



House Calls - A Monthly Pediatric Newsletter

Achoo! Dealing with Stuffy Noses

Most children will get 6 - 10 viral upper respiratory infections (colds) each fall and winter. Symptoms may include fever, congestion, runny nose, and cough. Good hand-washing is the best prevention. Teach your child to cover her mouth and nose when she coughs or sneezes. Home therapies such as a cool mist humidifier, lots of fluids, nasal saline drops or spray, and treating fever with a non-aspirin fever reducer are most helpful. *Do not use any cough or cold medicines for children younger than 6 years.* For more information on treating colds check www.eastsuburbanpediatrics.com.

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Scheduling "Sick" Office Visits

We are here to help your child through these germ filled days. To schedule a "sick" visit (any visit other than a routine checkup) please call the office on the day you would like an appointment. Our staff begins scheduling appointments at **7:30 AM** daily. In order to best accommodate your schedule and choice of office please call our Murrysville office at **(724) 325-2133** as early as possible. Not every sick child needs to be seen in the office. Our nurses can help you assess whether an appointment is needed or if there is some home therapy that may be helpful. Please do not go to an urgent care center or an E.R. without calling us (24 hours/day) unless you have a true life threatening emergency.



Stop Bullying Now!



Every day thousands of kids wake up afraid to go to school. Bullying happens when one person/group hurts or scares another person on purpose. This includes pushing, shoving, spreading rumors, teasing, and keeping someone out of certain groups. Bullying can even occur online through email and text messages. Many people, including adults, don't take bullying seriously. At least 20% of kids report being bullied regularly. Bullying leads to more than 160,000 school absences daily in the US and children who bully are more likely to drop out of school, smoke, and abuse alcohol. Talk to your children about bullying. For more information check out [Stop Bullying Now!](#)

To remove your name from this mailing list,
please send an email to:

newsletter@eastsuburbanpediatrics.com

Questions or comments? Email us @:
newsletter@eastsuburbanpediatrics.com

Or call us @: 724-325-2133