



Flu season is approaching! A flu vaccine primer for our patients and their families...

Q: *Should my child receive the flu vaccine?*

A: *Yes! In fact, this year the Centers for Disease Control updated their recommendation for flu vaccine to include "all children from age 6 months to 18 years", regardless of risk factors.*

Q: *When can my child receive their flu vaccine?*

A: *Flu vaccines will begin to be administered to our patients on October 1, 2008. They may be offered during the course of an office visit or can be received during a Flu Clinic. We will have flu clinics beginning on Tuesday, October 7th. The schedule is as follows:*

Tues, Thursdays from 4 – 6 pm

Wed, Fridays from 8 – 9 am

Sat., 10/18/08 from 9 – 3pm

Sat., 11/15/08 from 9 – 3pm

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Appointments for Flu Clinics can be made by calling the office at 257-2188 for Pediatrics or 257-5067 for the Adolescent Clinic.

Q: *I have heard that some children need two (2) flu vaccines four (4) weeks apart. How do I know if my child needs that?*

A: *Some children do need two (2) doses of flu vaccine during one flu season. Your child may need two (2) doses if your child is 6 months through 8 years and is receiving the flu vaccine for the first time, or if your child is younger than 9 and received only one (1) dose of flu vaccine last year in their first year of flu vaccination. If your child needs two (2) doses, our reception staff will assist you in scheduling an appointment for a second vaccination at least 4 weeks from the first.*

Q: *Tell me more about the nasal flu vaccine called "FluMist".*

A: *FluMist is a live virus vaccine that can be given to children as young as 2 years of age. As described above, your child may need two (2) doses of FluMist this year. Because FluMist is a live virus vaccine, there may be times when a child should NOT receive FluMist. A questionnaire completed by a parent will help us decide if FluMist is best for you.*

We will begin booking Flu Clinics on September 15.

Sore Throats are another common complaint that can be tricky to know if the child should be seen or wait it out.

Symptomatic Care for Sore Throats

Many sore throats are part of the normal process of a cold. Post-nasal drip can give you a sore throat that is worse in the morning. With this, there is no antibiotic that will help with the process. Normally, this sore throat will fade as the cold progresses to the productive cough stage. These symptoms can be treated with increased fluid and Tylenol or Motrin as needed for discomfort.

Your child needs to be seen in our office for a sore throat if:

Your child's sore throat is severe and does not improve as the child is awake

Your child has a fever for more than 3 days, ear pain, or sinus pain in addition to sore throat

If your child has a red widespread rash in addition to sore throat

Close Contact with a confirmed case of Strep throat

A Reminder about Scheduled Appointments



At Northeast Pediatrics and Adolescent Medicine, we strive to provide your children with the highest level of care and accommodate families when children are ill. In order to serve you best, we ask that you adhere to the following policies:

Our office will be contacting you 2 – 3 days prior to a scheduled visit to remind you of the appt. time and ask that you call and confirm. **Please take a moment to return the call to our office and confirm your appointment.**

Please provide us the courtesy of calling **at least 24 hours in advance if you are unable to attend your appointment.**

Triage Minute

Managing Back to School Coughs and Sore Throats



Coughs

Symptomatic Care for Coughs

Some coughs are triggered by post nasal drip and can be alleviated by elevating the head of the bed. Most over the counter cough remedies have NOT been found to be helpful in reducing cough.

Not every cough is a bad cough. Coughing up mucus is important as it protects the lungs from more serious illnesses like pneumonia. A productive cough is a cough we do not want to stop. Increasing fluids, using a vaporizer, and elevating the head when lying down can help make the cough less annoying.

Your child needs to be seen in our office for a cough if:

Your child is less than 1 month of age

Your child is less than 1 year of age and cough has been present for more than 3 days

Your older child has a cough that is constant during the day or is causing nighttime waking or

Your child has chest pain, fever, ear pain, or sinus pain in addition to cough symptoms.

Your child has wheezing or other signs of respiratory distress in addition to cough

Children with a diagnosis of asthma, history of wheezing, RSV as an infant, or close contact with a person diagnosed with a serious respiratory illness such as Pneumonia or Whooping Cough should be evaluated by our office if cough is present.

2008.

SIDEBAR ARTICLES

This sidebar article was created with a text box. You can use a sidebar article for any information you want to keep separate from other articles or information that highlights an article next to it. These could include a list of contributors, addresses or contact information, a smaller self-contained story, a preview of the next issue, or a calendar of schedule. The example below shows a Calendar of Events.

CALENDAR OF EVENTS

SPECIAL EVENT

PLACE

TIME

Type a description of your event here.

SPECIAL EVENT

PLACE

TIME

Type a description of your event here.

SPECIAL EVENT

PLACE

TIME

Type a description of your event here.

SPECIAL EVENT

PLACE

TIME

Type a description of your event here.

MORE WAYS TO CUSTOMIZE THIS TEMPLATE

FOOTERS

To change the text at the very bottom of each page of your newsletter, click Headers and Footers on the View menu. Use the Header and Footer toolbar to open the footer, and replace the sample text with your own text.

INSERT SYMBOL

It is a good idea to place a small symbol at the end of each article to let the reader know that the article is finished and will not continue onto another page. Position your cursor at the end of the article, click Symbol on the Insert menu, choose the symbol you want, and then click Insert.

BORDERS

You can use page borders and text box borders to change the appearance of your newsletter. Borders on text boxes help keep different articles separate, and can set off sidebar articles from the rest of the page. To change a text box border, select it, double click its edge and choose the Colors and Lines tab in the Format Auto Shape dialog box.

QUESTIONS AND ANSWERS

Q: I would like to change some of the text box shading to improve the print quality. Can that be done?

A: Yes. To change the shading or color of a text box, select it and double click its borders to open the Format Text Box dialog box. Click the colors and lines tab and then choose the new color from the Color drop-down list in the Fill section.

Q: What's the best way to print this newsletter?

A: Print page 2 on the back of page 1. Fold in half and mail with or without an envelope. For best results, use a medium to heavyweight paper. If you're mailing without an envelope, seal with a label.

Q: I would like to use my own clip art. How do I change the art without changing the design?

A: To change a picture, click on the picture, then point to Picture on the Insert menu and click From File. Choose a new picture, and click Insert.

Inserting and Editing Pictures

Type your sub-heading here

You can replace the pictures in this template with your company's art. Select the picture you want to replace, point to Picture in the Insert menu, and click From File. Choose a new picture and then click Insert. Select the Link to File box if you don't want to embed the art in the newsletter. This is a good idea if you need to minimize your file size; embedding a picture adds significantly to the size of the file.

To edit a picture, click on it to activate the Picture toolbar. You can use this toolbar to adjust brightness and contrast,

Choose a new picture, and click the Link to File box if you don't want to save the art with the newsletter.

change line properties and crop the image. For more detailed editing, double-click on the graphic to activate the drawing layer. ■

Q: How do I change the text and borders that appear at the bottom of every page?

A: Click Headers and Footers on the View menu. Use the Header and Footer toolbar to navigate among headers and footers, insert date or time, or format the page numbers. To change the text in the footer, select it and type your new text. To change the border, click Borders and Shading on the Format menu.

Q: Can I save a customized newsletter as a template for future editions?

A: Yes. First make any changes you want to this newsletter, then click Save As on the File menu. Choose Document Template from the Save as type drop down list (the extension should change from .doc to .dot). Save the file under a new name. Next time you want to create a newsletter, choose New from the File menu, then choose your template.

