

CIC Newsletter

Fall Issue 2021

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Flu Season is Around the Corner...

What is Influenza?

- It is a respiratory illness that is caused by a virus. It can be mild or severe.
- Some of the symptoms associated with the flu are: fever, headache, cough, body aches, headache, sore throat, etc.
- Adults can spread the virus for at least 1 day before showing symptoms, and up to 5 days after starting the symptoms. Children can spread the virus for even longer periods of time.

What should I do to protect my child and myself from the flu?

- Get the flu shot
 - Approximately 100 kids die a year – 90% of those are not vaccinated
- Cover your nose and mouth with a tissue when you cough or sneeze
- Throw your tissues away and/or flush them down the toilet
- Wash your hands frequently

What should I do if I think we have come down with the flu?

- Get plenty of rest.
- Drink a lot of fluids (Gatorade, water, juice, etc.).
- Take fever/pain reliever (acetaminophen/ibuprofen).
- If they have a stuffy nose use saline drops and a suction bulb to help clear it.
- If you have a humidifier run it in the child's room; especially at night.

Fall- Local Businesses to Check Out

Pumpkin Farms

Trabbic Pumpkin Farm
Fleitz Pumpkin Farm
Gust Brother's Pumpkin Farm

Apple Orchards

MacQueen Orchards
Erie Orchards and Cider Mill
Bennett's Orchard
Kreps Apple Barn

Trick or Treat Safety

- ▶ Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- ▶ Fasten reflective tape to costumes and bags to help drivers see you.
- ▶ Hold a flashlight while trick-or-treating to help you see and others see you.
- ▶ Look both ways before crossing the street. Use established crosswalks wherever possible.



- ▶ Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- ▶ Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- ▶ Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

COVID 19 in Children

Signs or symptoms of COVID-19 in children include:

- Fever
- Fatigue
- Headache
- Myalgia
- Cough
- Nasal congestion or rhinorrhea
- New loss of taste or smell
- Sore throat
- Shortness of breath or difficulty breathing
- Abdominal pain
- Diarrhea
- Nausea or vomiting
- Poor appetite or poor feeding

School-aged children should receive testing if they have:

- Signs or symptoms of COVID-19 **and**
- close contact (within 6 feet of someone for a total of 15 minutes or more) with a person with laboratory-confirmed or probable SARS-CoV-2 infection **or**
- increased likelihood for exposure (which includes living in or traveling to a community with substantial transmission as defined by the local public health department and described in CDC's Community Mitigation Framework)
- No symptoms but have had close contact (within 6 feet of someone for a total of 15 minutes or more) with a person with laboratory-confirmed or probable SARS-CoV-2 infection.



CIC Newsletter

Staff Announcements:

Please help us welcome our newest team members:

Carrie, CFNP



Sara, CPNP



◆ Brittani, MA ◆



◆ Liz, MA ◆



◆ Madison ◆



Here is our Team...

Michelle Miller, CPNP
 Kim Kaczmarek, PA-C
 Carrie Griffith, CFNP
 Sara Matthews, CPNP
 Kathleen Nowak, RN
 Leah Gribbin, LPN
 Liz Golembiewski, RMA
 Brittani Garrett, MA
 Leigh Luckey, Medical Biller
 Maddie Miller, Scanner
 Stephanie Whitehead, Office Manager
 Mike Pappas, MD

Office Hours:

Mon: 8 a.m. - 5 p.m.
 Tues: 8 a.m. - 6 p.m.
 Wed: 8 a.m. - 6 p.m.
 Thurs: 8 a.m. - 6 p.m.
 Fri: 8 a.m. - 4 p.m.

Well Visits

Call us today to schedule your child's well visit. The schedule is as follows:

- ✓ Newborn (3-5 days after discharge)
- ✓ 1 month
- ✓ 2 month
- ✓ 4 month
- ✓ 6 month
- ✓ 9 month
- ✓ 12 month
- ✓ 15 month
- ✓ 18 month
- ✓ 2 year
- ✓ 2 ½ year
- ✓ 3 year
- ✓ then yearly

Contact Information

Emergency – 911
Non-Emergency Fire:
 Sylvania Township – 419-882-7676
 Toledo – 419-936-3550
Non-Emergency Police:
 Sylvania Township – 419-882-2055
 Toledo – 419-245-3340
Poison Control – 1-800-222-1222
Domestic Violence – 1-800-799-7233

Website: www.intensivecaring.com
Email: cic@intensivecaring.com
Facebook: Children's.caring
Twitter: Cicped

[find us on facebook](#)

[follow us twitter](#)

Check Out what's New!

At every visit, your kids will be given a token to get a prize at check out. We have both candy and toys!



Parent Surveys

At each visit, we ask that you complete a short survey to help make changes within our practice. Without your feedback we won't know what we need to work on. This survey is completely confidential unless you decide to put your name and number down for us to call and speak with you about your concerns.

Tell us what **you** think!



New Patients Welcome