



## House Calls - A Monthly Pediatric Newsletter

### Flu Prevention - Get Vaccinated

It's back to school time. For germs, too!! We may be facing a difficult flu season this year as the novel H1N1 influenza virus spreads in addition to seasonal influenza. We will be holding several flu vaccine clinics over the next few months for seasonal flu. As well as an email reminder, the dates for these clinics will be posted on [www.eastsuburbanpediatrics.com](http://www.eastsuburbanpediatrics.com) once they are finalized. An H1N1 vaccine is not yet available. We will make every effort to keep you updated regarding H1N1. For more information on flu check out the [CDC](http://www.cdc.gov).

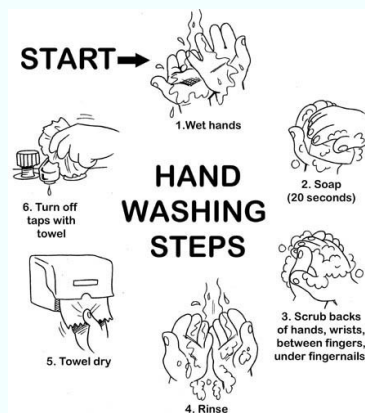
Volume 1, Issue 2

August, 2009



### WASH YOUR HANDS!

Viruses, such as influenza, spread through coughing or sneezing of infected people. The single best way to prevent spread is to wash your hands often with soap and water or alcohol based hand sanitizer. Other things you can do to stay healthy include covering your mouth when you cough or sneeze and avoid touching your eyes, nose, or mouth. Stay home if you or your kids are sick! Teach your children how to properly wash their hands and be good role models by washing your hands often. For more information on hand washing listen to this [CDC Kidtastics Podcast](#) with your kids.



### Trampolines - Just say "No"



Trampolines are often, incorrectly, described as a fun way for kids to get exercise. At least 83,000 children are injured every year on trampolines in the U.S. and the number keeps increasing. Injuries include broken bones, head injuries, sprains, and even life threatening spinal cord injury. "Safety nets" do not make trampolines safer. We support the AAP's recommendation to avoid all use of trampolines. Look for other alternatives for outside play and exercise such as playing basketball, bike riding (with helmets!), or kickball. For more information listen to the AAP's [A Minute for Kids](#).

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