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Influenza (Flu) Vaccine Information

This year we are excited to offer our patients and families **more options** to receive their flu vaccine.

First, it can be given during a **regularly scheduled office visit**, but not a vaccine only visit, starting the 1st of September. This year **we will also offer the vaccine to any family member (including adults) present at that visit!**

Second, we will again have our popular **Wednesday evening flu clinics**, with the dates listed below. Parents are invited too.

Finally, we are adding **Thursday afternoon flu clinics**. These dates are also listed below. Parents can also attend.

For all **flu clinics**, patients must have an appointment. We will not accept walk-ins. Also, we will not perform any other services during the clinics. Since some children need two vaccines,

please schedule accordingly and take into consideration any pre-scheduled office visits. Despite large numbers, our evening clinics run smoothly with minimal waiting. Please come at your appointed times. Since it is crowded, please keep your children under control at all times.

Influenza (flu) is a viral illness that causes a significant fever, chills, cough, and muscle aches. It can last as long as a week. More serious complications are possible. It appears every winter, some years worse than others.

The **flu vaccine** can prevent influenza, or at least lessen the severity. It contains strains of influenza which are most likely to occur this winter. It does not prevent against all types of flu or other illnesses that resemble flu.

This year we will only be giving the flu shot. The nasal

flu vaccine is not recommended because it is again not effective against this year's strain of influenza. There is a thimerisol free shot for children 6 months to 3 years of age, and there is the 3 and over shot.

It is recommended that all persons over 6 months of age receive a flu vaccine. Those under age 9 years who have not received at least 2 flu vaccines in the past need 2 vaccines, 4 weeks apart. Everyone else just needs one.

Parents receiving the flu vaccine at our office will be charged \$35 and must be paid at the time of service. A receipt for insurance will be provided.

We submit our patients' charges to their insurance, and only balance bill for any copay or coinsurance that is required.

2017 Flu Vaccine Clinics

Wednesday	September 13	6-8 PM
Wednesday	September 27	6-8 PM
Wednesday	October 11	6-8 PM
Wednesday	October 25	6-8 PM
Wednesday	November 15	6-8 PM
Thursdays	Sept through Nov	4-6 PM

Call for an appointment now.

If inclement weather, check your emails for updates and/or changes.

Others may be added as needed.



When Children Should Be Excluded From Daycare For Illness

With most illnesses, contagious transmission occurs both before and after symptoms. Therefore, exclusion from daycare does not change this.

Exclusion is recommended if an illness prevents participation in activities, requires excess staff time, or there are behavioral changes, pain, breathing trouble, or recurrent vomiting.

Exclusion is not required for colds, runny noses or coughs, pink eye, fever without signs of illness as long as over 4 months old, rash without fever or behavioral change, diarrhea if stool is contained in the diaper or no accidents if trained, or weeping skin lesions as long as these are covered.

This and That

Dr. Rabinowitz will again be a featured speaker at the annual American Academy of Pediatrics meeting this September in Chicago. **Dr. Finney and Rich Hayes** are also attending the meeting.

Dr. Rabinowitz has been honored by being named the first **Emeritus Physician** at Parker Adventist Hospital.

We enjoyed seeing many of our present, and former, patients at **Parker Days** this year.

Welcome to all of our new

families we met this summer.

As the weather gets colder, check the batteries in your **carbon monoxide detectors** in your home.

We are sending out our appointment reminders by **text messages and/or email** (no more yellow post cards). Be sure we have your correct cell phone numbers and email address when you make appointments.

Our office policy guarantees **same day appointments** if made before 2:30 PM on that day. After that, it depends on

the acuity of the condition, as well as our schedule.

Check us out on **Facebook Instagram** and **Pinterest**.

We will be closed Saturday and Monday for **Labor Day Weekend**. A provider is on call the entire Labor Day Weekend.

Parker Pediatrics is now in our **36th year** providing pediatric care in Parker.

We were again chosen as **"Best of the Best"** in 2017 for Pediatricians in Parker by the Colorado Community Newspapers.

"Quotable Quotes"

The following conversations occurred in our office.

Provider: "Do you keep your phone on in your room at night?"

13-year-old: "Yeah, but just on vibrate."

Provider: "Doesn't it keep you up?"

13-year-old: "That's why I'm glad I don't have any friends."

Provider: "Are you eating healthy?"

4-year-old: "Yeah, vegetables and candy."

9-year-old, while having his abdomen examined: "Are you looking for my abs?"

2-year-old: I have bones in me. Like my L bone (pointing to her elbow).

Provider: "What do you do on the 4th of July?"

6-year-old: "We throw fireworks at each other."

Mom: "And that's why he is not in charge of the fireworks."

Provider: "May I examine your toes?"

2-year-old: "Yes, thank you."

If you enjoy these quotes, you can purchase Dr. Rabinowitz's book, [Cute Kidbits, Funny Conversations Kids Share With Their Pediatrician](#), on Amazon or at our office.

Child's First Cell Phone

Many parents wonder when to give their child a cell phone. Although there is no evidence-based recommendation, a common rule of thumb is 13 to 15 years old.

It is important to know whether or not your child can handle the responsibilities of having one.

It is also important to have rules and expectations about phone usage, as well as the ownership and responsibility of the phone. Parents should be sure that the phone is not in the same room as the child at night, as this leads to decreased sleep quality and quantity.