



ALL IN PEDIATRICS

Happy New Year to You and Yours

Happy new year to you. We appreciate you entrusting us with the health of your child(ren). Here's to a healthy, happy 2018 for all!

Flu Season in Full Swing



In case you haven't heard, the 2017-18 flu season is ON and it's a nasty one. The CDC has reported Indiana as a widespread outbreak state, as are Kentucky, Ohio and Illinois. It's not too late to get a flu shot and we encourage all to do so. Still make every attempt to protect yourself and your loved ones by practicing good hygiene - washing hands frequently in warm water with soap that lathers and covers your entire hand. Secondly, cover your mouth with your arm, tissue, or something other than your hand when you sneeze or cough, as particles released during a sneeze or cough are the most likely way the virus gets spread.

While data does not necessarily support dosing with Vitamin C to prevent illness, taking a multi-vitamin supplement containing Vitamin C is a good idea for most.

If you start to feel ill, the flu usually starts with body aches, fever and lethargy, see your doctor right away. Antiviral treatment for the flu is most effective when administered within the first 48 hours of becoming symptomatic. And as always, if you feel ill, stay home. Nothing is so important that you risk spreading illness to others, especially those with already fragile health.

For more information about this flu season, [visit the CDC's website](#).

Spring Sports Physicals

Just a quick reminder to make appointments now for your child's sport physical. Many of the area's school spring sports start as soon as next week. We do not perform sports physicals during walk-in hours, as those appointments are reserved for our sick patients.



Calling All New Year's Resolutions



Are you a New Year's resolutionist or no? If you are, what is your resolution and how committed are you to it? We want to know! Visit our [Facebook](#) page and post your resolution.

New Albany Office Hours

Monday- Thursday 8am-8pm

Friday 8am-5pm

Saturday 8am-12pm

Salem Office Hours

Monday-Friday 8am-5pm

Walk-In Hours

Monday-Saturday 8-10am

Monday-Thursday 4-6pm

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:

