

FOLLOWING SUMMER SAFETY TIPS WILL KEEP CHILDREN IN ACTION

The pools are open and the children are getting outside again. It's time for a review of safety precautions for summer!

- Avoid direct sun between the hours of 10 a.m. and 3 p.m.
- Always use a waterproof sunscreen 15-20 minutes before sun exposure. SPF of 15-30 is adequate.
- Remember to reapply sunscreen every 2-3 hours or more frequently if swimming or sweating.
- Remember that water and sand reflect sunlight and will intensify sun exposure.



- Avoid outdoor exposure to insects at dawn and dusk (their favorite feeding time).
- Use long sleeves and long pants to further avoid insect bites and stings and/or apply 8-15% DEET to exposed skin.
- Be sure to have children

wear sturdy shoes on playground equipment and for active outdoor play.

- Allow children healthy snacks and have water or sports drinks available to keep kids hydrated in the summer heat.
- Avoid sugary and caffeinated beverages that can lead to poor hydration.
- Supervise outdoor play and pool time adequately.
- Teach children about stranger safety.
- Learn to recognize poison ivy and poison sumac, wash skin and clothing thoroughly with soap after exposure.

LVPG doc to lead Kenya mission; could see 4,000 patients in 8 days

Scott Rice, M.D., Pediatrician with Lehigh Valley Physician Group, will lead a medical mission to Kenya. A team consisting of Dr. Rice, 2 RN's, a nutritionist and 12 non-medical individuals will travel on July 21 to the Nyanza Province in Western Kenya.

During their stay they will hold a medical clinic for 5 days in one village and for 3 days in another village. The goal of the trip is to provide greatly needed medical help and spiritual hope.

The area was written about recently in Time magazine; there is no significant source of health care. The expected number of people that may be seen range from a low of 1,000 to a high of 4,000. Five fifth-year medical students from Moi University School of Medicine will join the team for the 5-day clinic.

LvPG Clinical Services and Clinical Coordinators assisted in the effort by collecting 10 boxes of medical equipment and medical supplies. The Lehigh Valley Hospital and Health Network also donated several boxes of pharmacy supplies.

Your Vaccination Station is ABCFP

With summer school and sports physicals in demand, our newest vaccine, Menactra, is getting a good workout.

Menactra is the new meningococcal vaccine approved this past winter. All the offices have the vaccine in stock and many of our patients have already received vaccination. The vaccine protects against most strains of meningococcal meningitis.

The highest-risk group is college students living in dormitories, however, it is being recommended for students entering 6th grade, high school or college.

VIRUS OF QUARTER: COXSACKIE

The 2 most common viral syndromes associated with Coxsackie Virus are "Hand-Foot-Mouth" and "Herpangina." Both syndromes can be associated with high fevers initially and then the appearance of lesions.

With Hand-Foot-Mouth, the lesions appear as deep blisters on the palms of the hands and the soles of the feet. With both syndromes the mouth lesions classically consist of white ulcerated areas with surrounding redness concentrated to either side of the uvula (the thing that hangs down in the middle of the throat); however, they can be spread throughout the mouth. Treatment for both consists of pain re-

lief and fever control. It is also important to keep the children well hydrated. They may not feel like eating much but make sure they continue to drink water or electrolyte fluid (Gatorade, Pedialyte, Liquilyte.)

Coxsackie viruses are very contagious. They are spread through contact with infected nose and throat secretions and stool. Good hand-washing will help decrease the spread as will avoiding shared utensils and cups. Children should be isolated until fever has been gone for 24 hours. Most children will have complete recovery in 5-7 days and will then be immune to another attack by the same strain of virus.

Volume 1, Issue 2
July 1, 2005



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