

NOT SURE IT'S AN EMERGENCY?

CALL OUR OFFICE OR YOUR HEALTH PLAN'S ADVICE LINE

- Call to talk to someone about your current symptoms. Based on the information you provide they will decide if you should come into the office or go to the nearest emergency room.



BE PREPARED. ASK YOUR CHILD'S DOCTOR WHEN TO GO TO THE EMERGENCY ROOM.

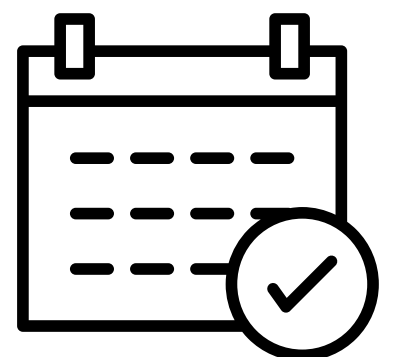
- Ask your child's doctor because they are aware of your child's medical history. They can provide valuable information to assist you with decision making in regards to your child's health.



WHY SHOULD I TAKE MY CHILD TO THE DOCTOR FOR REGULAR CHECK-UPS?

With regular check-ups your doctor will:

- Get to know your child's medical history better.
- Give your child the best care when it is needed.
- Give you advice on how to keep your child healthy.
- Give you advice on when to use the emergency room and when to call the doctor first.



AVOID THE LONG WAITS AND THE CROWDS IN THE EMERGENCY ROOM.

FIND HELP BY CALLING YOUR CHILD'S DOCTOR OR THE HEALTH PLAN'S ADVICE LINE.

PROTECT YOUR CHILD DURING COLD AND FLU SEASON

YOU CAN'T ALWAYS KEEP YOUR CHILD FROM GETTING SICK, BUT HERE ARE THINGS THAT CAN HELP:

- Make sure your child's shots are up-to-date.
- Get your child a flu shot if the doctor suggests it.
- Teach your child to:
 - Wash hands for at least 20 seconds after using the toilet and before eating.
 - Avoid touching eyes, nose or mouth.
 - Not share food, drinks or eating utensils.
 - Keep away from others who have a cold or cough.



HOW CAN I HELP MY CHILD FEEL BETTER?

If your child gets a sore throat, cough, cold, or flu, here are things you can do:

- Make sure your child:
 - Gets lots of rest and sleep.
 - Drinks plenty of fluids.
 - Use a humidifier or saltwater nose drops to help with a stuffy nose.
 - Ask your doctor if your child needs cold or cough medicine.



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