

JBER Pediatric Newsletter

May 2016



Sports and School Physicals

The JBER Pediatric Clinic will be performing sports and school physicals during the 2016 Air Show!



Who: healthy children ages 5 years and older

When: July 30th and 31st

Where: JBER Pediatric Clinic

How: By appointment only. Please call the Appointment Line (580-2778) to schedule an appointment.

School forms can be picked up at the Pediatric Clinic front desk, or downloaded from: <http://www.asdk12.org/healthservices/physicals>

Please ensure you have completed the medical history portion of the physical paperwork prior to coming to the Pediatric Clinic on Saturday or Sunday.

Don't Forget! Bring your child's glasses or contacts for the vision test.

Well-Child visit within the last year?

Bring your paperwork to the front desk any time with the medical history portion completed. Our staff will complete the physical exam portion within 5-7 duty days and call you when ready to pick up.

Can't make it during the Air Show?

Don't worry! The Anchorage and Mat-Su School Districts allows up to 90 days for parents to provide the school with a physical form for the enrollment of Kindergartners and students new to the district in grades 1-12.



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Today!

<https://app.relayhealth.com/>

Did You Know?

A health history form should be completed yearly when parents register their children for school. The school nurse reviews the health history form and parents will be contacted if there are questions or concerns.

Strep Throat Walk-In Clinic

Ages 3 and older
0800-1000
1300-1500

Shot Schedule Well Visits

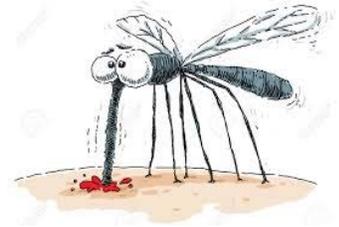
Birth	2 day
	2 week
2 months	2 months
4 months	4 months
6 months	6 months
	9 months
12 months	12 months
18 months	15 months
4-6 yrs	18 months
11 yrs	*yearly from
16 yrs	2 through 18

JBER Immunization Clinic

MWF 0730-1130 and 1245-1615
Closed every 3rd Thur of the month
1130-1630



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Insect Bites!

Symptoms of Insect Bites

- Insect bites usually cause a small red bump.
- Often, it looks like a localized hive - one large single hive or several small ones.
- Sometimes, a small water blister occurs in the center of the bump. This is common in younger children.

Anaphylaxis With Insect Bites: **Very Rare!**

- A severe life-threatening allergic reaction is called anaphylaxis.
- The main symptoms are difficulty breathing and swallowing starting within 2 hours of the sting; however **onset usually is within 20 minutes.**
- Anaphylaxis can occur with bee, yellow jacket, wasp, or fire ant stings.

Insect Bite Treatment:

- To reduce the itching, use 1% hydrocortisone cream. No prescription is needed. Apply to area 3 times a day until the itch is gone.
- Apply ice in a wet washcloth to bite for 20 minutes.
- To reduce the itch, put firm, direct pressure to the bite for 10 seconds.
- If still itchy, try an allergy medication like Benadryl.
- To reduce the pain, soak a cotton ball in baking soda solution. Then rub the bite for 15-20 minutes. Do this only once.
- For pain, may give child Acetaminophen (Tylenol) or Ibuprofen (Motrin).

What to Expect:

- Most insect bites are itchy for several days.
- Any pinkness or redness usually lasts 3 days.
- The swelling may last 7 days.
- Insect bites of the upper face can cause severe swelling around the eye. This is harmless.
- The swelling is usually worse in the morning after lying down all night. It will improve after standing for a few hours.

Call 911 if:

- Trouble breathing or wheezing
- Hoarse voice, cough, or tightness in the throat/chest, or slurred speech
- Hard to wake up
- Acts or talks confused
- You think your child has a life-threatening emergency

Go to the ER or call Doctor if:

- Hives or swelling all over the body
- More than 20 fire ant stings in a child less than 1 year old
- Fever and bite looks infected
- spreading redness
- Your child looks or acts very sick
- You think your child needs to be seen

Call your Doctor if:

- Severe pain lasts more than 2 hours after pain medicine
- Infected scab not better after 48 hours of antibiotic ointment
- Bite looks infected - spreading redness gets bigger after 48 hours
- You think your child needs to be seen
- Your child becomes worse

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MiCARE

Today!

<https://app.relayhealth.com/>



<http://www.alaskachildheart.com/Is-Your-Child-Sick/Is-Your-Child-Sick/Insect-Bite.aspx>