# IMPORTANT NAMES & NUMBERS

**Emergency: 911 or** 

**Poison Control Center:** 

**Hospital ER Ph #:** 

**Doctor's Name/Ph #:** 

Dentist's Name/Ph #:

**Mom's Cell Number:** 

**Dad's Cell Number:** 

**Mom's Work Number:** 

**Dad's Work Number:** 

**Emergency Contact:** 

Name:

Number:

What you need to know in an emergency:

Download a chart from the Health & Safety page at parenthelpline.org. Fill in a chart for each child. Keep this chart in a special place where you can find it if you need it. You need to know the following:

- Your doctor's name and phone number.
- Your child's height and weight.
- Medications your child is currently taking. Know the dosages. Doctors need to know this **before** they can give your child more medicine.
- Your child's allergies to medications, insect stings and foods.
- Past or present problems, surgeries and hospital stays.
- Immunizations your child has had and any reactions from the immunizations.

#### TEACH YOUR CHILD HOW AND WHEN TO CALL 911

- 1. Explain what an emergency is. For example, a fire, an unconscious family member...
- 2. Ask your child, "What would you do if we had a fire in our house?" or "What would you do if you saw someone trying to break in?"
- 3. Practice how to dial and what to say.
- 4. Tell him to make the call if he is not sure if it is an emergency or if the adult is not able to talk.
- 5. Talk to younger children about emergency workers. Discuss how firefighters, police, paramedics, doctors, and nurses help people in trouble. Never dial 911 for fun.

We listen.
We can find you help.
217-544-5808
1-888-727-5889

10 a.m. to 10 p.m. 7 days a week

www.parenthelpline.org





In partnership with the SIU School of Medicine

## Keep Your Kids Safe . Healthy . Happy

This information brought to you by Parent Help Line at St. John's Hospital through a grant from KOHL'S.

### **Your Family Deserves a Medical Home**



# A medical home is a doctor's office that takes care of you and your family.

## You call your doctor when you:

- Need a health check-up or school physical
- Need shots immunizations
- Are sick or hurt
- Have questions about behavior
- Have an emergency.

## A doctor who always sees you or your child

- Knows your home and health history
- Can make more informed decisions about care and treatment.

## Choose and visit a family doctor before you get sick.

#### How to Find Medical Care

Call the Parent Help Line at St. John's Hospital at 217-544-5808 or 888-727-5889. We can help you find:

#### A doctor

- Capitol Community Health Center, 217-788-2300, 2239 E. Cook—Serves families with AllKids, Medicare, Medicaid, or insurance.
- Sangamon County Medical Society, 217-525-0765—Helps you find a doctor.

#### A ride to a doctor

- Dept. of Human Services, 217-785-7921—Bus passes for people on public assistance (choose a doctor on a bus route)
- First Transit, 877-725-0569—Helps if no bus service is available or you cannot use a bus. Call to see if you qualify.

#### Medicine

- Kumler Neighborhood Ministries, 217-523-2269, 600 N. 5th St.
- Catholic Charities, 217-241-0214, 700 N. 7th St.
- Call your doctor. Ask about drug company help.

#### Resources to help pay for medical care

- AllKids, sign up at Care Center, 217-525-5630
- Catholic Charities Crisis Office, 217-523-4351
- Capitol Township, 217-525-1736
- Dept. of Human Services (Medicaid), 217-782-0400
- Division of Specialized Care for Children, 217-524-2000 or 800-946-8468
- Sangamon Co. Community Resources, 217-535-3120

#### Programs to help families

- Phone numbers to call
- Questions to ask and answer

## **Is It An Emergency?**



A hospital emergency room is for *critical health problems*. The ER staff treats serious injuries and illnesses first. This could include a stroke, a heart attack or a bad accident.

- They are not for routine illnesses.
- They do not work on a first-come, first-served basis.

ER patients may wait quite a while to see a doctor. In fact, the average wait is two hours.

# Until you find a doctor, you can get well-child physicals and immunizations at your county Department of Public Health.

- For physicals, you must have an appointment. Immunizations also available. Call 217-789-2182, 1415 East Jefferson for Sangamon County.
- For immunizations only (no physicals) - call 217-535-3100, 2501 N. Dirksen for Sangamon County.

#### Your doctor should decide.

#### Call your primary doctor for:

- Colds, cough, sore throat, flu.
- Earache.
- Minor cut that may need stitches.
- A broken bone.
   Call your doctor to
   see if he can treat
   you the same day.
   The doctor may
   send you directly
   to a bone doctor.
- A sprain.

- An animal bite.
   You may need a rabies shot.
- A bad sunburn or minor burn from cooking.
- An insect sting or delayed swelling from a sting.
- A skin rash.
- Fever
- Stomach ache, diarrhea.

#### Take your child to an emergency room for:

- Loss of consciousness.
- Breathing problems.
- Bleeding that does not stop after 10 minutes of direct pressure.
- Sudden, severe pain.
- A Poison Control Center call 1-800-222-1222 that tells you to go.
- A severe reaction to an insect bite or sting, or to a medication.

- A major injury, such as head trauma.
- A child who does not respond, stay awake, know his name or where he is.
- A seizure.
- Coughing up or vomiting blood.
- Vomiting—cannot stop vomiting or keep fluids down.
- Talk about suicide.

### **Never Shake Your Baby**

Shaking a baby is harmful and can be deadly. It causes brain damage.
When you

shake your baby, the force on his brain is 5-10 times more than when he trips and falls. This force causes brain tissue to tear and bleed.

People are more likely to shake a baby who is crying.

All babies cry. When your baby cries and you feel frustrated, put your baby in a safe place — a crib, bed, or baby seat and:

- Call Parent Help Line
- Call a friend or family member for help
- Call your **baby's doctor**. Your baby may be sick.

When your child cries, Take a Break — Don't Shake.



# Teens Need Parents ... and Doctors

Teens make many big decisions that affect the rest of their lives.

- Alcohol
- Smoking
- Drugs
- Violence
- Dating

Talk to your teen daily. Find out what is going on in his life. If you think your teen is struggling with a problem and you do not know what to do, your doctor can help.

- A doctor can talk to your teenager about health issues.
- A doctor can talk to you and offer advice, support, and resources that can help.

#### All Kids Healthcare for

AllKids is a health insurance program for children and pregnant women who do not have Medicaid or private medical insurance.

For more information or to sign up, call the Care Center at 217-525-5630, AllKids at 866-255-5437 or TTY: 1-877-204-1012, or visit www.allkids.com.

AllKids will help you and your doctor keep your family healthy.

## Did You Know?

Children of smokers have more health problems. Prevent asthma attacks and ear, sinus and lung infections. Do not smoke around your child.

Second-hand smoke can also cause lung cancer. Your doctor and the American Lung Association can help you quit smoking.



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