



ALL IN PEDIATRICS

Fear Not the Fever

Let's face it... fevers are scary. All you've heard your whole life is how damaging a fever can be, right? WRONG! Fevers are our body's way of fighting an infection or some sort of bacteria. Sounds weird to say it, but fevers are good! Learning what causes fevers and how to treat them (or not) effectively will ease your anxiety.

Fever is an adaptive and necessary part of our body's immune system. White blood cells, building blocks of our immune system, actually work better at higher temperature.

So why are we so fever-phobic? We equate fever with illness. We assume if we lessen the fever that we somehow lessen the degree of the illness when the opposite is true. Yet another reason is the fear of febrile seizures, a phenomenon that while frightening, doesn't cause permanent harm. And as it turns out, neither acetaminophen nor ibuprofen prevent febrile seizures.



The most common reason for treating a fever is comfort. We FEEL better when our temperatures are normal. When we have a fever all we want to do is lie in bed and drink fluids, which is EXACTLY what we should be doing instead of going to work or school. Fever is a sign that we should isolate ourselves from the herd.

For more information about treating (or not) your child's fever, [watch this short video](#) or [read this article](#) on the Healthy Children website.

Flu Vaccine

While our flu vaccine clinic may be over, it's never too late to get your child's flu vaccine. Check out our walk-in hours below and find a time that works in your schedule to walk in and have your child vaccinated.

New Albany Walk-In Hours:

Monday-Saturday 8-10am

Monday-Thursday 4-6pm



Salem Walk-In Hours:

Monday-Friday 8:30-10am & 2-4pm

Walk-in hours are exclusively for sick patients and vaccines/shots. We do not accept well child check ups/sports physicals during walk-in hours. If you require a check up or sports physical, please call to schedule an appointment.

Food Allergies and Trick or Treating Fun



Don't let Halloween fun get spoiled by a food allergy. Halloween is one of the trickiest days of the year for children with food allergies. They often bring home bags of treats and may have consumed treats before coming home that contain allergens, such as nuts, milk, eggs, etc.

Here are some tips from the American Academy of Pediatrics regarding food safety on Halloween:

- Share the news of your child's allergy with every adult in your child's life.
- If your child is old enough to understand, educate him/her on their allergy and how to identify the symptoms if they eat something that causes a reaction.
- Always read the label. Be aware that even if they are not listed on the ingredient label, candies (both chocolate and non-chocolate) are at high risk of containing trace amounts of common allergy triggers, because factories often produce many different products. Also, "fun size" or miniature candies may have different ingredients or be made on different equipment than the regular size candies, meaning that brands your child previously ate without problems could cause a reaction.
- Teach your child to politely refuse home baked goods, such as brownies or cookies, and to never share a friend's food.
- Don't let your child trick-or-treat alone, and make sure they have an epinephrine auto-injector with them. Anyone with a cell phone should fully charge it before heading out.

Attention Salem Office Families!



Our Salem office will be closing at 3pm on Tuesday, October 31st. If you require a later appointment that day or need your child to be seen, please call (812) 949-0405 to make an appointment in our New Albany office or take advantage of the walk-in hours at our New Albany office, 4-6pm.

New Albany Office Hours

Monday- Thursday 8am-8pm

Friday 8am-5pm

Saturday 8am-12pm

Walk-In Hours

Monday-Saturday 8-10am

Monday-Thursday 4-6pm

Salem Office Hours

Monday-Friday 8am-5pm

Walk-In Hours

Monday-Friday 8:30-10am

Monday-Friday 2-4pm

Call for an appointment: 812-949-0405

[Visit Our Website](#)

All IN Pediatrics | (812) 949-0405 | nassimandassociates@gmail.com | all-inpediatrics.com

STAY CONNECTED:

