



# Medicine Cabinet Alert!

Telephone Directory

Customer Service

(941) 748-4501  
ext 6415 and ext 6417  
(941) 741-2960

Employee Health Benefits  
(941) 748-4501 ext 6403

Member Advocacy  
(941) 748-4501 ext 6407,  
ext 6409, and ext 6411

Lifestyle Assistance and  
Modification Program (LAMP)  
(941)741-2995

Diabetes/Nutrition Program  
(941) 748-4501 ext 6410

Communications Coordinator  
(941)748-4501 ext 3967

Fitness/Exercise Programs  
(941)748-4501 ext 3979

Pharmacy Advocate  
(941) 748-4501 ext 6406

Prescription Solutions  
(800) 797-9791

Precertification  
(941) 741-2963

March is Children's Health Month




**Sick child? Here's what NOT to give them:**

Cold and cough are some of the most common health conditions experienced by children, but the FDA no longer recommends cough and cough medicines for children under 2 years old. Some of the medicines that are **not recommended** are: cough suppressants (dextromethorphan), nasal decongestants (pseudoephedrine, phenylephrine), and antihistamines (diphenhydramine, chlorpheniramine). It's still okay to use a pain/fever reliever like acetaminophen (Tylenol) or ibuprofen (Advil or Motrin), but read the package carefully. These medicines have different dosage forms for different ages – don't use the same medicine for an infant (i.e. drops) that you would use for a toddler (liquid) or an older child (chewable tablets).



Why did the FDA take this action? Recently, the FDA found that kids may mistake some cough and cold medicines as candy, leading to accidents. The dosage and directions on these products can be confusing. From 1969 to 2006, there were 123 deaths linked with cough and cold medicines in children. In addition, there is very little proof that these medications help with cough or cold in children. Just because a medication works in adults doesn't mean it will work in kids.

If your child is an infant younger than 3 months old, call the doctor at the first sign of sickness. For older infants and children, you can help them feel better by doing these:

-  Give your child lots of water
-  Use Saline Nasal Sprays to help loosen mucus
-  Use a room humidifier or vaporizer

If your child has a fever above 103°F for one day, 100°F for 3 days, ear pain, or a cough that goes on longer than 1 week, call the doctor.

### That's a Head Scratcher!

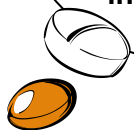
Head lice are the 2<sup>nd</sup> most common communicable disease among school aged children (1<sup>st</sup> is the common cold). Having head lice is not a sign of being unclean or having bad personal hygiene. The tiny, wingless insects are most often passed from child to child by sharing personal items or coming into close contact with others. An itchy scalp and rash on the neck are usually the first signs that your child may have lice. Lice on the scalp can usually be found behind the ears and at the base of the neck. While lice are about the size of a strawberry seed, their eggs (nits) are large enough to see if you're looking for them. They look like dandruff, but cannot be easily brushed out of the hair. The good news is, an over the counter shampoo made to get rid of lice is usually enough to take care of the problem. If an OTC product doesn't kill the lice, your child's doctor can usually prescribe a medicine. The chart below lists some of the products available for dealing with head lice.

Over the Counter (OTC) Products			
Product Name	Generic Name	Formulation	Precautions
Rid, Pronto, A-200	Pyrethrin	Shampoo	Not meant for children less than 2 years old.
Nix	Permethrin	Shampoo	
Prescription Products			
Ovide	Malathion	Serum	Avoid in newborns/ infants
Elimite	Permethrin 1% Cream	Cream	
Kwell, G-Well	Lindane	Cream, lotion, or shampoo	Not recommended if child weighs less than 110lbs
Stromectol	Ivermectin	Tablet	Only used when other remedies fail

Talk to your doctor about selecting the lice treatment that is right for your child!

### New Generics!

Manatee members pay \$0 copay for all generic medications at MHN Preferred Network Pharmacies! Several brand medications are now available as generics or will be soon, including:



### Brand Name

Vfend

Femhrt

Rythmol SR

Lotrel 5/40 and  
10/40 mg

### Generic Name (\$0 copay)

Voriconazole

Jinteli

Propafenone SR

Amlodipine  
Besylate-Benzepiril

### Used For

Infections

Menopause  
Symptoms &  
Osteoporosis

Arrhythmias (Rapid  
Heart Beat)

High Blood  
Pressure

### Poison Prevention in Children

Even with childproof containers, poisoning in children and toddlers is a major problem. Because younger children are curious, they may put many unsafe things in their mouth. Poisoning can occur not only with medications but also with common household items such as cleaning supplies and cosmetics. Therefore, it is important to store ALL of these items locked and out of the reach of children.

#### Unsafe Household Items Include:

- Toilet cleaner and bleach
- Dish washing products
- Oven cleaner
- Medicines
- Cosmetics
- Plants
- Bug Spray
- Art supplies
- Alcohol

### Household Poison Prevention Tips

- Use child safety locks where unsafe household items are stored.
- Keep chemical products and medications in their original containers.
- Buy child-resistant containers when possible.
- Do not throw away medications where children can find them.
- Store handbags out of reach of children.
- Keep medications out of reach of children and talk to your doctor before giving any medications to your child.
- Did you know that Benadryl can be toxic with as little 7.5mg or 3 tablets in a child that weighs 22 pounds? Four extra-strength Tylenol tabs can cause liver damage in the same child, and 4 teaspoons of Vicks VapoRub contains enough camphor to be lethal in a small child.



**POISON  
Help**  
1-800-222-1222

If you suspect your child has been poisoned, call the nationwide poison control center.

If you think your child has been poisoned, call the nationwide poison control center at 1-800-222-1222. If your child has collapsed or is not breathing, call 911 right away!

#### **Manatee Health Disclaimer**

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions—only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

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