



SUMMER 2018 NEWSLETTER



Allergy Season

It's that time again...we are heading into Spring time and you know what that means! That pesky pollen is back and in full effect. It is a completely dreadful time for anyone with allergies, but especially your children. It is common for some of these allergy symptoms to imitate a cold, so it is important to have awareness. Some of the factors that can trigger these allergies are trees, grass, and weeds to name a few. Some of the symptoms to look out for: congestion or sinus pressure, runny nose, watery eyes, sore throat, cough, swollen or bluish-colored skin beneath the eyes, and reduced sense of taste or smell. These allergy symptoms can always find a way to intrude on your daily activities and create a setback on your fun time, but there are a few ways to keep it under control. You can always try over counter medication such as oral antihistamines, nasal sprays, eye drops, and a combination of allergy medications to ease the symptoms.

Here are some helpful tips for you to minimize allergy symptoms in your child:

- Keep your child indoors on days that are both dry and windy
- Remove and wash clothing that your child has worn outside
- Keep door and windows closed in your home
- Vacuum often
- Have a HEPA filter installed in your home

www.childrens.com/health-wellness/8-tips-for-preventing-allergies

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June is National Safety Month!

We are spreading awareness and some helpful tips in keeping your child safe!

- Properly secure children in car seats, booster seats, and ensure they are wearing their seatbelts
- Stay safe outdoors and prepare for weather accordingly
- Supervise children whenever in pools, bathtubs, or the beach
- Keep harmful chemicals out of reach of children

Fun Facts about Summer

- * July is National Ice Cream Month. YUMMY!
- * The Eiffel Tower in Paris, France grows about 6 inches due to the heat expanding the iron
- * Summer flowers consist of marigolds, daisies, dahlias, and sunflowers



Meet and Greet:

July 13th, 2018

This is the perfect opportunity for expecting parents to learn about Middleton Pediatrics, tour our facility, and meet with our providers to ask any questions you might have!

Handwashing is an important routine that everyone should follow every day. According to the Center for Disease Control and Prevention, one of the most important measures for preventing the spread of germs is effective handwashing.

Tips:

- Wash hands with warm water
- Use soap and lather for 20 seconds
- Make sure to get in between the fingers and under the nails
- Rinse and dry with a clean towel

<https://www.cdc.gov/handwashing/factsheets.html>

Let's give everyone a [clean] hand

The CDC says that keeping your hands clean is one of the most effective things you can do to prevent the spread of diseases like the H1N1 flu



Yale EMERGENCY MANAGEMENT
<http://www.yale.edu/ctsc/emergmgr/index.html>

Jokes of the season

What is a shark's favorite sandwich?

Peanut butter and jellyfish!

What do you call a snowman in July?

A puddle!

Middleton Pediatrics

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