



Flu Vaccine Still Available



Don't let the flu get you! Flu vaccine is still available, scheduled or walk-in visit.

Update to Our Evening Appointment Policies

We'd like to take this opportunity to clarify information about our evening appointments. We are not currently scheduling well child or medicine check appointments in the evening. Given that we are in the height of cold and flu season, evening appointments are reserved for treating our sick patients. If your child is not ill, we encourage you to call to schedule their well child and med check



appointments during the day. As the "sick season" ends, we foresee opening those hours up for other appointments. We appreciate your patience and consideration.

Giving and Receiving During the Holidays



...and we're not talking about gifts, but rather germs!! The holidays are the worst time to feel bad; however, it never seems to fail that someone presents with something other than presents (no wonder internationals struggle with the English language). Best practice is to stay home if you or someone in your family is ill, but if missing Aunt Harriet's get together is not an option, don't hesitate to have your sick family member wear a mask - as inconvenient and uncomfortable as it sounds, masks do limit the spread of viruses such as strep, colds and the flu. It's not 100% as particles can escape through the gaps around the mouth, but it's better than exposing the rest of the family, especially the aging and medically fragile, to viruses.

Additionally, as we celebrate the holidays with friends and family, there are some who experience sadness and depression. Adolescents are often a part of this group. If you or someone you love has experienced difficulty with handling the holidays, the AAP has created a list of helpful <u>holiday mental health tips</u> to see you through this time of year.

Holiday Office Schedule

The following details our office hours through the holiday season:

New Albany Office

Closed	Christmas Day, Monday, December 25th
Open	Day after Christmas, Tuesday, December 26th
Closed	New Year's Day, Monday, January 1st

Salem Office

Closed	Christmas Day, Monday, December 25th
Closed	Day after Christmas, Tuesday, December 26th
Closed	New Year's Day, Monday, January 1st

Our Salem families are more than welcome to visit our New Albany office should your child need to be seen on Tuesday, December 26th. Regular hours apply December 27-29th and from January 2nd on.

New Albany Office Hours	Salem Office Hours		
Monday- Thursday 8am-8pm	Monday-Friday 8am-5pm		
Friday 8am-5pm			
Saturday 8am-12pm			
Walk-In Hours	Walk-In Hours		
Monday-Saturday 8-10am	Monday-Friday 8:30-10am		
Monday-Thursday 4-6pm	Monday-Friday 2-4pm		
Call for an annaintment, 912 040 0405			

Call for an appointment: 812-949-0405

Visit Our Website

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