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Influenza (Flu) Vaccine Information

This year, more than ever before, it is important for ALL patients to receive a flu vaccine. Since symptoms can be similar to COVID-19 symptoms, it is wise to at least prevent what we can. Also if someone gets both diseases, the outcome could be dire.

We are again offering our patients and families **several options** to receive their flu vaccine.

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

Second, we will be having numerous **Flu Clinics**. These will be on **Wednesday evenings and on Saturday afternoons, beginning in September**. Parents are invited too.

To accommodate social distancing, we will not be having clinics during regular office hours.

This year, we will have some new protocols for our clinics. All information sheets and signature forms will be online on our website. We ask that you print your completed forms and bring them with you. Also, parents receiving a

vaccine will need to supply their credit card information when making appointments, since we will not be handling transactions during the clinic. Finally, masks will be required. Our clinics will be less crowded, in order for us to maintain social distancing.

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 prescheduled office visits. Our clinics run smoothly with minimal waiting. Please come at your appointed times.

flu vaccines in the past need two vaccines, four weeks apart. Everyone else just needs one.

Parents receiving the flu vaccine at our office will be charged \$35. We submit our patients' charges to their insurance, and only bill for any copay or coinsurance that is required.

Influenza (flu) is a viral illness that causes significant fever, chills, cough, and muscle aches. It can last as long as a week. More serious complications are possible. Some years are 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. Our vaccines do not contain thimerisol.

Each year, some parents choose not to have their child (ren) receive a flu vaccine. This year it is imperative that everyone receive one. Just because one has not done so in the past, doesn't mean they should not do so this year—COVID-19 wasn't here in the past! Also, the flu vaccine is a dead virus—it cannot give you the flu.



Due to concerns about spreading of nasal secretions, we will not be offering the nasal flu vaccine.

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 two

Mental Health During COVID-19

It has not been easy for anyone during this pandemic, but children have been particularly affected. Schools have not been in session since March, and this year is tenuous. They have not been able to see many of their friends, have had to worry about family stress, have missed their activities, and may not fully grasp what is happening.

We have seen an 18% increase in our mental health appointments compared to last year. If you think your child is not coping well, our counselors are here to assist you. We are doing both in-person, as well as tele-mental health visits.

Presently, our waiting list for appointments is minimal; however, we expect an increase in demand once school is again in session. Evaluations for ADD / ADHD can also be performed.

For appointments, call our office. Insurance coverage is the same as for any other office visits.

This and That

Dr. Rabinowitz will be a featured speaker at the annual American Academy of Pediatrics meeting this October. Due to COVID-19, it will be a virtual conference. He will be speaking on integrating mental health services in primary care offices.

We are using **telemedicine** for most ill patients, in order to assess them, as well as to determine if it is safe for them to enter our office. (If we do have them come in on the same day, there is not a second copay).

Parker Pediatrics is now in our **39th year** providing pediatric care in Parker.

We were again chosen as **“Best of the Best”** in 2020 for Pediatricians in Parker by the Colorado Community Newspapers.



Welcome to all of our new families and new babies we met this summer.

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

Our **Autopay** program allows you to pay your balance online conveniently and safely. We will be asking our families to sign up for this.

We will be closed on **Labor Day**, September 7. A provider is on-call.

“Quotable Quotes”

The following conversations occurred in our office.

Doctor: “Do you use the potty?”

Three-year-old: “Yeah, but sometimes I use the hot tub.”

Doctor: “What do you like to eat?”

Six-year-old: “McDonald’s, Wendy’s, Burger King, and sometimes I eat junk food.”

When asked what her problem was, a three-year-old remarked, “I have a headache in my stomach.”



Doctor: “What do you want to be when you grow up?”

Five-year-old: “I’m going to either be a princess, or work

at Home Depot.”

When a six-year-old asked for her autograph, the nurse asked if she knew what an autograph was. The six-year-old replied, “It’s your name, but sloppier.”

After an eight-year-old identical twin was examined, she remarked: “You don’t need to examine my sister; she looks just like me.”

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 the office.

Dr. Rabinowitz to Retire

Dr. Rabinowitz has announced he will be retiring as of the end of March 2021. Dr. Rabinowitz founded Parker Pediatrics and Adolescents in 1982. Over the years, he has served as Parker Adventists’ first medical staff President, taught medical students as a professor at CU Medical School, served as an advisor for Douglas County Schools, was a member of numerous committees, and has been a national speaker.

“It is unfortunate that my last year has to be during the COVID-19 pandemic. I miss not being able to share smiles with the babies (due to masks), or to hug or shake hands during my final visits with families. But many wonderful memories will remain.”

