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WHOLE you

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Welcome!

Welcome to another edition of Whole You, a newsletter from Arkansas Total Care.

In this issue, Arkansas Total Care is bringing you plenty of useful articles. You'll learn about tips to avoid back-to-school germs, places to go for immediate care options, and breakfast foods to fuel your body.

Arkansas Total Care hopes you enjoy our latest edition of Whole You and that it helps you take care of your whole health



Avoid Back-to-School Germs

Help kids learn how to protect themselves from germs as they head back to school. Here are a few hygiene tips to keep in mind as they return to the classroom.

Scrub Away. Washing hands is one of the best ways to keep germs from spreading and help keep kids healthy. Teach your child to wash with soap and water every time. They should scrub their entire hands, front and back, for at least 20 seconds. Always wash hands:

- Before and after eating
- After using the restroom
- After playing outside
- After sneezing or coughing
- After playing with an object that many have touched, like a toy or ball

Children can be forgetful. It is a good idea to keep hand sanitizer in their backpack or desk to help keep hands clean.

Educate Early. Before your kids head to school, talk with them about where germs live and how they spread. Some areas where germs like to hide in schools are water fountains, lunch tables and trays, computer keyboards, and door handles. Teach your kids about prevention and how to avoid germs as much as they can. Keeping kids healthy in schools can be an important step to limit sick days.

Fight Serious Illness. Check with your child's provider to make sure they are up to date on their vaccinations. Vaccines help prevent serious illness. As a parent, it is important to know what your state requires for kids starting school. But vaccines aren't just for kids! Check with your provider for vaccines for you and your older children. Staying current will help protect your family and those around you from serious illness. Your provider can help you stay informed about what vaccines can help keep you and your family safe.



Strengthen the Immune System. There are many ways to boost your child's immune system. Healthy eating is one of them. Adding more fruits and veggies is a great way to do this. Exercise also helps. Go for a bike ride, take a family walk, or play a favorite activity. And don't forget to get plenty of rest! Lack of sleep raises the chance of catching germs in schools.

Cover Up. A tissue is the best choice when sneezing or coughing. Teach your child to use their sleeve or their inner elbow if they do not have a tissue. It is important to never use hands. This helps to limit the spread of germs.

Walk-In Clinic — When you're sick and your doctor is not available.

These clinics are a good choice when you aren't feeling well and want to be seen in person. They can test and diagnose many common illnesses. Nurse practitioners and physician assistants usually staff them. You can make an appointment online or by calling the clinic.

Walk-in clinics are good for:

- Ear infections or earaches
- Colds
- Flu
- Strep throat
- Sore throat
- Sinus infections

Urgent Care — When you need care fast.

Urgent Care Centers offer quick, effective care for minor injuries and illnesses that need immediate attention but are not life-threatening. Urgent Care has doctors and nurses who can give you a diagnosis and prescription, if needed. You do not need an appointment to be seen.

Urgent Care Centers are good for:

- Severe body pain with fever
- Giving a shot or treating a small wound
- Fixing a simple sprain or broken bone
- Ear infections or earaches
- Cold, flu, sore throat
- Urinary tract infections
- Minor cuts and burns

Emergency Room (ER) — When you have a life-threatening medical emergency.

The ER should be used for life-threatening emergencies. A medical emergency is a sudden illness or condition that could result in serious harm and needs care right away. You will be seen based on how severe your condition is. Examples of a life-threatening condition or possible medical emergency include:

- Bleeding that won't stop
- Sudden inability to see, move, or speak
- Severe pain, including chest pain
- Coughing or vomiting that contains blood
- Convulsions or seizures
- Chemical poisoning
- Loss of consciousness
- Trouble breathing
- Drug overdose

If you have a **life-threatening emergency**, call 911 or go straight to the ER. If you or a loved one are having a mental health crisis, call or text 988 for 24/7, private, cost-free help.

Learn more about your care options at ArkansasTotalCare.com.



Breakfast Foods to Fuel Your Body

Start your day with protein for more energy and better metabolism. Protein helps build muscle and keeps you feeling full. Here are five easy, healthy, and tasty ideas.

1 Make Oatmeal.

Oatmeal is a great choice to keep you feeling full until lunch. Use skim milk instead of water to boost protein. Top with fresh fruit and nuts to add crunch and extra nutrition.

2 Go Greek.

Plain Greek yogurt helps your muscle, hair, and skin health. Dress it up by making your own chia peanut butter yogurt bowl. Start with yogurt as your base and add two tablespoons of natural peanut butter. Next, add chia seeds. Top it off with blueberries and chopped bananas. Use plain yogurt or make smart choices that limit added sugar. Read the nutrition label to make the best choice.

3 Try Quinoa.

The options are endless with this healthy grain. People think of quinoa as a lunch or dinner food. Try it in your morning meal and you won't be let down. It is a great source of iron, magnesium, vitamin E, and fiber. It can lower your risk of diabetes and improve bone health. Just like oatmeal, quinoa is a great base for a high-protein meal.

4 Pick Peanut Butter.

A single serving of natural peanut butter is packed with protein. This makes it a better choice on whole grain toast than butter, jelly, or jam. Be sure to measure out two tablespoons. Check the label and avoid brands with too much added sugar.

5 Make Breakfast Quesadillas.

Peanut butter, strawberry, and banana quesadillas are another tasty option. Just spread a tablespoon of natural peanut butter on two whole wheat tortillas. Top one tortilla with slices of banana, strawberry, and a sprinkle of cinnamon. Put the other tortilla on top and press gently to help stick together. Toast each side in a skillet on medium heat for three minutes, or until golden brown.

