Your Journey Through Pregnancy*. This booklet is an important component of Community Health Plan's Maternal Health Program. Information has been taken from this book

and referenced in this calendar. It would be beneficial for you to obtain this as soon as possible. It may help answer any questions you may have regarding your pregnancy.

To utilize this free program, the mother must sign up by 32 weeks of pregnancy. To enroll in the New Arrivals program, please call: 1-800-395-BABY (2229).

important information

Clinic Name _____ Phone Number _____ Doctor Name _____

Hours _____ Clinic Address _____

Clinic Urgent Care Center _____ Phone Number _____

Hours _____ Urgent Care Center Address _____

Baby Line (please read page iii in 'Your Journey Through Pregnancy' before calling this line): 1-800-395-BABY (2229)

Poison Control: 1-800-222-1222

Insurance: Community Health Plan Member ID

Phone Number: 1-800-440-1561 Hours: Monday through Friday from 8:00 am – 6:00 pm

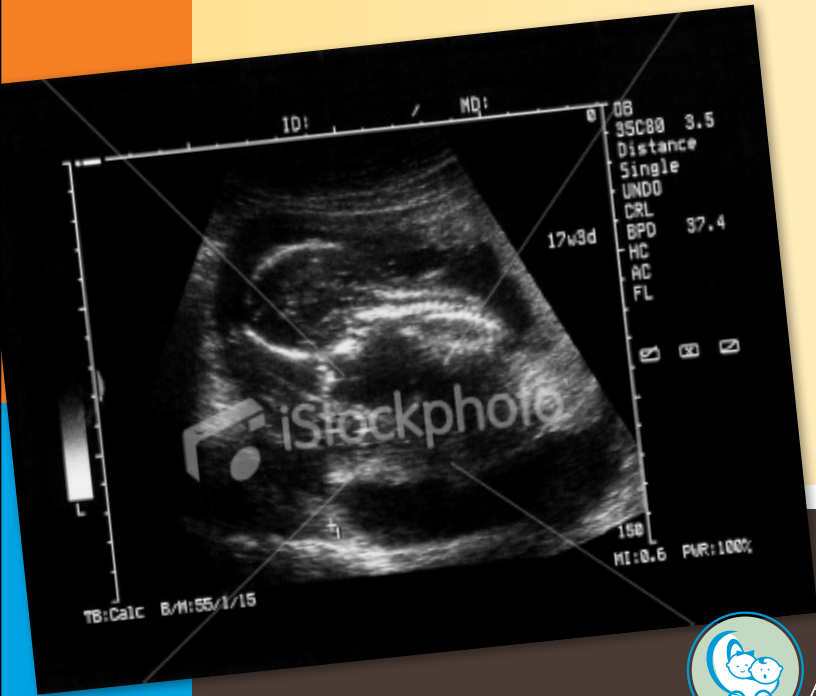
first trimester

In the first trimester, the following will occur:

- The placenta develops
- The major organs and nervous system form
- The heart starts to beat
- The lungs start to form
- Bones appear
- The head, face, eyes, ears, arm, fingers, legs, and toes form.
- Hair starts to grow
- Buds for 20 teeth develop

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New Arrivals™

REMINDERS

Have you enrolled in the New Arrivals Program yet? 1-800-395-BABY
Have you contacted WIC about food coupons? 1-800-322-2588

Information derived from: American College of Obstetricians and Gynecologists



Month **Més** ▶

Weight **Peso** ▶

Sunday Domingo Monday Lunes Tuesday Martes Wednesday Miércoles Thursday Jueves Friday Viernes Saturday Sábado

As soon as you know you are pregnant, you should make plans to start your prenatal care. (page 1) As soon as you know you are pregnant, you should make plans to start your prenatal care. (page 1)

Date **Fecha** ▶

WEEK SEMANA

1

Visits will be every 4 weeks until the 28th week, every 2 weeks until the 36th week, then weekly until delivery. (page 2) Visits will be every 4 weeks until the 28th week, every 2 weeks until the 36th week, then weekly until delivery. (page 2)

WEEK SEMANA

2

Prenatal visits may include: weight, blood pressure, urine test, measurement of uterus, fetal movement, and baby's heartbeat. (page 2) Prenatal visits may include: weight, blood pressure, urine test, measurement of uterus, fetal movement, and baby's heartbeat. (page 2)

WEEK SEMANA

3

The amount of weight you should gain during pregnancy depends on what you and your doctor determines is right for you. (page 23) The amount of weight you should gain during pregnancy depends on what you and your doctor determines is right for you. (page 23)

WEEK SEMANA

4

first trimester

Exercise

Exercise can help strengthen the muscles used in labor and delivery. By exercising and continuing to use your muscles, you may decrease some discomforts of pregnancy. It may give you more energy and make you feel happier.

The type of exercise you can do when you are pregnant depends on your health and activity level before pregnancy. Some exercises recommended during pregnancy include:

- Swimming
- Brisk Walking
- Prenatal exercise classes

Please talk to your doctor before starting any kind of physical activity

Exercise (spanish)

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Tests can be done to help detect birth defects in your baby. Please talk to your doctor about the best time for your baby to be screened.

As soon as you know you are pregnant, you should make plans to start your prenatal care. (page 1)

Date *Fecha* ▶

WEEK SEMANA

5

WEEK SEMANA

6

Almost all women feel more tired in the early weeks of pregnancy and may need more sleep. (page 11)

Visits will be every 4 weeks until the 28th week, every 2 weeks until the 36th week, then weekly until delivery. (page 2)

WEEK SEMANA

7

Frequent urination is a normal part of pregnancy. (page 11)

Prenatal visits may include: weight, blood pressure, urine test, measurement of uterus, fetal movement, and baby's heartbeat. (page 2)

WEEK SEMANA

8

Morning sickness is common during pregnancy and may occur at any time – day or night. (page 57)

The amount of weight you should gain during pregnancy depends on what you and your doctor determines is right for you. (page 23)

first trimester



Nutrition

It is important to have a good diet that supports you and your baby's growth during your pregnancy. A diet high in vegetables, fruits and grains with a lower amount of cholesterol, fat and sugar is recommended.

Your diet should have protein, carbohydrates, vitamins, minerals and fat. During your pregnancy, your body may need more of the following:

- **Calories:** to help nourish the growing baby (please discuss with doctor)
- **Iron and Folic Acid:** to help make the extra blood needed in pregnancy
- **Protein:** to help make blood and build your baby's tissues and muscles
- **Calcium:** to help build your baby's bones and teeth
- **Water:** to prevent dehydration (please discuss amount with doctor)

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Alcohol consumption can harm the baby, causing mental retardation, heart defects, and defects in the baby's joints and limbs. Please discuss this with your doctor.

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Date *Fecha* ▶

WEEK SEMANA

9

Smoking during pregnancy has been associated with approximately 115,000 miscarriages and 5,600 infant deaths each year. (page 49)

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WEEK SEMANA

10

The use of illegal drugs can harm the baby, causing placenta problems, preterm birth, and birth defects. Please discuss this with your doctor.

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WEEK SEMANA

11

Your doctor may have you limit your intake of caffeine, which is found in coffee, tea, chocolate, and some sodas. (page 20)

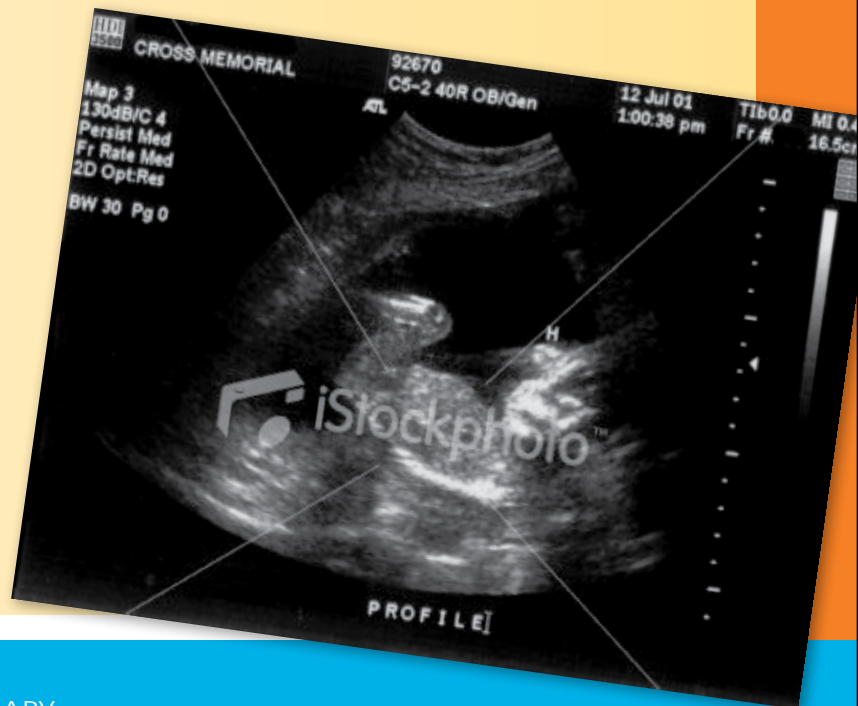
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WEEK SEMANA

12

second trimester

- The organs develop further and begin to function
 - Eyebrows, eyelashes, and fingernails form
 - The skin is wrinkled and covered with a waxy coating (vernix)
 - The genitals develop
 - Fine hair (lanugo) covers its body
 - The fetus moves, kicks, sleeps, and wakes
 - The fetus can swallow, hear, pass urine, and suck its thumb
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Follow food safety rules by washing hands, foods and utensils before making foods. (page 18)

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Date *Fecha* ▶

WEEK SEMANA
13

At this time your uterus may be felt above your pubic bone causing you to 'show.' (page 5)

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WEEK SEMANA
14

As your hormones increase, your body makes more blood. This may cause a stuffy, runny or bloody nose. Please talk to your doctor for more information.

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WEEK SEMANA
15

At this time, you may be able to hear your baby's heartbeat. (page 5)

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WEEK SEMANA
16

second trimester



Dental Health

It is important to have good dental hygiene throughout pregnancy. Due to the changes in your body, pregnant women are at an increased risk for cavities and gum disease. If you have dental care and are able to see your dentist, it may be a good idea to get a check up early in your pregnancy.

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Hormones may cause the muscles in your intestines to relax. As a result, you may get constipated which might make you feel gassy and bloated. (page 11)

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Date **Fecha** ▶

WEEK SEMANA

17

Hard stools and constipation may lead to swollen veins in the rectum called hemorrhoids. (page 12)

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WEEK SEMANA

18

Your gums may swell and bleed more easily due to the changes in your hormones and blood volume. (page 6)

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WEEK SEMANA

19

Leg cramps, or “charley horses” can be common in pregnancy. They may occur at night while you sleep or in the morning when you get out of bed. (page 12)

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WEEK SEMANA

20



second trimester

Preterm Labor

The following signs may suggest preterm labor:

- Vaginal Discharge
- Change in type of discharge (watery, mucous, or bloody)
- Increase in amount of discharge
- Pelvic or lower abdominal pressure
- Low, dull backache
- Abdominal cramps, with or without diarrhea
- Regular contractions or uterine tightening

Preterm Labor (Spanish)

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As your uterus grows, it may push your stomach up. As a result, you might get heartburn. Please talk to your doctor about ways to decrease your heartburn.

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Date *Fecha* ▶

WEEK SEMANA

21

Within the next few weeks you may start to see red streaks or stretch marks on the skin of your belly, breasts or thighs due to tension in the skin. (page 7)

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WEEK SEMANA

22

Due to the changing climate of the vagina, bacterial growth may increase. This puts pregnant women at a higher risk of having a yeast infection. (page 63)

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WEEK SEMANA

23

Pregnant women tend to have more Urinary Tract Infections because the baby presses on their bladder. This prevents the urine from emptying out all the way. (page 63)

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WEEK SEMANA

24

second trimester



Emotions in pregnancy

As your body goes through physical changes, it is normal to have emotional changes. You may have fears about pregnancy, labor and delivery. Here are some ways to ease your mind:

- Know what to expect during labor and delivery. Take childbirth classes that will teach you relaxation methods, ways to ease labor pains and options for pain relief.
- Get prepared by taking a newborn-care class before your due date. Many hospitals offer 1- or 2-day courses. Make sure read up on infant care before your delivery.

If you feel down or depressed, please contact your doctor for help.

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The uterus may start to press on large blood vessels causing swelling in your legs, ankles, feet and veins. (page 7)

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WEEK SEMANA

25

Date *Fecha* ▶

Blood pressure can go up and down during pregnancy. A reading of 140/90 or higher is a sign of hypertension and can indicate a problem. (page 96)

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WEEK SEMANA

26

Due to the increase in weight, breast size and uterine size, you may get back strain and aches. (page 13)

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WEEK SEMANA

27

Have you had little interest or pleasure in doing things? Feeling down, depressed or hopeless? If so, please talk to your doctor right away to receive help.

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WEEK SEMANA

28

third trimester

- The fetus kicks and stretches
- Lanugo (hair) disappears
- The fetus will gain most of its weight in this trimester. About ½ of a pound each week until birth.
- Bones harden, but the baby's skull remains soft and flexible for delivery

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At your next clinic visit, ask your nurse about the voucher for a free infant car seat.

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Date **Fecha** ▶

WEEK SEMANA

29

The uterus may begin to press on the muscle that separates the chest and the abdomen. This may result in shortness of breath and problems sleeping.

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WEEK SEMANA

30

If your community offers Lamaze classes to prepare for delivery, this may be a good time to sign up.

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WEEK SEMANA

31

Upon your next prenatal visit, ask your doctor about writing a birth plan.

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WEEK SEMANA

32

third trimester



Emergency situations

Sometimes a problem can occur that needs attention right away. If you notice any of the signs below, CALL YOUR DOCTOR RIGHT AWAY AND GO TO THE HOSPITAL.

Bleeding

If you have any vaginal bleeding call your doctor. A large gush or a steady stream of bright red blood is an emergency – CALL 911. Get help right away, lie on your side and put your feet higher than your head. Save the pads or cloths used to catch the blood.

Rupture of the Bag of Water

Although the rupture of membranes may signal the start of labor, sometimes the bag of water around the baby will rupture prematurely. If you notice a gush of fluid or a steady trickle of fluid, you should call your doctor. Be sure to note any color or smell that might be present in the fluid. Save pads or cloths and bring them to the hospital.

Severe Stomach Pain

If you have constant, severe pain (with or without contractions) that does not go away when you change position, call your doctor.

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This may be a good time to pack your bag for the hospital. Think about bringing a headset to listen to soothing music along with comfortable clothes for you and your baby.

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Date **Fecha** ▶

WEEK SEMANA
33

WEEK SEMANA
34

WEEK SEMANA
35

WEEK SEMANA
36

By 36 weeks, your baby will be fully developed and will start to begin to get in position for birth.

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This may be a good time for you to think about nutrition for your baby after birth. Talk to your doctor about breast feeding and formula feeding.

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It is important to rest as much as you can during your third trimester. You will need to save your energy for your labor and delivery.

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third trimester

What Is Happening?

Timing of Contractions

False Labor

Contractions are often irregular. They do not get closer together as time goes on.

True Labor

Contractions are regular and stay close together. They may last 30–90 seconds.

Change in Movement

Contractions may stop when you walk, rest, or change.

Contractions will continue to come no matter what you do.

Strength of Contractions

Contractions may be weak, or strong contractions may get weak.

Contractions steadily get stronger.

Pain on Contractions

Pain only felt in the front.

Pain starts in the back and moves to the front.

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REMINDERS Is your birth plan completed?

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Date **Fetcha** ▶

WEEK SEMANA
37

As your baby drops in your pelvis you may be able to breathe easier and urinate more often.

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WEEK SEMANA
38

As your body prepares for delivery, you may feel Braxton-Hicks contractions more often.

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WEEK SEMANA
39

A postpartum exam can be scheduled at this time. It is important to have this visit with your doctor 6 weeks after the delivery of your baby.

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WEEK SEMANA
40

maternal care

Visiting the doctor can be confusing. Everyone feels a bit overwhelmed when trying to understand what the doctor is saying. The next time you visit the doctor, try asking these three questions:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

You should ask these questions at every visit and any time you feel confused. You can also ask the doctor to give you a written list of instructions to take home. If you still don't understand, let your doctor, nurse, or pharmacist know.

If you take a family member to the doctor, make sure you understand their health needs. For example, if you take your child to a well-child visit, you should ask questions about your child's health.

The doctor and nurse may seem to be in a hurry, but they really want to make sure that you understand your health. Don't leave with any unanswered questions about your care! If you understand your health, you will be better able to take care of yourself and your family at home.

Information for this article was gathered from the Partnership for Clear Health Communication, at www.askmethree.org/for_patients.asp

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baby blues

Almost 70–80% of new mothers get the baby blues. About 2–3 days after you have your baby, you may feel sad and upset. You might even feel angry with your baby.

These feelings can be quite scary, but they fade away quickly.

These baby blues may last from a few hours to a week, and may go away without treatment. If you are having these feelings, you should...

- Talk to a friend or a loved one about your feelings
- Ask for help
- Get out of the house each day, even if it's for a short time
- Join a new mother's group and share your feelings with other new moms



Postpartum Depression

About 10% of new mothers have postpartum depression. This is marked by more intense feelings than those of baby blues. They may include: severe anxiety, despair or hopelessness that get in the way of daily living.

If you are prone to depression, seek the help of your doctor right away and have support from your loved ones before delivery of your baby. Treatment and counseling can help relieve postpartum depression.

Talk to your doctor right away if you have any of these signs of depression:

- Baby blues that last for more than 2 weeks
- Strong feelings of depression or anger that come 1-2 months after birth
- Not finding pleasure in things that used to make you happy
- Intense concern and worry about the baby
- Lack of interest in or feelings for the baby or your family
- Panic attacks, such as being afraid to be left alone with the baby
- Thoughts of harming the baby or yourself

baby blues

Almost 70–80% of new mothers get the baby blues. About 2–3 days after you have your baby, you may feel sad and upset. You might even feel angry with your baby.

These feelings can be quite scary, but they fade away quickly.

These baby blues may last from a few hours to a week, and may go away without treatment. If you are having these feelings, you should...

- Talk to a friend or a loved one about your feelings
- Ask for help
- Get out of the house each day, even if it's for a short time
- Join a new mother's group and share your feelings with other new moms

Postpartum Depression

About 10% of new mothers have postpartum depression. This is marked by more intense feelings than those of baby blues. They may include: severe anxiety, despair or hopelessness that get in the way of daily living.

If you are prone to depression, seek the help of your doctor right away and have support from your loved ones before delivery of your baby. Treatment and counseling can help relieve postpartum depression.

Talk to your doctor right away if you have any of these signs of depression:

- Baby blues that last for more than 2 weeks
- Strong feelings of depression or anger that come 1-2 months after birth
- Not finding pleasure in things that used to make you happy
- Intense concern and worry about the baby
- Lack of interest in or feelings for the baby or your family
- Panic attacks, such as being afraid to be left alone with the baby
- Thoughts of harming the baby or yourself

Spanish

postpartum

Before or after the delivery of your baby, make sure your postpartum visit is scheduled with your doctor. This is an important visit and should be done within 6 months of your baby's birth.

This is the time that the doctor visits with you to make sure that your body has recovered from pregnancy and birth.

It is also a good time for you to ask your doctor about any questions or concerns surrounding the following: healing process, breast feeding birth control, weight loss, sex, or your emotions. It is a good idea to write down concerns you may have for your doctor before your visit so that you remember to have them answered at your postpartum visit.



Information derived from: American College of Obstetricians and Gynecologists

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infant care

Where should you go for care?

If your baby is sick it can be tough to know where to turn for care. You should take the time to create a list of important names, telephone numbers and addresses. The list can help you know where to call if your child is ill.

If your baby is sick and you are worried, you should call your doctor for an appointment. If you are not sure if the situation is an emergency call your clinic or nurse advice line. Many times when your child is sick you can provide care at home until your child's appointment. Your clinic or nurse advice line can help. There are also a variety of books that you may be interested in, including *What to Do When Your Child Gets Sick and Health-wise Handbook*.

When you are concerned that your baby is sick and you believe it is an emergency, you should seek care right away. If you feel that it is an emergency and help cannot wait, call 911.

Here are a few examples of situations where you should call your clinic:

- *Your child has a fever*
- Your child is tugging at his ear and crying
- Your child has diarrhea and won't drink liquids

Here are a few examples where you should seek care right away:

- Your child can't breathe
- Your child has uncontrollable bleeding
- Your child experienced a serious injury



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Spanish

safety

One of the best things that you can do for your child is to make sure that your house is as safe as you can make it. There are several simple things that you can do to help keep your child safe.

- Keep all medications out of your child's reach
- Install safety locks
- Cover your outlets
- Keep cords out of reach
- Teach your child not to touch water while handling objects that run on electricity
- Teach your child not to play with hot surfaces
- Turn the handles of your pots toward the center of the stove or table
- If using a tablecloth, make sure it's clipped to the table
- Fasten your child's seat belt in the car

Some of the most common causes of toddler deaths are due to accidents that could have been avoided. These include traffic accidents, drowning, fire/burns, suffocation, falls, and poisoning.

Help keep your child safe by being aware of your surroundings.

Seat Checklist

- Have I read the label on the safety belt and seat for any special instructions?
- Is my baby in the back seat?
- Is my baby facing the rear of the car?
- Does the safety belt hold the child safety seat tightly in place?
- Does the harness fit snugly around my baby?
- Does my baby's head have support?

The safety seat's harness should fit snugly around the baby. You should be able to slide one finger under the straps at your child's chest. The straps should be over your baby's shoulder. The chest clips should be placed at your baby's armpit.

If you want to cover your baby, first buckle the baby in without any covering. Then, place a blanket over the baby.

Proper Hand Washing

Many germs and diseases can be avoided by keeping your hands clean. Always wash your hands before touching your baby.

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sick child

When your child is sick...

The common cold is a type of acute upper respiratory tract infection. Symptoms commonly include a cough, running nose, sore throat, fever, sneezing, and nasal congestion. The flu, also known as influenza, is a highly contagious viral infection that may cause a fever, chills, headache, muscle aches, a cough, sore throat, running nose, vomiting, ear pain and diarrhea.

Your child can get the cold or flu by touching items that have been contaminated with droplets that have been coughed or sneezed into the air. Your child should never pick up dirty tissues or use a tissue more than once if sick. It is important to always have your child wash his/her hands when touching things that other sick children have also touched.

You should take your child to the doctor if your child...

- Is sick for more than a week
- Has neck pain
- Has a rash or red sores
- Has a fever of over 100.4 degrees for more than 3 days
- Coughs up green, yellow, or grey phlegm for more than a day
- You are scared for your child's health

Earaches are common in children. Toddlers can get two or three a year.

You may be able to tell if your child has an earache because he/she...

- is pulling or rubbing the ear
- is not able to balance well
- is fussy and does not want to eat
- may not be hearing well
- has liquid, blood or pus drain out of the ear

If you see that your child has an earache you should make sure that your child gets plenty of rest. Take care not to expose your child to second-hand smoke. Smoke can make the earache worse. You should call your doctor if you see liquid, pus or blood drain out of the ear. You should also call the doctor if the ear pain is bad, or if your child has a stiff neck. Your PCP may give you ear drops to help your child with the pain. Your doctor may also recommend a different treatment. Follow your doctor's instructions.

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Spanish

immunizations

One of the most important things you can do to protect your child's health is to see that he/she receives all of his/her recommended immunizations – and that they are received on time.

Vaccines have been proven to be one of the most effective tools ever created to help people live longer and have healthier lives. They work by preventing infectious diseases, some of which have the potential to cause long-lasting or permanent health problems, or even death.

Age at Visit	Immunizations Due	Screening and Testing
Birth	Hep B #1	
10 days to 2 weeks old	None at this time	Hearing and metabolic screens if not done in nursery, or need repeating
2 months old	DTAP #1; IPV #1; HepB #2; HIB #1; Pneumococcus #1; Rotavirus #1,	Hearing screening if not yet done or results unknown
4 months old	DTAP#2; IPV#2; HIB#2; Pneumococcus #2; Rotavirus #2	
6 months old	DTAP #3; IPV #3; Pneumococcus #3; Rotavirus #3; HIB #3; Flu vaccine (annually)	Lead/anemia/TB questionnaires
6-18 months old	Hep B #3; IPV #4	
12-15 months old	MMR #1; Varicella (all after first birthday); Pneumococcus #4; Hep A #1; HIB #4	Same as 9 months if not done before or if at increased risk
15-18 months old	DTAP #3	Same as 12 months if not done before or if at increased risk
18-24 months old	Hep A #2 (if 6 months after Hep A #1)	Same as 15-18 months if not done



We understand that it may be difficult to remember when your baby needs a well child visit and/or immunizations. As a result, Community Health Plan will be sending you postcards at 6, 9, 15 and 18 months. These postcards will remind you to schedule an appointment.

Information derived from the Centers for Disease Control and ACIP 2008

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well child

Well Child exams are visits, for your child, with your healthcare provider. These visits consist of a physical exam and tests. These visits are also a good time for communication. You will receive information on normal development, nutrition, safety. This is also the time for you to ask questions.

These visits are important because they can detect problems before your child feels sick.

Children should have regular Well Child visits. These visits are also an opportunity to get the recommended immunizations.

The American Academy of Pediatrics (AAP) recommended the following schedule: 2 Weeks, 2 Months, 4 Months, 6 Months, 12 Months, 15 Months, 18 Months, and 2 Years.

See your healthcare provider for the Well Child visits after 2 years of age.



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Children-First™

The Children First Program rewards Community Health Plan members for getting the care they need!

Community Health Plan provides its members with access to the Children First program. Children First is a program that rewards members for getting the health care they need. Preventing injuries and illness is one of the best ways to maintain the health of your child. Children First can help!

Please contact Community Health Plan customer service at 1-800-440-1561 or your provider's (PCP) office for more information about the Children First program. If you are hearing-or-speech impaired, please call TTY 1-866-816-2479 (toll free) or call local 206-613-8875.

If you are a pregnant member of Community Health Plan who receives comprehensive prenatal care, you could be eligible to receive a free car seat for your new baby. The Children First program rewards members for getting their immunizations (shots) and well-child checks. To be eligible, children must be 0-13 years, current on all scheduled immunizations and Community Health Plan members.

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