



RPC Winter Newsletter

Holiday Hours

Dec. 24th

8:30 until last sick patient seen

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Dec. 25th

CLOSED

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Dec. 26th

8:30 until last sick patient seen

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Dec. 31st

Old Milton and Cumming open 8:30am
until last sick patient seen,
Crabapple will be closed

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Jan. 1st

CLOSED

Do you have a child that plays a spring sport?

Call today to schedule their sports physical.

Have you and your child had a flu vaccine yet?

If not, call us now to schedule an appointment!

WINTER SAFETY TIPS

*Make sure children are dressed warmly in layers, including a hat, gloves, and boots if necessary. A rule of thumb is to dress young children in one more layer of clothing than an adult would wear.

*Frostbite occurs when the outer tissues of the skin become frozen. They may have a pale, gray, blistered appearance. If this happens, soak or apply warm water to affected areas. Get the child dry and warm and provide warm fluids to drink. Call your provider if numbness lasts longer than a few minutes.

*Keep blankets, pillows and any other items out of an infant's crib to help prevent SIDS. A one piece sleeper is adequate for keeping your baby warm.

What's Going Around?

Croup

Croup is a viral infection which causes swelling of the voice box and wind pipe, leading to hoarseness and a barking cough. It is commonly diagnosed in children less than three years old but can also present in older children. Croup often presents in the fall and early part of winter.

-In most cases, croup is mild and can be treated at home. Sometimes, a child may develop noisy breathing in (stridor) or increased work of breathing and may require additional treatment.

-Croup may present with fever, congestion, or a runny nose followed by a harsh, unmistakable barking cough. The symptoms often get worse at night, typically last 3-5 days, then turn into cold symptoms for about one week.

-Croup can be treated with cool moist air (cool mist humidifier, outdoor air, freezer air from a refrigerator), fluids, and pain/fever medication for comfort. Doctors may also prescribe steroids to treat airway inflammation/swelling.

-Your child should see a doctor if he or she has: difficulty drinking or swallowing, stridor at rest, increased work of breathing, or a sick appearance.

New Vaccine for college bound kids!

-If you have a child heading to college in the Fall, you may consider a new vaccine, Bexsero, a 2 part vaccine (1 month apart) to protect against meningococcal meningitis type B.

-Meningococcal type B accounts for 30% of all meningococcal meningitis in the U.S. This strain is not included in the Menactra vaccine that your child is recommended to receive at ages 11 and 16.

-Most insurances do cover Bexsero. However, we encourage you to check with your insurance plan as it will vary. Prior to scheduling your well check appointment for your rising college freshman, please call your insurance to see if CPT code 90620 for Bexsero is covered.

-Side effects of the vaccine include pain at the injection site, painful muscles and joints, nausea, headache and fainting.

-For more information please visit:
www.cdc.gov/meningococcal/vaccine-info.html or discuss with your provider.

Is your Insurance changing in 2016?

If so, make sure we have your most current information on file.

For information on which Affordable Care Act Marketplace Plans we accept please, visit our website and click on the Insurance tab.

