



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

July 27, 2021

We know life may be challenging right now and we want you to know your Henry Ford pediatrician is still here for you. Below we have collected articles and resources we think you might find helpful. Information in our newsletters is yours to use when it is helpful to you and yours to disregard when it is not. We hope you and your family are staying safe during this pandemic.

Personal Hygiene

Teaching your child about [personal hygiene](#) helps them learn how to keep their bodies clean and free from certain health conditions. Many issues such as rashes, infections and tooth decay can be traced back to [poor personal hygiene](#). There are [steps you can take](#) to help your child learn to take responsibility for their own hygiene. The picture below can help you to determine which areas of personal hygiene to focus on. Here are [some tips](#) to help if your child is resistant to personal hygiene.



Vaccine Catch-Up

Throughout the pandemic, many children fell behind on their vaccines. In the State of Michigan, 22% less vaccines were administered last year compared to the previous year. This is understandable; it has been a scary time. As the start of the school year approaches, many schools are going back to in-person classes. It is important that your child be up to date on their [vaccines](#) and [well-visits](#). If you do not currently have a Henry Ford pediatrician, go [here](#) to find the right one for your child. Vaccinations not only protect your child from deadly diseases, but they also keep other children safe by eliminating or greatly decreasing dangerous diseases that can spread from child to child. To schedule an appointment, call [\(800\) 436-7936](tel:8004367936).

Peer Education Program – Opportunity for Teens

The School-Based & Community Health Program's Health Education team facilitates a curriculum to high school students called Taking Pride in Prevention (TPIP). This curriculum focuses on topics such as healthy relationships, STI/HIV prevention, pregnancy prevention, and goal setting. Each year the health education team hires a group of high school students to be peer educators. This group of students will be trained to facilitate the TPIP curriculum to their peers, facilitate community presentations, and do various forms of community service. The peer education program is a paid position and would be a great opportunity for a high school student looking to get into the medical or public health career field. The application can be found [here](#). If there are any additional questions please contact Amy Gallagher at agallag1@hfhs.org or Chanel Killebrew at ckilleb1@hfhs.org.

The Cut Curb Effect



The [Cut Curb Effect](#) is what happens when a change made to help a group of people with a specific issue ends up helping everyone. Its name comes from the cut curbs seen at intersections and other places where people need to move from the sidewalk to the street. Cut curbs were originally installed to make it easier for people who use wheelchairs. But it turns out that anyone pushing a cart or stroller benefitted. The same can be said for how [everyone benefits](#) from the Americans with Disabilities Act. By embracing special needs, we find a way to make life easier for everyone. This is why [focusing on inclusive design](#) is important for everyone.


Mosquitos

If you think [mosquitos are worse](#) this year, you are right. Prevention is your best method of attack. Staying inside is the best way to avoid mosquitos, but make sure your screens, windows and doors don't have any gaps or holes. Of course, for many people, summer is about enjoying the outside. There are ways to [treat your yard yourself](#) or you can hire a professional. Make sure you remove any places where standing water can accumulate. Wearing [proper clothing](#) is also helpful. Using a chemical repellent can also be important. It's understandable that many people don't want to use harsh chemicals around children, but the American Academy of Pediatrics has [these recommendations](#). If your family does end up with mosquito bites, here are some [home remedies](#) to treat them. Always remember, if you are concerned about a reaction to a bite or the area looks infected, talk to your doctor or call the My Care Advice Line at [\(844\) 262-1949](tel:8442621949) to speak with a registered nurse.

PREVENTING MOSQUITO BITES

Mosquitoes can do more than just annoy you. They can also spread dangerous diseases, like Zika, West Nile virus and dengue. Check out these tips to prevent bites:

- 
Use bug repellent
 Make sure it contains FDA-recommended ingredients, like DEET.
- 
Dress to protect
 Wear long sleeves and pants to cover your arms and legs.
- 
Avoid strong fragrances
 Scented lotions and perfumes can attract mosquitoes.
- 
Protect your home
 Make sure that your windows have screens to prevent mosquitoes from getting inside.
- 
Throw away standing water
 Mosquitoes breed in water, so empty water collected in rain gutters, buckets, toys and other locations outside.


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HIPAA Laws

Many people have heard the term “HIPAA” when dealing with medical situations, but what exactly is HIPAA? HIPAA stands for [The Health Insurance Portability and Accountability Act](#). HIPAA was created to ensure healthcare providers, healthcare clearing houses, and health plans, could not disclose sensitive patient information without the patient’s consent or knowledge. Information that cannot be disclosed under HIPAA includes personal information such as name, address, and Social Security number, medical records, test results and various other health care related records. Under HIPAA laws, [patients also have various rights](#), such as, asking for and obtaining a copy of your medical record, receiving notice and giving permission about how your health information may be used and/or shared, and making corrections to your medical records.

What exactly is covered under HIPAA can be confusing. It is very common to hear people say things like “that’s a HIPAA violation.” However, [many things that people think are violations often are not](#). For example, asking someone their vaccination status, for any vaccination, not just COVID-19 vaccines, or requiring proof is not a HIPAA violation. A HIPAA violation would occur if a healthcare provider gave a person’s vaccination status to someone without the patient’s consent.

Are there other topics you are interested in and would like to learn more about? If yes, please e-mail us at ParentConnection@hfhs.org or to unsubscribe.