It is Flu and RSV season!

Influenza Facts

- The flu vaccine cannot give you the flu!
- People should get the flu vaccine as soon as it is available as it can take up to 2 weeks for antibodies to develop.
- If you receive the flu vaccine, you are about 60% less likely to need treatment for the flu.
- Symptoms of the flu include high fever, chills, headache, cough or sore throat, and muscle pain.
- Because influenza is a virus, antibiotics are not effective. An antiviral medication can be given if started within 48 hours of the first symptoms (call early if you are concerned your child has the flu).
- The flu can have serious complications including bacterial pneumonia or inflammation of the heart or brain.
- The best way to prevent is vaccinate, avoid close contact with those who are sick, avoid touching your nose, mouth, and eyes, cover your cough or sneezes with your arm (not your hand), and wash your hands often.

Have your children received their annual flu vaccine?

It’s not too late to book an appointment. Please call to schedule a nurse visit.
Respiratory Syncytial Virus

♦ It is a seasonal infection—usually seen in the fall around November and ends in the spring around March
♦ It affects almost every infant by the age of 2 and causes approximately 125,000 infant hospitalizations in the United States each year
♦ Preemies are at an increased risk due to their underdeveloped lungs and immature immune system
♦ Signs and Symptoms of RSV that parents should not ignore include persistent coughing or wheezing, rapid, difficult, or gasping breaths, and fever (above 100.4).
♦ RSV is a viral infection so antibiotics do not help. Some patients may require breathing treatments, steroids, or other treatments for secondary complications.
♦ Since there is no treatment specific for RSV, prevention is critical. All parents should: always wash their hands, avoid exposure to cigarette smoke, wash toys, clothes, and bedding often, keep their baby away from crowds and people who are sick

Cold Weather Safety Tips

♦ When dressing your children to play outdoors have them wear loose-fitting and layered clothing as this traps air and helps to insulate them. Layers can be removed to avoid sweating and chills.
♦ Avoid cotton clothing. Use polyester or synthetic materials. Wool will insulate even when wet.
♦ Make them wear hats, hoods, and scarves. Over half of their heat loss comes from their heads.
♦ Mittens are better than gloves and waterproof is best
♦ Cover mouth to protect lungs in extreme cold
♦ Don’t forget to keep them hydrated!!!
♦ Don’t be fooled by the cold air, sun block even in the winter as sunburns can still happen.
♦ Cold air and wind are hard on the skin and lips, moisturize and apply lip balm often

DID YOU KNOW:
Regular use of sunscreen reduces the risk of skin cancer by over 40%. Skin needs protection year-round
Pediatric Emergencies

When your child is sick or injured, it is natural to panic and drive straight to the emergency room (ER) because you know that you can get care, regardless of the time, day, or the severity of your child’s injury. In some cases, it is a true medical emergency and the ER is the most appropriate place to get care. In other cases, the illness or injury can be handled at an urgent care clinic or treatment can be determined at our office during an appointment.

In certain situations, you should dial 911 to get an ambulance instead of taking your child yourself to the ER.

Examples of when to call 911:

- Your child is having trouble breathing and is turning blue
- There has been a car accident and your child is unconscious or seriously injured
- Your child is having a seizure that lasts 3-5 minutes or is having difficulty breathing, or is turning blue during the seizure
- Your child loses consciousness or is not responsive
- Your child might have a neck or spine injury
- Your child has a head injury with loss of consciousness, persistent vomiting, or is not responding normally
- Your child has significant bleeding
- Your child is having an allergic reaction and is having difficulty breathing or swallowing
- Your child has a possible poisoning and is not responding normally or is having difficulty breathing. In any possible poisoning, call the Poison Control Center (800/222-1222) for expert advice and they may direct you to the ER.
- Infants 3 months and younger with a thermometer reading of 99.5 or higher (do not add or subtract a degree)
- Fever is greater than 104
- Fever and pain in the back or stiff neck
- Fever of 100.4 with a rash
- Signs of dehydration: dry mouth, no urine for 8-12 hours, no tears when crying, sunken eyes, severe decreased energy
- Persistent rapid breathing, or wheezing

In a true crisis emergency, it is always best to go to closest ER, however, when you are able, we prefer for patients under 18 years of age to be seen in a pediatric ER. Our ER choice is St. Louis Children’s Hospital on Kingshighway or Missouri Baptist Medical Center on Bal- las, as they have a dedicated pediatric ER and the physicians there are able to access your child’s medical records.

For the most current information and happenings of the office

FOLLOW US ON FACEBOOK

Or online at premierpediatrics.wustl.edu/

Important Numbers to Have:

Premier Pediatrics: 314-859-4000
After Hour Exchange: 314-273-4211
Poison Control: 800-222-1222