



## *House Calls - A Monthly Pediatric Newsletter*

### **Trick-or-Treat!! Keep Halloween Safe**

Volume 1, Issue 4

October, 2009

A few simple safety rules will keep Halloween fun. Try this cool [Halloween Safety Scramble](#).

- Always Trick-or-Treat with an adult.
- Carry a flashlight and a bright colored bag.
- Trick-or-Treat in familiar neighborhoods only.
- Don't eat treats until you get home and discard any candy that has loose or open wrappers.
- Walk (Don't run) on sidewalks, not through yards.



For more Halloween safety info click [here](#).

### **H1N1 Influenza Update**

We have seen widespread H1N1 Influenza activity in our area over the past few weeks. Don't panic. The vast majority of people (including children) who have H1N1 will have relatively mild symptoms. Symptoms include fever, cough, congestion, muscle aches, sore throat, headache and occasionally vomiting and diarrhea. The best treatment is resting at home, plenty of fluids, and non-aspirin fever reducers (such as [Tylenol or Motrin](#).) Call us if your child has severe symptoms such as difficulty breathing, lethargy, or inability to keep down liquids. The best prevention for influenza is vaccination. See our [H1N1 page](#) for more details.



### **Keep those pearly whites sparkling: Prevent Tooth Decay**



Tooth decay is prevalent in children. Prevention begins in infancy. Never allow babies and toddlers to sleep with a bottle and start brushing teeth with non-fluoride toothpaste twice daily as soon as your infant gets teeth. Try to minimize sucking habits, such as pacifiers or fingers, as early as possible. Limit sugary drinks and snacks. Once your child is able to rinse and spit well you may use a children's fluoride toothpaste. All children should visit a dentist every 6 months starting at 3 years-old. For more tips on dental health, visit [www.aapd.org](#).

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

[newsletter@eastsuburbanpediatrics.com](mailto:newsletter@eastsuburbanpediatrics.com)

Questions or comments? Email us @:  
[newsletter@eastsuburbanpediatrics.com](mailto:newsletter@eastsuburbanpediatrics.com)

Or call us @: 724-325-2133