

TRAVELING THIS SUMMER?

We recommend packing a small kit when traveling with children of all ages to prepare for emergencies or illness. Your kit should include a thermometer, fever reducer (Tylenol), antihistamine (Benadryl) and a few first aid kit items such as bandages, antibiotic cream and hydrocortisone cream. You may also want to research your travel destination before you go to locate the nearest pediatric health provider in

that area. A great resource for those travelling out of the US is the Centers for Disease Control and Prevention website. Through their travel page, <https://wwwnc.cdc.gov/travel> you can select where you are



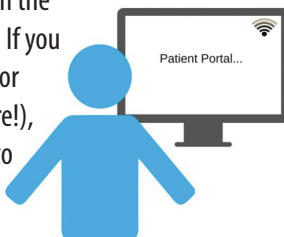
going and who you are traveling with, and you will get information specific to your destination.

OFFICE SPOTLIGHT

Have you signed up for our Patient Portal?

<https://lighthouse.pcc.com/portal>

It is a wonderful way to communicate with our staff with a non-urgent issue at your convenience – day or night. Many of our families now prefer this method to request forms and refills. We will answer by 1:30pm if sent on a week day morning, and by the end of the business day if sent after lunch. If you send a message after-hours, you will receive a response by 1:30pm the next business day. If you are not signed up (or aren't sure if you are!), see our front staff to get registered.



SWIMMER'S EAR

Swimmer's Ear, also known as otitis externa, is an infection of the ear canal. The most common symptoms are ear pain, ear canal swelling and discharge from the ear canal. Swimming breaks down the natural defenses of the skin in the ear canal and allows the infection to start. You can prevent it by drying the ears after swimming. Also, you can use homemade drops made of equal parts rubbing alcohol and white vinegar. Put a few drops in each ear canal after swimming. This is done easily if you put the solution in a clean squirt bottle. Do not use this as treatment. If you suspect your child has Swimmer's Ear please call the office to schedule an appointment. Treatment is prescription ear drops.



SWIM SAFETY

As the weather heats up, families will be spending more time around the water. However, caution should be taken. Drowning is the #1 cause of death in children over the age of one in Florida.

Remember these guidelines:

- When in open water, swim in designated areas only
- Never swim alone, children should not supervise other children
- Never leave children unattended near water
- Maintain constant supervision and avoid distraction while supervising
- If you have a pool, a barrier/fence is a must
- If a child is missing, check the water first
- Supervising adults should know CPR
- Protect your skin — drink plenty of water

Families can present the swim safety brochure they receive in our office for a 20% discount on level 1 swim lessons at select county parks from 5/15 – 8/31.

Immokalee ~ Golden Gate
Sun-n-Fun ~ River Park

OFFICE NEWS

National Day of Prayer – May 3

12pm Join our staff on the courthouse steps

CPR/First-Aid Class

May 1 5:15pm – 8:15pm

May 19 9am – 12pm

\$40 includes American Heart Association card;
\$10 if no card needed

