



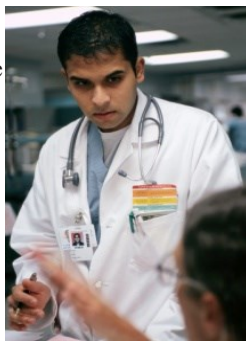
**IMPORTANT INFORMATION  
for  
SOONERCARE CHOICE Members  
MEMBERS**

**Your Provider will give you a phone number you can call 24 hours a day, 7 days a week.**

**Call that number before you go to the ER if you are experiencing an urgent matter.**

**CONTACT YOUR PROVIDER IMMEDIATELY IF:**

- Your baby is less than three weeks old or was more than three weeks premature and has coughing or noisy breathing.
- Your baby is less than three months old or was more than three weeks premature and has a fever of 101 degrees F or 38.3 degrees C or higher.
- You or your baby or child is struggling to breathe (e.g. looks like he/she just ran up a flight of stairs) OR is unable to breathe and eat/drink comfortably OR has very noisy breathing.
- Coughing started after having a small object in the mouth OR starts while eating and persists for more than a few minutes.
- You or your baby or child has a high fever (103 degrees F or higher) is accompanied by a rash or a severe headache.
- You or your baby or child has extreme shortness of breath or wheezing that is growing worse.
- You or your baby or child has retractions (you can see the spaces between the ribs with each breath) or flaring ( nostrils increase in size with each breath).



**Contact your Provider during normal business hours to make an appointment if you or your baby or child has these symptoms:**

- Persistent coughing that includes a fever of 100 degrees F (or slightly higher but less than 103 degrees F).

- If an older baby, child, or adult has a high fever (101 degrees F or higher) with coughing, congestion, sore through AFTER you have given the age-based recommended dose of Tylenol or ibuprofen.  
**IMPORTANT: Ask your child's Provider before giving any fever-reducing medicine to an infant or child for the first time and NEVER give aspirin to a child under the age of 18 because of the risk of Reye's syndrome, a dangerous brain disease.**
- Mild shortness of breath.
- Coughing up greenish or yellowish mucus.
- Chest pain or wheezing.
- Throbbing sinuses, facial pain, or pain in his/her teeth.
- Any of the above symptoms lasting for more than a day without improving.

**Things you can do to help manage you or your child's upper respiratory infection:**

- Adults and older children should eat foods high in Vitamin C and zinc, as these help strengthen the immune system and fight off infections. Examples of food high in these nutrients are various fruits and vegetables (such as citrus fruits, kiwi, cantaloupe, broccoli, tomatoes, potatoes, spinach or green peas). Breast milk or Provider-approved formula should meet your infant's nutritional needs.
- Gargling with lukewarm salt water should relieve throat discomfort.
- Offer/drink lots of water to keep respiratory secretions liquefied and to replace fluid loss. Herbal teas or oral electrolyte solutions such as Gatorade may also be used.
- Do not allow smoking anywhere around your child because smoke exposure can cause respiratory problems and make existing ones worse.
- Get adequate rest and maintain good hygiene including frequent hand washing and covering the mouth when coughing or sneezing.
- Never use an antibiotic prescribed for someone other than the child or adult with the respiratory infection.

**Things you can do to help prevent upper respiratory infections:**

- Encourage frequent hand-washing to prevent colds, which can lead to upper respiratory infections.
- Have your child immunized. Vaccinated children have fewer upper respiratory infections.
- Do not smoke and avoid ALL exposure to tobacco smoke.

**REMEMBER: Go to the Emergency Room only if:**

- Your Provider directs you to do so.
- or-
- Due to unusual circumstances beyond your control, you cannot reach your Provider AND your symptoms match those listed in the CONTACT YOUR PROVIDER IMMEDIATELY section.



**Central Communities  
Health Access Network  
P.O. Box 850952  
Yukon, OK 73085  
<http://cc-han.com>**