

Caring for
kids the
Premier way!



Appointments are
available
immediately!
Call **(302) 836-4440**
today.

Hours
Monday - Thursday
8:30 AM-8PM
Friday 8:30 AM-4PM
Saturday 8:30 AM-1PM

Visit our website
www.Premier4Kids.com
for more information
including other online
resources.

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!

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.

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

The Common Cold vs. The Flu

When your child is diagnosed with the cold or the flu, it is most often a viral infection and is not treated with antibiotics. Antibiotics are for bacterial infections; they will not make a cold get better.

As viral illnesses, the common cold and the flu (influenza) share many of the same symptoms. This makes it difficult to tell these two illnesses apart. Generally, the flu is “worse” than the common cold. If your child’s main complaint is a stuffy runny nose, she more likely has a cold than the flu. The flu is more likely to lead to other complications.

The color of mucus does not dictate whether or not your child needs an antibiotic. At the onset of a cold, the nose is “runny” (with clear mucus) as the body attempts to flush out the virus. Not long after, the body’s immune system actively fights the infection and the mucus will become white or yellow. Because your nose is working to cleanse itself, the bacteria that is normally found in the nostrils is flushed out too. When this bacteria begins growing again, the mucus appears green.

Symptoms of the common cold:

- runny nose
- sneezing
- sore throat
- coughing

Additional symptoms of the flu:

- fever
- body and muscle aches
- significant fatigue
- chills

Everyone knows how uncomfortable colds can be. Sometimes they last as long as two whole weeks. To relieve symptoms and get better faster, your child needs to:

- ◆ Get plenty of **rest**.
- ◆ Stay hydrated with lots of **fluids**. This can also have a soothing effect on a sore throat.
- ◆ Use a **clean humidifier** to keep air moist or have your child breathe in steam from a bowl of hot water or while they are in the shower. Moist air is far less irritating on a sore throat.

Always be careful to use any over-the counter medicines as directed and double check the instructions. Any medicine you give your child should be recommended for his or her age group.

Cold & Flu Prevention

The common cold is caused by over 200 kinds of viruses. There are no vaccinations against the common cold. You can get vaccinated for seasonal influenza. This does not, however, mean that we are helpless in the fight against colds and flu! Remember **to wash hands with soap and warm water** often to prevent the spread of cold and flu viruses. **Thoroughly wash all bed linens, dishes, and silverware** belonging to someone who is sick before anyone else uses them. **Vaccinate your family** against the flu. The Centers for Disease Control and Prevention [CDC] has been monitoring flu season statistics for the past 40 years. They have found that the worst month for the flu is February.

Stay safe and warm this winter!

Sincerely,

Premier Pediatrics

