

Community Health News

Over 1,000 sign up for coverage

The Cover Oregon health insurance campaign on the reservation has resulted in more than 1,000 people signing up and qualifying for health insurance, mostly Expanded Medicaid.

The team at the Warm Springs Clinic has been working with tribal members on the health insurance project since October 1 of last year.

Since the start of the campaign, 1018 people have signed up, said Deborah Jackson, IHS business office manager.

Most of the people signed

up with help from the assistors at the clinic. The sign-up team has been diligent in helping people through the application process, said Jackson.

The Warm Springs Health Resource Center and Library is another place where people can go for help.

"It think it's been great," Jackson said. "People have the choice of going to specialty clinics, without Managed Care picking up the cost."

Managed Care has limited funding; so members with

health coverage have more options in where to seek the needed treatment.

Health and Human Services general manager Caroline Cruz has encouraged her branch employees to make sure that all clients seeking service have insurance.

If a person with no coverage needs a service at Community Counseling, for instance, the staff will refer the person to an assistor.

For information call the clinic at 541-553-1196.

Time to check kids for head lice

by Evelyn Aguilar
W.S. Community Health
Education Team

It's that time when we need to go through our young one's hair to check for head lice. The lifespan of average head lice is roughly 40-45 days.

What to look for?

Nits - these are lice eggs. They are oval and usually yellow to white but in darker hair, they're darker. Nits take about a week to hatch.

Nymph - the nit hatches into a baby louse called a nymph. It looks like an adult louse but is smaller. They mature into adults in about seven days after hatching. In order to live, the nymph feeds on blood.

Adult Louse - The adult louse is about the size of a sesame seed, has six legs, and is tan to grayish-white color (almost like dandruff). For people with darker hair color,

the lice are darker. Females lay nits; usually they are bigger than the males. The adult lice can live up to 30 days on a person's head. To live, they feed on blood. If they fall off a person, it dies within 2 days.

Who gets head lice?

The most common age for head lice is 3-10 years of age, because of the close contact with their friends (sharing hats, coats, clothes, hair ties, etc.) But anyone at any age can get head lice. Other contact can be through combs, brushes, towels, lying on bedding, pillows, couches, carpet or a stuffed animal that has recently been in contact with a person with lice.

Symptoms and treatment

Symptoms of having head lice include: A tickling feeling throughout your head, itching (which is caused by an allergic reaction to the bite of the bug), sores on head, and

irritability.

If your loved one has the parasite, please do the following as treatment:

· Wash all clothing, bedding and vacuum the carpeted areas (bedroom and living room)

· Get over the counter medicine for treatment (at IHS). Note: This only works for the adult bugs, not the nit/eggs.

· Comb through the hair with the comb provided from OTC medicine box

· Be sure to go through hair by hand to make sure you gather all eggs

Rules of Head Lice Medicine

When treating lice: Do not use extra amounts of lice medication, Do not treat infested person more than two times with the same medication (see healthcare professional), Do not mix head lice medications.

Symptoms, treatment for kinds of head injuries

by Anita Davis
W.S. Community Health
Education Team

A head injury is any trauma that injures the scalp, skull or brain. The injury may be only a minor bump on the skull or a serious brain injury.

Head injury can be either closed or open (penetrating).

A closed head injury means you received a hard blow to the head from striking an object but the object did not break the skull.

An open, or penetrating, head injury means you hit or were hit with an object that broke the skull and entered the brain.

Head injuries include:

· Concussion the most common type of traumatic brain injury, in which the brain is shaken.

· Scalp wounds, and skull fractures.

Head injuries may cause bleeding:

- In the brain tissue;
- In the layers that surround the brain.

Common causes of head injury include:

Accidents at home, work, outdoors, or while playing sports; falls, physical assault, and traffic accidents.

Most of these injuries are minor because the skull protects the brain. Some injuries are severe enough to require a stay in the hospital.

Symptoms of a head injury can occur right away. Or symptoms may develop slowly over hours or days.

First Aid

Get medical help right away if the person:

- Becomes sleepy;
- Behaves abnormally;
- Develops a severe headache or stiff neck;
- Has pupils (the dark central part of the eye) of unequal sizes;
- Is unable to move an arm or leg;
- Loses consciousness, even briefly;
- Vomits more than once.



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