



Wyoming  
Department  
of Health



Division of Healthcare Financing

Spring

2023

# Health Check

## Tips to reduce spring allergy symptoms

Check out these tips and tricks to help ease spring allergy symptoms in children



Seasonal allergies, also called hay fever, are among the most common allergies in the United States. Hay fever results from an allergic reaction to pollen. Depending on the type of pollen your child is allergic to, he or she may only be affected at certain times of the year.

What causes allergies in the spring?

## What causes allergies in the spring?

Tree pollen is a common trigger of spring allergy symptoms. Allergens can vary by region, but the trees responsible for many spring allergies include ash, birch, elm, pine, oak, pecan, hickory, poplar and walnut trees. For instance, a child with a birch pollen allergy will have increased symptoms in the spring when birch trees are in bloom. Other allergies will peak during different seasons. Kids with grass allergies will be hit hardest during the summer, and those with ragweed allergies will suffer most in the fall.

## What are the symptoms of spring allergies?

Signs children have spring allergies include:

- Congestion or sinus pressure
- Runny nose or irritated nasal passages
- Itchy, watery eyes
- Scratchy or sore throat
- Cough
- Swollen, bluish-colored skin beneath the eyes
- Reduced sense of taste or smell

Spring allergies may be just an annoyance for a child with mild symptoms. However, severe pollen allergies can affect kids' schoolwork and prevent him or her from playing outdoors. Symptoms of hay fever usually diminish as children age. The best way to prevent allergy symptoms is to avoid the allergen, but at certain times of year, that may be difficult.

## How to help a child with spring allergies

- Keep your child indoors on days that are both dry and windy
- Don't ask your child to do yard work or other outdoor chores during peak spring allergy season
- Remove and wash clothing that your child has worn outside
- Have your child shower or bathe when coming in from outside
- Keep doors and windows closed when pollen counts are high (check your local weather) and use air conditioning to keep your car and home cool
- Buy a portable high-efficiency particulate air filter (HEPA) or dehumidifier or both
- Combat dust mites by vacuuming your home often (using a machine with a HEPA filter)
- See an allergist for medical advice, to be properly diagnosed and discuss allergenic triggers

These tips can help reduce children's seasonal allergies year-round. See an infographic for more tips to [fight seasonal allergies](#).

## What is the best spring allergy medicine?

Because spring allergies are common, there are many medications available to treat allergy symptoms. If high pollen counts are in the forecast, ask your physician if you should start giving your child allergy medications before symptoms begin. Medications to treat hay fever symptoms include:

- Antihistamines, such as Benadryl or Claritin
- Decongestants including Afrin and Sudafed
- Combination antihistamine and decongestant medications like Actifed or Claritin-D

Nasal irrigation with a squeeze bottle can help flush pollens from your child's nose as well. Eye drops may help ease eye irritation.

## Learn more

The allergy specialists at Children's Health  can help diagnose and treat seasonal allergies. [Learn more about our Allergy program and services](#).

This article can be located online at:

<https://www.childrens.com/health-wellness/8-tips-for-preventing-allergies>



Wyoming Medicaid Travel Assistance benefit funds can assist Medicaid Members getting to and from medically necessary appointments should the Member meet certain requirements.

For more information on member requirements and travel rules please review the Reference Guide at the link below:

[https://wyomingmedicaid.com/portal/Travel\\_Assistance\\_Manual](https://wyomingmedicaid.com/portal/Travel_Assistance_Manual)



**\*\*Travel Assistance benefits are not intended to cover the full expense of the trip. \*\***

The Wyoming Cancer Coalition (WYCC) is made up of stakeholders from various sectors committed to decreasing the burden of cancer in Wyoming. Coalition members include cancer survivors and caregivers, non-profit and volunteer organizations, healthcare providers, public health professionals, and others who come together to align their efforts and leverage their resources to meet the WYCC's mission. The WYCC's work is driven and directed by a steering committee, while action occurs through strategic and focused efforts of four workgroups.



## Do you know when to get your cancer screening?



### Females age 21-29

- At age 21, females should have a Pap test every 3 years. HPV tests recommended if Pap test is abnormal.



### Males age 21-29

- No cancer screening recommended at this time. Males at an increased risk for cancer due to family history, genetic disorders or other factors, should speak with their doctor about screenings.

### Females age 30-39

- At age 30, females should get a Pap test with HPV test every 5 years, HPV test every 5 years, or Pap test every 3 years.



### Males age 30-39

- No cancer screening recommended at this time. Males at an increased risk for cancer due to family history, genetic disorders or other factors, should speak with their doctor about screenings.





### Females age 40-49

- Pap test with HPV test should continue every 5 years, HPV test every 5 years, or a Pap test every 3 years.
- At age 40, females at an increased risk for breast cancer due to family history, genetic disorder or other factors should speak with their doctor about screenings.
- At age 45, females at average risk for colorectal cancer should get screenings.



### Males age 40-49

- At age 45, males should screen for colorectal cancer.
- At age 45, males at an increased risk for prostate cancer due to family history, genetic disorder or other factors, should speak with their doctor about screenings.

### Females age 50-64

- Pap test with HPV test should continue every 5 years, HPV test every 5 years, or a Pap test every 3 years.
- At age 50, females should get mammograms every 2 years.
- At age 55, females with a history of smoking should speak with their doctor about lung cancer screenings.



### Males age 50-64

- At age 50, males at average risk for prostate cancer should speak with their doctor about screenings.
- At age 55, males with a history of smoking should speak with their doctor about lung cancer screenings.



### Females age 65 and older



- Mammograms every 2 years should continue until age 74.
- Colorectal cancer screenings are recommended until age 75. At age 76, speak with your doctor about the need for continued screenings.
- Females with a history of smoking should speak with their doctor about lung cancer screenings until age 80.



### Males age 65 and older

- Colorectal cancer screenings are recommended until age 75. At age 76, speak with your doctor about the need for continued screenings.
- Males with a history of smoking should speak with their doctor about lung cancer screenings.

Recommendations based on the U.S. Preventive Services Task Force and the American Cancer Society recommendations for cancer screenings.

122 West 25th St., 3rd Floor West · Cheyenne, WY 82002 · 1.800.264.1296  
info@wyomingcancercoalition.org · wyomingcancercoalition.org



Parents as Teachers is a FREE parental support and child development program! You're welcome to enroll during pregnancy or if you have a child under two years old. After signing up, you'll meet with a certified parent educator who can come to you in your home or meet you out in the community. Together, you'll focus on fun activities to promote child growth, parenting topics like attachment and sleep, and family well-being. These are opportunities to socialize your kiddos and gives you the opportunity to interact with other parents who are on the journey of parenting – just like you!

Parents as Teachers will serve your family through your child's 3rd birthday, or in some circumstances, will support your family until your child turns 5 (or transitions to kindergarten).

You can visit the [Parents as Teachers Website](#) for more information. Or, if you know you're ready to be a part of the FREE program, you can call 307-632-0032 or [complete the referral questions](#), email it to [PAT@wycrp.org](mailto:PAT@wycrp.org), and Parents as Teachers will reach out to you!

---

# 7 Tips for Safe Spring Break Travel

March 16, 2023 | [Wellness & Prevention](#)

## Take stress out of travel by planning health needs ahead

The spring break travel season is here and, according to travel experts, it's going to be a busy one with more Americans traveling than in previous years.

Whether you're packing up the car for a quick road trip or stuffing a suitcase for a voyage abroad, planning ahead can take some of the stress out of travel and help keep you and your loved ones healthy, says [Natalie Ninh, DO](#), a [family medicine physician](#) at [Scripps Clinic Rancho Bernardo](#).



"You'll want to remember your trip for the right reasons and not for any discomfort or illness you experienced along the way that could have been prevented," Dr. Ninh says.

"Assess any risks you might encounter, including high altitude, motion sickness and extreme cold, wind or heat and don't forget to pack any medications your doctor recommends."

With a little preparation, you can make sure your spring break family vacation as easy as it is enjoyable.

## These seven tips will help you get the most of your spring break getaway:

### 1. Increase your protein intake

Sneak some extra protein into your diet if your pre-travel plans include more strenuous workouts to help build muscle. Swap chips for nuts or trail mix, add a hardboiled egg to salads and hit the dairy section for Greek yogurt or cottage cheese. Eating healthy prior to your trip will make you feel a little less guilty about what you eat while you're away.

### 2. Take a daily vitamin to defend against germs

Begin taking a daily multivitamin or vitamin C before you leave and continue while underway to strengthen your immune system and fight off potential bugs.

### 3. Make sure you're up to date

Before you [travel abroad](#), make sure your destination hasn't been impacted by a disease outbreak or natural disaster. You should also confirm whether you or your family members need certain vaccinations prior to leaving.

Check in with your primary care physician or visit a travel medicine clinic near you. Both can help you find out if you need vaccinations or anything else before you go. [Travel medicine](#) clinics offer immunizations, counseling and medicines.

Visit [cdc.gov](https://www.cdc.gov) for the latest travel notices and recommendations for staying safe and healthy.

## 4. Stay hydrated

Make sure you're getting enough fluids in your system to stay hydrated, and if you're traveling abroad, think twice before drinking the water.

"It's best to use store bought bottled water to prevent stomach infection," Dr. Ninh says. "Even something as simple as brushing your teeth with tap water can put you at risk."

## 5. Avoid overpacking

Before you go, make a checklist of everything you need to bring and stick to it. Make sure to include sunscreen and over-the-counter pain relievers if you're prone to headaches or hangovers. A list of your medications, allergies and insurance information could also come in handy.

## 6. Don't neglect good nutrition

Healthy habits don't have to go out the window just because you're away from home.

"Hydration and nutrition are extremely important while on vacation," Dr. Ninh says. "Often, people forget to have a water bottle or healthy snack on hand, which is key for supplying energy to our bodies while we are out and about on a fun-filled day. You don't want to risk becoming dehydrated or having low sugar, which can make you feel sick and turn your dream trip into a nightmare."

## 7. Don't skimp on sleep

If you're flying, take steps to prevent or minimize jet lag. And while on vacation, resist the urge to stay up past your bedtime. Lack of sleep can affect your memory and mood, making you feel groggy and grumpy. It also affects your immune system, making it harder for you to fight off colds and other illnesses.





# Well Child Checkups!

Here at Wyoming Medicaid and Kid Care CHIP, we LOVE well child checkups! These visits may be referred to as a Well Child Checkup; a BrightFutures Visit; a Health Check; or an Early and Periodic Screening, Diagnostic, & Treatment (EPSDT) Visit. They ensure Wyoming children stay healthy by seeing their doctor regularly. We have updated our [Well Child Checkups webpage!](#) You can find information on why well child checkups are important, how often children should see their doctor, and what will be covered during the checkup. (<https://health.wyo.gov/healthcarefin/medicaid/healthcheck/>)

## Why are Well Child Checkups Important?

Well Child Checkups can:

- find health problems before a child looks or feels sick
- help prevent future illness
- help children perform better in school since healthy kids are absent less due to illness

**Better outcomes are possible when a doctor can find and take care of a health problem early!**



### Contact Wyoming Department of Health

For eligibility questions or to enroll call 855-294-2127 or visit <https://www.wesystem.wyo.gov/>

To order a new card or to check for coverage visit myHealth Portal at <https://myhp.wyomingmedicaid.us/memberportal/authenticatePage.action>

To find a Wyoming Medicaid Provider visit <https://www.wyomingmedicaid.com/portal/find-doctor-hospital-or-clinic>