



# South Lake Star

## H1N1 Flu Update

South Lake Pediatrics will have a LIMITED supply of H1N1 vaccine arriving in the next few days. We will follow Center for Disease Control and Minnesota Department of Health guidelines as we begin immunizing patients.

Our priority is to immunize in the following order:

- Children who live with infants under 6 months of age.
- Children up to 18 years of age with conditions that place them at the highest risk (such as cystic fibrosis or congenital heart disease).
- Children six months to four years of age.
- Then children five through eighteen years of age who have chronic medical conditions.

We will organize flu clinics to facilitate the process. You will be notified by phone when we determine your child should receive the vaccine.

### PREVENT THE SPREAD OF H1N1:

Cover your nose and mouth when sneezing or coughing. Wash your hands frequently. Stay home if you are sick.

Appointment Line  
952-401-8300

Website and Online  
Appointments  
[southlakepediatrics.com](http://southlakepediatrics.com)

## Winter Safety Tips

Carbon monoxide is an odorless, colorless gas that can cause illness and death. It is produced whenever any fuel such as natural gas, propane, gasoline, kerosene, wood or charcoal is burned. It's essential in our climate to have a carbon monoxide alarm, at least one on each floor of your home, and in hearing range of all sleeping areas.

Fireplaces, wood stoves, kerosene heaters, portable space heaters and electric blankets can all cause skin burns if not used carefully and appropriately. Children should be closely supervised around any of these.

Fireplaces: Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that the flue is open. Use care with "fire salts," (which produce colored flames when thrown on wood fires) as they contain heavy metals that can be dangerous if eaten. Do not burn wrapping paper in the fireplace. Fireplace doors or screens may become very hot and may cause burns if touched; consider this when having a lit fire around young children who lack good judgment.





## Booster Seat Safety

Effective July 1, 2009, a child who is both under age 8 and shorter than 4 feet 9 inches is required to be fastened in a child safety seat that meets federal safety standards. Under this law, a child cannot use a seat belt alone until they are age 8 or 4 feet 9 inches tall. It is recommended to keep a child in a booster based on their height, rather than their age.

### What are booster seats and how are they used?

- Booster seats raise the child up so the adult lap belts can fit low and snug across the hips and the shoulder belt can fit snug across the middle of the chest to provide the necessary protection in a crash.

### Who should use booster seats?

- Any child who is over the age of 4 years and weighs over 40 pounds has outgrown a forward facing safety seat. A child should use a booster until they are 4 feet 9 inches tall.

### Should I use a high back or low back booster?

- Boosters without a back may only be used in vehicles with a head rest. High back boosters are effective as they offer a slot for you to thread the seat belt to properly position the seat belt across the child's chest.

### What if my child is 9 years old, but only 4 feet 6 inches tall (or shorter)? Under the law he/she would be able to be seated with just a seat belt.

- By Minnesota state law, they would not be required to be in a booster seat. However, the best safety practice would be to keep them in a booster until they reach 4 feet 9 inches tall.

For more information please see [www.chop.edu/carseat](http://www.chop.edu/carseat).

## easyCARE Information



easyCARE

See clinicians you know and trust at your convenience, at a location and time that works best for you.

No appointment is needed for minor illnesses such as sore throats, earaches, rashes, pink eye, fever and minor injuries.

**Minnetonka** - 8 a.m. till 5 p.m. Monday through Friday

**Maple Grove** - 8 a.m. till 5 p.m. Monday through Friday

**Plymouth** - 8 a.m. till 5 p.m. Monday through Friday

**Children's West** - 8:30 a.m. till 12:30 p.m. and 1:30 p.m. till 5 p.m. Monday through Friday

**Eden Prairie** - 8:30 a.m. till 12:30 p.m. and 1:30 p.m. till 5 p.m. Monday through Friday

**St. Louis Park\*\*** - 8:30 a.m. till 12:30 p.m. and 1:30 p.m. till 5 p.m. Mon, Wed, Thurs, Fri

\*\*St. Louis Park office is closed on Tuesdays