

Caring for  
kids the  
**Premier way!**

**Holiday Hours**

**open** 9 am-12 noon  
on 12/24 and 12/31

**closed** 12/25 and  
01/01/2011

**Flu Season is Here!**



Premier offers flu shots for all patients. We have preservative-free shots. Call and make your appointment to get your flu shots now!

**Premier Pediatrics**  
2600 Glasgow Ave.  
Suite 213  
Newark, DE 19702

**How to Find Us**

We are located in the Glasgow Medical Building behind Peoples Plaza, across the street from Hodgson Vocational-Technical School. Our office is on the second floor inside Entrance 6.

Visit our website  
[www.Premier4Kids.com](http://www.Premier4Kids.com)  
for more information  
including other online  
resources.



**Happy Holidays from Premier!**  
Appointments are available immediately!  
Call **(302) 836-4440** today.

**Toy Safety**

The season of gift-giving has returned! While we are all excited by the prospect of new presents, it is important to do your homework before purchasing gifts for kids of all ages. Choking is the most common cause of toy-related death. Avoid small toys and toys with small pieces for children 3 and under.



- If a toy can pass through a toilet paper roll, it is small enough to be swallowed. Some plastics and paints contain lead or other toxic chemicals known as phthalates which are proven threats to a child's development. The Consumer Products Safety Commission [CPSC] has found and reported high levels of lead paints on toys, lunchboxes, and plastic toy jewelry.

- To be safe, do not buy toys containing lead, xylene, toluene, or dibutyl phthalate.

Visit [www.recalls.gov](http://www.recalls.gov) for lists of products that have been recalled in the US.

**Cold & Flu Prevention**

We all know the holiday season coincides with cold and flu season. There are some simple steps you can take to avoid the sniffles putting a damper on your holiday cheer:

- **Remember to wash hands with soap and warm water** often to prevent the spread of cold and flu viruses.
- Try to **keep unwashed hands away from your face.**
- **Thoroughly wash all bed linens, dishes, and silverware** belonging to someone who is sick before anyone else uses them.
- It is not too late to **get your flu shot!** The Center for Disease Control and Prevention [CDC] has been monitoring flu season statistics for the past forty years. They have found that almost every year incidences of the flu drastically rise toward the end of January with the most reported cases occurring in February of every year. Protect your family now to reduce your chance of infection.



Have a safe and healthy holiday season!

Sincerely,  
**Premier Pediatrics**

