



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

Preventing Infections

Are Your Child's Immunizations Up to Date for Going Back to School?

Whether your child is starting kindergarten or heading off to college, it is important that they have their needed vaccinations. August is National Immunization Awareness Month! Immunizations and vaccines are an important step in protecting your child against many life-threatening diseases such as Hepatitis A and B, Whooping Cough, and Meningitis. Certain vaccines are required by the state of Florida for all children in kindergarten through 12th grade. While the chart below gives the recommended ages for vaccination, if these ideal dates are missed, parents should still contact their child's doctor about make-up vaccines at a later age.

Vaccine	Florida Requirements	CDC Recommendation
Diphtheria, Tetanus, Pertussis (DTaP)	<u>Day Care; Pre-K;</u> K-12: 4 or 5 doses required for all K-12 children <u>Seventh Grade:</u> Children entering, attending, or transferring to the seventh grade or higher in Florida schools are required to have a Td or Tdap booster	-1 st dose at 2 months, 2 nd dose at 4 months, 3 rd dose at 6 months, and 4 th dose at 4-6 years
Hepatitis A	Not Stated	1 st dose at 1 year; 2 nd dose at least 6 months later
Hepatitis B	<u>Day Care, Head Start, Kindergarten/ Seventh Grade:</u> 3 doses required for entry	-1 st dose at birth, 2 nd dose at 1-2 months, 3 rd dose at 6-18 months
Hib	<u>Day Care:</u> the number of vaccines is age dependent on the CDC recommendations	4 doses- 1 st at 2 months, 2 nd at 4 months, 3 rd at 6 months, and 4 th at 12-15 months
Measles, Mumps, Rubella (MMR)	<u>Day Care; Head Start;</u> Kindergarten/ Seventh Grade: a second dose of vaccine, given at least one month after the first, is required prior to entry <u>College/University:</u> required for all new enrollees in public universities	-1 st dose given at age 12-15 months with the 2 nd dose preferably given at 4-6 years
Meningococcal	<u>College/University:</u> All college and university students who live in dorms are required 1 dose or student must sign a waiver	Recommended at 11-12 years of age
Pneumococcal	<u>Day Care:</u> for children ages 2-24 months	Recommended 1 st dose at 2 months, 2 nd at 4 months, 3 rd at 6 months, and 4 th at 12-15 months
Polio	<u>Day Care, Head Start;</u> K-12: 4 doses required for all K-12 students unless the 3 rd dose was given after the child's 4 th birthday (then only 3 doses required)	-1 st dose given at 2 months, 2 nd at 4 months, 3 rd at 6-18 months, and fourth at 4-6 years
Varicella	<u>Day Care;</u> K-12: 2 doses are required	-1 st dose given at 12-15 months with 2 nd dose given at 4-6 years.
Human Papillomavirus (HPV)	Not Stated	-Protects against various kinds of cervical cancer for females -Given as 3 injections between ages 11-12
Influenza	Not Stated	-Recommended yearly for all children

Did You Know?

Only 1 in 3 Florida teens have received the Meningitis vaccine.

If your child is 11-18 years old, make sure they get this vaccine!

*The State of Florida requires all K-12 students receive the following vaccinations: DTaP, Hepatitis B, MMR, Polio, & Varicella

Medicine Cabinet Alert!

What insect repellents work best?



Do you ever feel overwhelmed or confused when searching for the right bug spray to keep you and your family bug bite-free? Here is a simple guide to help stop the itch.

DEET – products containing DEET (OFF!, Cutter, etc.) work very well and come in different concentrations. The higher the concentration, the longer it will last. DEET 30% lasts roughly six hours and DEET 10% lasts about 3 hours. Safe in adults and children over 2 months.

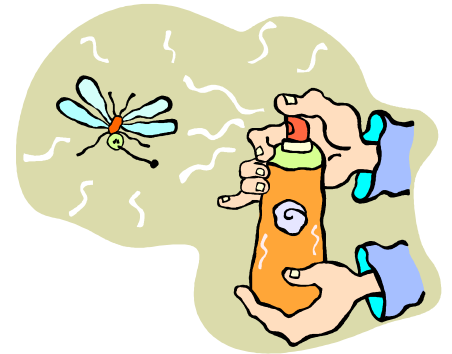
Picardin – a very good alternative to DEET. Picardin (Cutter Advanced, Natrapel, etc.) won't irritate skin or hurt plastics or clothing either. Products containing higher concentrations of Picardin will last longer. Adults can use Picardin 20% while Picardin 5-10% is a good choice for kids over six months old.

Oil of Lemon Eucalyptus – a great choice for people wanting to use a “natural” bug spray. Oil of Lemon Eucalyptus (Repel Lemon Eucalyptus, etc.) offers protection lasting up to six hours but should not be used on kids younger than three.

Permethrin – this product is used along with other bug sprays to increase protection from mosquitoes, ticks, and other insects. You should always spray permethrin (Repel Permanone, etc.) onto clothing and NOT onto skin. Other materials that are a good idea to protect with permethrin are shoes, bed nets, and camping gear. This bug spray stays on clothes even after many washes so you won't have to reapply as often.

Tips for avoiding bug bites and ticks:

- If you already have bug spray on, and you start to get mosquito bites, it is time to reapply. Follow the instructions on the label closely.
- Ticks like wet environments near wooded or grassy areas. If you are going to be outside in an area like this, wear light-colored clothing so you can see ticks crawling on you, tuck your pant legs into your socks, and always walk in the center of trails.
- When using sunscreen and bug spray together, apply sunscreen first, so it can soak in. Avoid products containing both sunscreen and DEET insect repellent because bug spray does not need applied as often as sunscreen.



Think colds and infections only happen in the winter? Think again!

With the increasing warm weather comes increasing picnics, and this means food poisoning and food-borne illnesses are on the rise. Additionally, insect and tick bites are more common in the summertime and can lead to Lyme Disease and Rocky Mountain Spotted Fever. Children who swim in warm, polluted and stagnant water, such as that found in some lakes, or in poorly chlorinated swimming pools, also have a higher chance of contracting *Naegleria fowleri*, one type of bacteria that can cause meningitis. While we all enjoy the summer, be alert to these illnesses, and seek treatment immediately if needed! By taking precautions such as refrigerating picnic foods immediately and wearing insect repellent, many of these illnesses can be avoided.

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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