

Caring for Kids the Premier Way!

Strep Throat...How do I know?

What is strep throat?

Strep throat is a bacterial infection in the throat and the tonsils. The throat gets irritated and inflamed, causing a sudden, severe sore throat.

What causes strep throat?

Strep throat is caused by Group A streptococcal (strep) bacteria.

What are the symptoms?

The most common symptoms of strep throat are:

- A sudden, severe sore throat.
- Pain when swallowing
- Fever over 101° F.
- Swollen tonsils and lymph nodes.
- White or yellow spots on the back of a bright red throat.

How is strep throat diagnosed?

Your doctor will do a physical exam, ask you about your symptoms and past health, and do a rapid strep test to diagnose strep throat. Sometimes another test, called a throat culture, is also needed. Strep throat is treated with antibiotics.

Hand washing is the key!

How to wash your hands:

It's generally best to wash your hands with soap and water.

Follow these simple steps:

- ◆ Wet your hands with running water.
- ◆ Apply liquid, bar or powder soap.
- ◆ Lather well.
- ◆ Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- ◆ Rinse well.
- ◆ Dry your hands with a clean or disposable towel or air dryer.



Fall, 2010



October is FIRE SAFETY MONTH!

Flu Season is Here!

Premier offers flu shots for all patients. We offer preservative free as well as the FluMist vaccine. Please call and make your appointment to get your flu shots now!

Have a friend that is looking for a new pediatrician?

Your opinion matters with your friends and your colleagues! If you are happy with us, please tell your friends about our practice! We appreciate your confidence in us and encourage you to spread the word!

Halloween Costume Tips

Costumes should be made of flame retardant material. If they are homemade, make sure and use either a fire retardant spray or fabric that has been treated with fire retardant.

Make sure to work into your child's costume reflector strips, a flash light or light stick to make them more visible at night. This will assure that they are seen by drivers and that you can keep an eye on them as well if they get ahead of you while trick or treating.

Do not include high-heeled shoes or long dangling pieces of costume that your child could trip over. A scraped knee or bloody nose can really ruin their fun.

If they are carrying a prop such as a scythe or sword, make sure they are made out of a flexible plastic that will bend if fallen on. Most of the props available today are made of flexible plastic.



If your child is wearing a mask, make sure that the eye holes are big enough to see not only in front but peripherally as well. You may have to cut them open further yourself. If so, use some black or gray grease paint around the eye socket to cover skin.

If you and your child are going out with a group, make the costume a unique one so you can spot her easily in a crowded area. Use flashing lights or jewelry to make her stand out.