

THE SUN

MEMBER NEWSLETTER



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Community Member

mm_mnl_0220

CommunityHealthChoice.org
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COMMUNITY

COVID-19 Updates

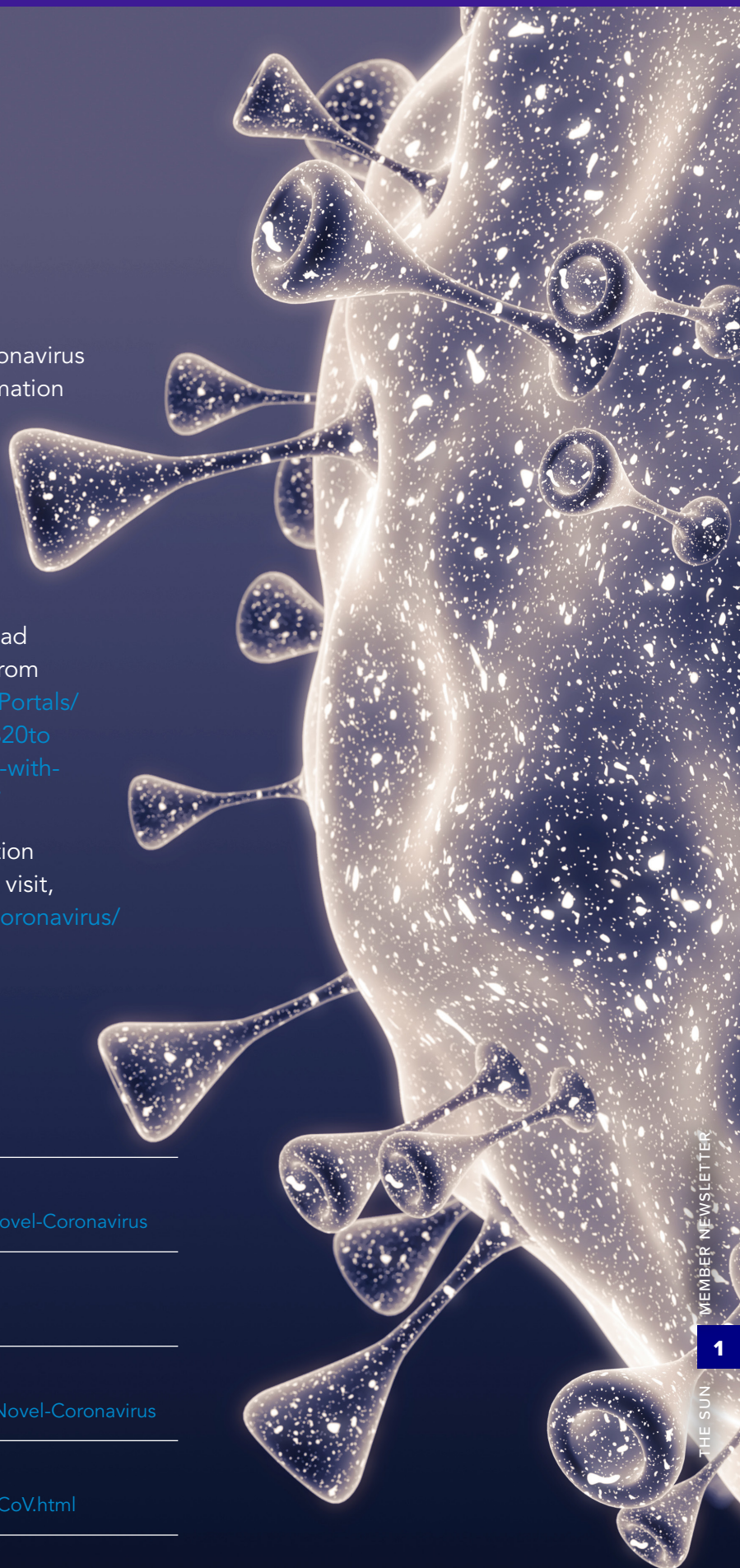
Community Health Choice is monitoring the Coronavirus disease (COVID-19) and the most updated information from the Centers for Disease Control and Prevention (CDC), Texas Department of State Health Services, and the Harris County Public Health Department, to help keep you and your family healthy.

If you think you are sick with Coronavirus (COVID-19), call your doctor. To prevent the spread of the infection, follow these recommendations from the CDC: <http://publichealth.harriscountytexas.gov/Portals/27/Documents/Resources/2019%20nCoV/what%20to%20you%20do%20if%20you%20are%20sick/sick-with-COVID-English.pdf?ver=2020-02-26-093838-047>

We will continue to update you as more information is made available. For COVID-19 updates please visit, <https://www.communityhealthchoice.org/en-us/coronavirus/>

Visit the following pages for resources and guidance on how to stay healthy.

- **Texas Department of State Health Services**
<http://publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus>
- **Centers of Disease Control (CDC)**
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **Harris County Public Health**
<https://publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus>
- **Houston Health Department**
<https://www.houstontx.gov/health/Epidemiology/2019-nCoV.html>



COMMUNITY

You Count!

BE COUNTED IN THE
2020 CENSUS.

The census counts every person living in the United States. The government uses this count to send **money** to the states and cities that need it for schools, hospitals, roads, parks, and other important programs.



The count started



on April 1.

**YOUR COMMUNITY
COULD LOSE ABOUT**

\$1,500

**FOR EVERY PERSON
WHO IS NOT COUNTED.**

That money could be spent on assistance like **healthcare**, **student loan money**, **SNAP**, and **Head Start** that help your whole family.



**YOUR PRIVACY IS
PROTECTED.**

It's **against the law** for the Census Bureau to publicly release your responses in any way that could identify you or anyone in your household. By law, your responses cannot be used against you and can only be used to produce statistics.



United States
**Census
2020**



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CARE MANAGEMENT

Your Heart & Circulatory System

We see and hear about hearts everywhere. A long time ago, people even thought that their emotions came from their hearts, maybe because the heart beats faster when a person is scared or excited. Now we know that emotions come from the brain, and in this case, the brain tells the heart to speed up. So what's the heart up to, then? How does it keep busy? What does it look like? Let's find out.

THE HEART IS A MUSCLE

Your heart is really a muscle. It's located a little to the left of the middle of your chest, and it's about the size of your fist. There are lots of muscles all over your body — in your arms, in your legs, in your back, even in your behind.

But the heart muscle is special because of what it does. The heart sends blood around your body. The blood provides your body with the oxygen and nutrients it needs. It also carries away waste.

Your heart is sort of like a pump, or two pumps in one. The right side of your heart receives blood from the body and pumps it to the lungs. The left side of the heart does the exact opposite: It receives blood from the lungs and pumps it out to the body.

<https://kidshealth.org/en/kids/heart>



WELLNESS CORNER

Health Education During Wellness Checkups

Age appropriate Health Education/Anticipatory Guidance is one of the important component of your child's wellness checkup. Your child's doctor will provide health education specific to your child's age, which includes information about the benefits of healthy lifestyles and practices that promote injury and disease prevention. It also gives you a chance to ask questions and discuss any issues of concerns you might have regarding your child's overall health and development. Please make sure to take a list of questions that you want to ask your child's doctor at their next appointment.

Children of Traveling Farmworkers

If you have traveled to work on a farm or fields to prepare crops, grow fruits and vegetables, plant trees, raise or care for livestock, or prepare dairy products in the past 2 years then your children enrolled in STAR program, birth through age 17, are considered Children of Traveling Farmworkers. Your children can receive their wellness checkup before they travel with you to the next farm job. Call you child's doctor today or Wellness Services at 713.295.6789.

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Visit our Wellness Corner for even more helpful information!

CommunityHealthChoice.org > [Member Resources](#) > [Wellness Corner](#).

COMMUNITY HEALTH CHOICE

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