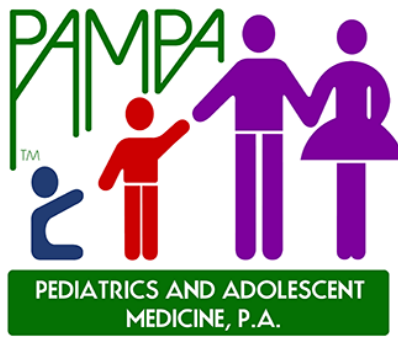




As We Enter Fall, Let's Keep Our Kids Healthy and Strong!

- Starting **September 15th**, you can schedule your child's nurse visit to attain the flu vaccine. Protecting your child early helps keep them healthy and your family safe. Be proactive and stay ahead of the flu season!
 - Reminder: Our Saturday clinic is held **only at the Marietta location**. We are open from 8:00 AM – 11:00 AM for both sick and well visits, **by appointment only**.
 - The American Academy of Pediatrics strongly recommends immunizations as the safest and most effective way of preventing disease, disability and death. The AAP calls for the on-time, and routine immunization of all children and adolescents. As always, PAMPA Pediatrics will continue to follow the AAP guidelines.
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RSV Season

RSV is a common virus that causes cold-like symptoms but can sometimes lead to serious illness in young infants, occasionally requiring hospitalization.

Typical symptoms include runny nose, cough, fever, and, in more severe cases, trouble breathing, poor feeding, or unusual lethargy. RSV symptoms are typically at their worst on days 3 through 5 of illness. Symptoms generally last an average of 7-14 days. Parents should call their pediatrician if they have any concerns about their child's symptoms.

While there's no specific medicine for RSV, supportive care like nasal saline, humidifiers, and proper hydration can help your child feel more comfortable.

Preventing RSV includes good hand hygiene, limiting exposure to sick contacts, and keeping up with routine vaccinations. There are now immunizations to protect babies from severe illness during RSV season. You can choose RSV immunization during pregnancy, or your baby can be immunized after they are born. Ask your Pediatrician for more details.

See the link the below for more information about caring for your child when they have cold symptoms.

[Caring For Kids with Colds](#)

Patient Portal

You can easily schedule your child's flu vaccine and submit medication or form requests through our Patient Portal. For step-by-step instructions, visit the **Patient Portal How-To** page on the PAMPA website. See the link below.

[Patient Portal - How To?](#)



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