



**Don't delay - get your flu shot today.**

**We are giving flu vaccines to patients who are 6 months and older and parents.**

During this 2016-2017 flu season the injectable flu vaccine will be offered at all 3 of our locations. Flu mist will NOT be offered in the U.S. this year due to data showing poor effectiveness.

The "flu" or influenza can cause fever, cough, sore throat, runny nose, body aches, headache and fatigue. In children it can also cause vomiting and diarrhea.

The Center for Disease Control (CDC) estimates 200,000 hospitalizations occur each year from respiratory and heart related illnesses associated with seasonal influenza virus infections. Adults and children with influenza who are not hospitalized will still suffer a tremendous loss of time from work and school, as fever can last up to 7 days in some cases.

The influenza virus is highly contagious and spread from person to person by infected droplets from a cough, sneeze, or by a person touching an object that has flu virus on it and then touching his own nose or mouth. The average amount of time from exposure to the virus to the onset of symptoms is 36 hours. The virus can live on surfaces for up to 8 hours.

## Heads Up Parents

**Concussions can be caused by sport-related injuries and accidental falls.**

Any child who is suspected of having a concussion should be evaluated by a practitioner to develop a plan of care for home, school and sports. Athletes with head injuries should not return to sports until they have a medical clearance.

For detailed information about concussion guidelines, refer to [www.choa.org/medical-services/concussion](http://www.choa.org/medical-services/concussion).

### MAKE CAR SEAT SAFETY A PRIORITY AT EVERY AGE

Please refer to this chart as a guide for your child's car seat safety. You can refer to [healthychildren.org](http://healthychildren.org) for further information on car seat safety and car seat manufacturers.

#### Types of Car Seats

Age Group	Type of Seat	General Guidelines
Infants & toddlers	<ul style="list-style-type: none"> <li>Rear-facing—only</li> <li>Rear-facing convertible</li> </ul>	All infants and toddlers should ride in a <b>rear-facing seat</b> until they are at least <b>2 years of age</b> or reach the highest weight or height allowed by their car seat manufacturer.
Toddlers & preschoolers	<ul style="list-style-type: none"> <li>Convertible</li> <li>Forward-facing with harness</li> </ul>	Children who have outgrown the rear-facing weight or height limit for their convertible seat should use a <b>forward-facing seat</b> with a harness for as long as possible, up to the highest weight or height allowed by their car safety seat manufacturer.
School-aged children	<ul style="list-style-type: none"> <li>Booster seats</li> </ul>	All children whose weight or height exceeds the forward-facing limit for their car safety seat should use a <b>belt-positioning booster seat</b> until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are 8 through 12 years of age. All children younger than 13 should ride in the back seat.
Older children	<ul style="list-style-type: none"> <li>Seat belts</li> </ul>	When children are old enough and large enough for the vehicle seat belt to fit them correctly, they should always use <b>lap and shoulder seat belts</b> for the best protection. All children younger than 13 years should ride in the back seat.

### Winter Sports are coming up!

We are available to make your child's sports physical appointment...call us today. Our schedule is filling up quickly!

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[roswellpediatrics.com](http://roswellpediatrics.com)