

Enrollee Newsletter

Volume 2, Issue 2
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COMMUNITY CARE PLAN: "THE HEALTH PLAN WITH A HEART"

IN THIS ISSUE: DROWNING PREVENTION, FETAL DEVELOPMENT, LARC

Drowning Prevention

"Most parents who have lost a child to a drowning, never thought their child was at risk¹". Here are some tips that *Swim Central & Water Smart Broward* put together to help you prevent a tragedy in your family:

- Make sure there is adult supervision **AT ALL TIMES** (a sibling or older child is not a substitute)
- Teach children water safety and swimming skills. Free and discounted lessons are available
- Never allow a young child in the pool without an adult
- Place alarms on windows and doors that exit to a pool
- Learn CPR and post instructions
- Keep rescue equipment poolside. **Do not wait for help to get there.** Four to six minutes without oxygen can cause brain death
 - Shephard's Hook
 - First Aid Kit
- Install four-sided isolation fencing that surrounds the pool
 - Minimum of 5 feet high
 - With self-closing & self-latching gates
- Frequently check fences, gates, and alarms to ensure they do not need repair or batteries replaced
- If a child is missing, check the pool first, **seconds count**
- Floatation devices are not a substitute for adult supervision
- Don't assume someone else is watching your child -- not even a lifeguard. A lifeguard must watch every swimmer
- Never prop open the pool gate or lean an object against the gate that a child could climb
 - Chairs and other objects could be used to climb into a fenced pool area
- Don't expect swimming lessons or life preservers to make your child "water safe"
- Don't depend on hearing a child if they are in trouble. Most drownings are silent. The child does not scream or splash
- **Teenagers and adults -- It is never too late to learn to swim!** Swims Foundation offers adult swimming lesson coupons at: <http://swimsfoundation.org/adult-swim-voucher-program/>



10 free 30-minute water-safety classes over a two-week period, taught by certified water-safety instructors 954-357-SWIM (7946).
SWIMCentral@Broward.org



The Children's Services Council of Broward County has partnered with Broward County's SWIM Central program to provide a coupon with a value of \$40 to help off-set the cost of swimming instruction for children and their families. For pool locations and to request your coupon please visit : <http://www.watersmartbroward.org/swim-instruction/swim-coupon/> or call 954-467-4700.



Things to teach your children!

- 🚫 Do not go near a pool without an adult
- 🚫 If someone else needs help in the water, do not go in the water after them. Get an adult
- 🚫 If you fall in the pool, do not be afraid, find a wall and hold on, yell for help

Practice water safety drills with your child. Practice in a bathing suit, and in clothes and shoes.



Drowning Facts

- 🚫 Drowning occurs in as little as 2 minutes²
- 🚫 Irreversible brain damage can occur within 4 minutes
- 🚫 Most children who die are under the water for as little as 6 minutes

Content source: ¹ <http://www.watersmartbroward.org/wp-content/uploads/2015/07/Water-Smart-Parents.pdf>; ² <http://www.watersmartbroward.org/http://www.broward.org/Parks/ProgramsClasses/Pages/SwimCentral.aspx>; <http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/water-safety>, ³ <http://health.usf.edu/publichealth/chiles/fpgc>

Always consult your physician before making any changes to your lifestyle or healthcare routine.

Pregnancy Corner

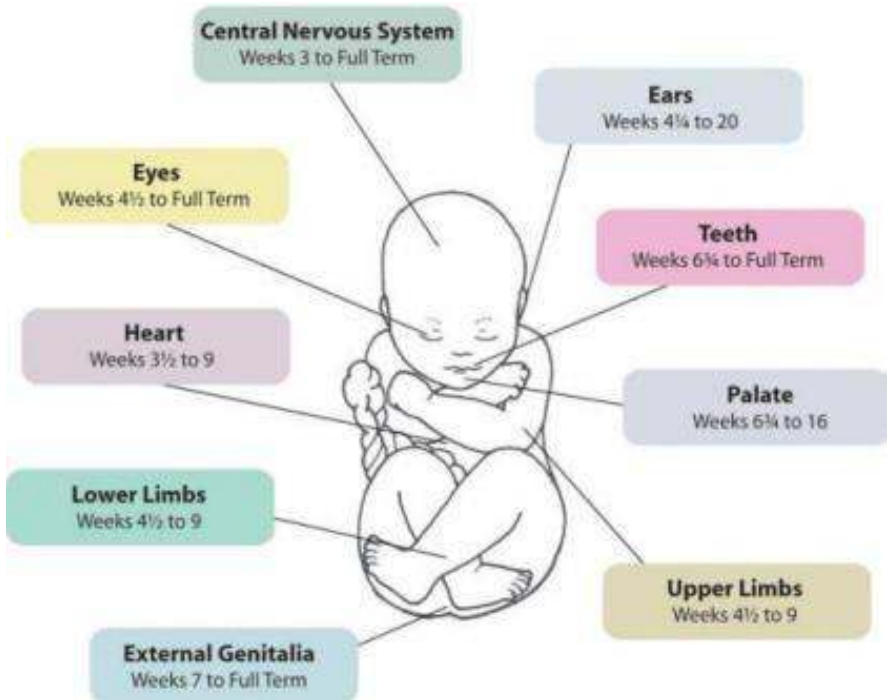
IN THIS ISSUE: FETAL DEVELOPMENT, LARC, OB CASE MANAGEMENT

Did you know?

Your baby starts to grow in the first few weeks of life.

Important changes begin in the first few weeks of being pregnant. Seeing your doctor, as soon as possible, is vital to your baby's development.

Prenatal vitamins with folic acid, help to prevent serious health problems.*



*Always talk to your doctor before starting or stopping any vitamin supplements or medications.

LARC: A safe choice for new moms

Having children too close together can be dangerous. During a pregnancy, your body goes through a lot of changes. After you give birth, you need time to heal.

Did you know, that your doctor can help to protect you? Right after delivery, your doctor can insert a device that will prevent a new pregnancy. These devices are safe and highly effective. LARC stands for “long-acting reversible contraceptive.” This type of birth control can protect you for up to 3 to 5 years. It can also be removed before then, if you are ready for another pregnancy. Two types of LARC are available. Intrauterine devices (IUD) and progesterone implants³. Talk to your doctor about which type is best for you.

Pregnant?

- If you are or think you may be pregnant, CCP has someone to help you. Please call **1-866-899-4828** to let us know you are pregnant.
- An **OB nurse case manager** can help you along the way.

This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-800-424-0328, Monday through Friday from 8:00 am to 7:00 pm ET. Esta información está disponible gratis en otras lenguas. Por favor contacte a nuestro departamento de servicio al cliente al 1-866-554-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00 am a 7:00 pm.