

Winter Weather Safety Tips for the Family

Heading Out:

- ✓ Dress in layers (children should wear one more layer than adults). Wear a hat, gloves, scarf and waterproof boots. Use sunscreen on exposed skin because of sun reflection on snow.
- ✓ For safety, always remove your child's thick/bulky winter coat before buckling in a car seat.
- ✓ When possible, stay off the roads. If you must, drive slowly and keep a safe distance from other cars.
- ✓ Make sure your car has an emergency kit. Keep the gas tank at least half full and regularly check the battery and tire pressure.

Staying In:

- ✓ Test smoke and carbon monoxide detectors and don't use gas stoves or ovens for heat.
- ✓ Keep space heaters at least 3 feet away from anything flammable and never leave children alone around them.
- ✓ Never leave a child unattended with a space heater going.
- ✓ Avoid overexertion – this includes shoveling heavy snow or walking in deep snow. Sweating can lead to chills and hypothermia.

Transitioning to Adult Primary Care

As parents, you have spent years working with your pediatrician to keep your child healthy. Starting around age 13, we encourage children to take more responsibility for their healthcare. This includes understanding their medical history, medications, allergies, immunization records, and their primary care provider's contact information.

By age 18, they will be responsible for their own medical information, preparing them for the transition to adult care. This transition can feel daunting, but it is essential as they move from pediatric care—focused on children's health—to adult care, which often has more complex needs.

Some pediatric providers will see patients until they turn 22; however, most encourage transition to an adult provider sooner. We are here to assist whenever your child (and you) are ready.



CONTACT US TO CANCEL OR RESCHEDULE!

If you need to cancel or reschedule an appointment, we ask that you notify us at least 2 hours in advance to avoid being marked as a no-show. This also helps us maintain availability for other patients needing more urgent care during this very busy flu and respiratory illness season.

Click [here](#) to view our No-Show policy.

HPV Vaccines – Cancer & Infection Prevention

Each year in the US, around 8,000 people die and over 35,000 are diagnosed with a human papilloma (HPV) related cancer. HPV vaccines have been proven to prevent infection, pre-cancers and cancers caused by the virus.

Studies show that administering 2 doses to adolescents (at least 6 months apart) is as effective as 3 doses given to older teens and young adults. Younger individuals produce more antibodies per vaccine dose. HPV vaccination during adolescence also protects against over 90% of the cancers caused by the virus.

This is why TriHealth pediatrics recommends that patients complete the vaccination series by the age of 13.

Stay Connected – Keep Your Information Updated

We're committed to providing the best care for your child including sharing important updates as they occur. That's why signing up for MyChart and updating your contact info is so important. This allows us to send appointment reminders and other time-sensitive info electronically.

- Don't have a MyChart? Sign up at <https://mychart.trihealth.com>
- Need proxy access to your child's MyChart account? Our team can assist.
- Not set up for text message reminders? Ask a front desk team member during your next visit.
- Changes to your phone number, address, insurance, custody/guardianship, emergency contact(s), etc.? Let us know at your next visit or update your info on MyChart (under "Account Settings > Personal Information")

We're also continuing to enhance our use of MyChart through tools like **Symptom Checker** (self-triage and same day/next day scheduling), **Wait List** (snag an earlier appointment should one become available), **e-check in** (complete **questionnaires** and **forms** electronically before you arrive), etc.



Your Feedback is Invaluable!

In the last 12 months, over 28,000 parents shared their feedback about our pediatric providers, team members and overall service. Here's what a few are saying...

She listened attentively and made sure to let my daughter know what was going to happen in the appointment before moving forward.

His doctor has always showed she cares about his health. We love her bedside manner, and she doesn't rush us out of the office.

Excellent experience as always! The staff is always supportive and puts us at ease knowing our family is in good hands!

I love all the staff! Such an amazing team and I always recommend them to new moms

No delays, everything was so quick and efficient.

The entire team was extremely responsive, kind, and accommodating. The nurses were helpful and provided excellent communication.

The nurse is very sweet. My little man liked her even though she gave him a shot. The doctor was very nice as well. Great service.

I scheduled the appt on my chart. It was quick and easy. I scheduled it about a month ahead of time to get a day and time I preferred.

We are thrilled that 9 out of 10 parents would recommend us to family & friends and are committed to making that 10 out of 10! We truly appreciate every comment that helps us improve your experience with TriHealth Pediatrics! Keep them coming!

Thank you for trusting TriHealth Pediatrics with your child's care in 2024! We'll see you in 2025!

