

# Pediatric Pages

The newsletter of Chestnut Ridge Pediatrics



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## My Child has a Virus, Now What?

While there is no "cure" for infections caused by a virus, there are things you can do to help your child feel better until the virus runs its course:

Relieve congestion with a saline nose drop or mist spray. You may do this 3-4 times a day. Use a cool mist humidifier in your child's room. Be sure to clean the humidifier often.

To relieve fever, give your child acetaminophen or ibuprofen. You can find dosages by weight on our website, [www.crupa.yourmd.com](http://www.crupa.yourmd.com). Don't give aspirin to children because it has been associated with Reye Syndrome, a disease that affects the liver and brain.

To prevent dehydration, make sure your child drinks a lot of fluids. He may want clear fluids rather than milk or formula. Don't be concerned if his appetite is less for a few days.

If a child's fever persists for more than 2 days or they are having difficulty breathing, or they just "look bad" than call the pediatrician for an appointment.

Although there is no way to keep your child away from all germs, there are some steps you can take. Regular hand washing helps prevent the spread of germs. Keep your child away from anyone who has a cold, fever, or runny nose (very hard to do). Avoid sharing cups, toothbrushes, or towels.



Ear Piercing Now Available at CRP

[www.crupa.yourmd.com](http://www.crupa.yourmd.com)

## Attention all parents

There are new physical forms that are now required by all 6<sup>th</sup> grade and older kids participating in sports. There is a 2-3 page form that parents must fill out **before** the physical exam because the doctor must review it and then sign. You can get the forms from the school nurse or you can download them from our website. Your child will not be able to participate without these forms.

### **Office Hours:**

Phone Hour M-Sat 7:30 am

Mon. 8:30-7:30 pm

Tues-Thurs 8:30-5 pm

Fri. 8:30-4:30 pm

Sat. 8:30-11:30 am

Evening hours Tues.-Thurs.  
until 7:30 will vary from week  
to week

# Winter Safety Tips

These tips are from the American Academy of Pediatrics, website AAP.org

**What to wear.** Dress infants and children warmly for outdoor activities. Several thin layers will keep them warm and dry. The rule of thumb for infants and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions. Blankets, quilts, pillows, sheepskins and other loose bedding may contribute to SIDS and should be kept out of an infant's sleeping environment. Sleep clothing, like a one-piece sleeper is preferred.

**Hypothermia.** Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears, and nose. They may become pale, gray and blistered. At the same time, the child may complain that her skin burns or has become numb. If this occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. Warm washcloths may be applied to frostbitten ears, nose, and lips. Do not rub the frozen areas. After a few minutes dry and cover him with blankets and give him something warm to drink. If the numbness continues, call your pediatrician.

**Winter Health.** If your child suffers from nosebleeds, use a cool-mist humidifier in the room at night. Saline nose drops or nasal gel may help keep the nasal lining moist. Cold weather does not cause colds or flu. The viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Children under age 5 should get the flu vaccine to reduce their risk of getting the influenza virus.

**Winter Sports and Activities.** Set reasonable time limits on outdoor activities to prevent frostbite. Allow children to skate only on approved surfaces. Consider having your child wear a helmet while skating. Keep sleds away from cars. Children should always be supervised while sledding. Sled slopes should be free of obstructions like trees or fences. Consider having your child wear a helmet while sledding. Always sled feet first to avoid head injuries. Children should be taught to ski or snowboard by a qualified instructor and the AAP does not recommend snowboarding for children under 7. Strongly consider a helmet for skiing and snowboarding. The AAP recommends that children under age 16 not operate snowmobiles and that children under age 6 never ride on snowmobiles. Do not use snowmobiles to pull sleds or skiers. Wear goggles and helmets approved for use on motorized vehicles like motorcycles.

**Sun Protection.** The sun's rays can still cause sunburn in the winter, especially when they reflect off the snow. Make sure to cover your child's exposed skin with sunscreen.