

## Spring Allergies or a Cold?

Runny noses, sneezing, and itchy eyes are common this time of year, and it can be tricky to tell whether your child has allergies or a cold. Clues it may be allergies include itchy eyes or nose, clear and watery nasal drainage, symptoms lasting more than one to two weeks and no fever.

### What can help:

- Showering after outdoor play to remove pollen
- Keeping windows closed on high-pollen days
- Using allergy medications as recommended by your provider

Unsure if your child's symptoms are related to allergies, illness or something else?



**MyChart Symptom Checker** provides fast, reliable guidance developed by TriHealth pediatricians.

Answer a few simple questions and get personalized recommendations—anytime, anywhere. It's an easy way to decide your next step for care and even schedule a same-day or next day visit. Log in to MyChart and search for **Symptom Checker** under the Find Care menu.

Note: This tool is for **non-urgent symptoms only**. For urgent medical needs, please contact your physician's office or call 911 immediately.

## Making Visits More Convenient

### *Sick + Well Visits: One Visit, When Possible*

We know families are busy. When appropriate, we can often address both a well visit and a sick concern in the same appointment. What this means for you:

- Fewer trips to the office
- Less time away from school or work
- Faster answers and treatment

Note: Insurance may apply different coverage for the sick portion of the visit, but many families find the convenience and timely care to be a big benefit.

If your child is due for a check-up but also isn't feeling well, let us know when scheduling or when you arrive—we'll do our best to meet both needs in one visit.

Scan this code for prior newsletters, blog posts and all things TriHealth Pediatrics!



## Quick Tips for Summer Safety

Warmer weather means more outdoor fun! Here are a few habits to help keep kids safe this spring/summer.

### ALWAYS:

- **Wear a helmet** when riding bikes, scooters, and skateboards
- **Use sunscreen** every day (SPF 30 or higher) and reapply every 2 hours
- Encourage **water breaks**, especially during sports, and watch for signs of heat illness (dizziness, nausea, tiredness)
- Check for insect **bites, ticks and poison ivy** – especially after playing in grass or woods
- **Watch children near water** – even strong swimmers need supervision. Use life jackets when appropriate. Start swim lessons when your child is ready.



### Want more expert tips to keep your kids healthy and safe all summer long?

Check out this blog from Dr. Abby Stein, Group Health Western Hills Pediatrics

<https://www.trihealth.com/blogs/parenting/getting-your-kids-ready-for-summer>



## Planning ahead for summer and fall sports?

**Now is the perfect time to schedule your child's physical. These visits:**

- Ensure your child is healthy, up to date on vaccinations and able to safely participate in sports
- Allow our providers to address injuries or concerns early
- Help you get forms completed before August deadlines

**Avoid the last-minute rush**—schedule early now via **MyChart** (“Pediatric Well Child Check-Up”) or by calling your provider’s office.

## Bringing Pediatric Expertise to Your Living Room

### *Virtual Education for Parents*

As part of our commitment to supporting you and your family, TriHealth Pediatrics recently held our first virtual education session on the transformational tween years.

With over 100 parents attending and 94% recommending this session, we're excited to continue offering virtual education on a variety of topics that support your child's health, development and well-being.

We want these sessions to reflect what matters most to you. **Have an idea for a future topic?** We would love your input. Email us at: [trihealthpediatrics@trihealth.com](mailto:trihealthpediatrics@trihealth.com)

**As always, thank you for trusting TriHealth Pediatrics with your child's care!**

**We're committed to making every experience the best it can be!**