



N1H1 Flu Update

We have all heard of this new strand of flu that is now affecting people across the world. There are also a growing number of [cases in South Carolina](#). As a Parkside Parent, we want you to be informed of the facts.

Want to know if your child has the flu?

Great News! There is a simple swab test of the nose or mouth that we can do in the office to see if your child tests positive for the flu. The test is quick and painless and will give is a definite answer about the flu.

The **PARKSIDE PROMISE** – we will do everything possible to see your sick child the day you call, so please call as soon you know you would like to bring them in for a visit.

And for those who were wondering, we have a special entrance for those who think they may have the flu - even special exam rooms. We are doing everything possible to stop the spread of germs and keep you healthy!

Look out for these possible flu symptoms:

- Fever above 101 degrees, Chills
- Achy body
- Serious cold type symptoms

A simple reminder of things to do to protect the spread of germs:

ALWAYS wash those hands – even when you think they are clean. And sing the ABC song as you wash.

Use hand sanitizer to wipe down grocery carts, and keep one in your bag and car to clean your hands after being in public places. Cover any cough or sneeze with your elbow or inside your shirt.

PLEASE - If you or a family member has flu like symptoms and has benn in contact with someone who has traveled to Mexico, please stay home and give us a call for an appointment.

For complete hour by hour updated information, visit the [CDC](#) – Center For Disease Control – website.

