

**Stay Safe This Season!**

Back to school, cooler weather, the smell of pumpkin spice in the air...yes, it is almost flu season! As people spend more time indoors, viruses spread more easily. Here's a quick guide to help you keep your loved ones safe and healthy this season.

	Symptoms	What Should I Do?	When To Call the Doctor?
<b>Colds</b>	<ul style="list-style-type: none"> <li>Runny nose, scratchy throat, low-grade fever, fatigue, sneezing, coughing and nasal congestion.</li> </ul>	<ul style="list-style-type: none"> <li>There is no cure, only symptom management.</li> <li>Rest and stay hydrated.</li> <li>Colds can last a few days to several weeks.</li> </ul>	<ul style="list-style-type: none"> <li>Your scratchy throat lasts longer than a few days.</li> <li>You have trouble breathing or worsening symptoms.</li> </ul>
<b>Flu/COVID</b>	<ul style="list-style-type: none"> <li>Fever, body aches, sneezing, coughing, sore throat, headaches, runny nose.</li> <li>Loss of smell or taste, diarrhea and/or vomiting may also be present.</li> </ul>	<ul style="list-style-type: none"> <li>Stay home and stay hydrated.</li> <li>Once fever free for 24 hours and feeling better, you can return to school/work.</li> </ul>	<ul style="list-style-type: none"> <li>Symptoms last longer than a few days.</li> <li>You have trouble breathing or worsening symptoms.</li> </ul>
<b>Strep Throat</b>	<ul style="list-style-type: none"> <li>Sore throat, stomachache, headache, fatigue, fever.</li> </ul>	<ul style="list-style-type: none"> <li>Strep is a bacterial infection that needs to be treated with antibiotics.</li> </ul>	<ul style="list-style-type: none"> <li>Call your primary care office for further advice and instruction.</li> </ul>

**Seasonal Vaccines** can greatly reduce the risk of severe illness, missed work/school and hospitalizations. Contact your child's primary care provider to **schedule today!**

**Flu Vaccine** (available October-February)

- Available in all TriHealth pediatric practices for patients aged 6 months and up.
- Children under 9 years receiving their 1<sup>st</sup> ever dose, must get a 2<sup>nd</sup> dose in the same season
- Flu season is typically October – February.

**COVID Vaccine** (available year-round)

- Available in all TriHealth pediatric practices for patients aged 6 months and up.
- Children 6 months – 4 years receiving their 1<sup>st</sup> ever dose, must get a 2<sup>nd</sup> dose 4-8 weeks after.

**RSV** (available October-March)

- Available in all TriHealth pediatric practices for newborns under 8 months born during or entering their 1<sup>st</sup> RSV season.
- Also available for infants and children 8-19 months who are at increased risk for severe RSV and entering their 2<sup>nd</sup> RSV season.


**Same Day Scheduling Online!**

As a TriHealth Pediatric patient (or parent), you have access **MyChart Symptom Checker**. This tool provides care options for common, non-urgent symptoms such as red/pink eye, upper respiratory infections, ear pain, fever and sore throat. Symptom Checker is available 24/7 and now allows for **same-day or next day scheduling** with your primary care provider.

Check it out by logging into MyChart and clicking "Symptom Checker" under the Find Care menu.

**REMINDER – CALL IF YOU NEED TO CANCEL OR RESCHEDULE!**

Out of courtesy to our providers and to ensure that we can provide care to patients needing to be seen, it is important that you notify us **at least 2 hours in advance** if you are unable to keep your scheduled appointment time. Notification within 2 hours or less will result in your appointment being marked as a no-show.

**Don't Have MyChart?**

Sign up at <https://mychart.trihealth.com>

**Need proxy access to your child's account?** Our team can assist.

## Meet Our Newest Pediatricians!



**Yamini Kuchipudi, MD**  
Finneytown



**Hillary Purcell, MD**  
Glenway/Western Ridge

Dr. Kuchipudi and Dr. Purcell provide comprehensive care for children from birth through college age, focusing on the prevention, diagnosis and treatment of both acute and chronic illnesses.

Learn more about all our providers on our [Find A Doctor](#) page.

## TriHealth Travel Vaccine & Preventative Care Clinic



TriHealth recently opened a Travel Vaccine & Preventative Care Clinic (10495 Montgomery Road, Suite 26) that offers personalized travel consultations, necessary vaccinations and comprehensive care plans based on your travel destinations. All required vaccines are in stock (i.e. Japanese encephalitis, yellow fever and more) and all major insurances are accepted.

### How to Schedule:

- Patients **12 years and older:** direct schedule via MyChart, at [TriHealth.com/Travel](https://www.trihealth.com/travel) or by calling 513 862-VACC (8222).
- Patients **5 – 11 years:** call 513 862-VACC to schedule (dependent on travel details).

**In The News:** Dr. Micah Resnick, Madeira Pediatrics, was featured on *FOX19 For The Cure* sharing insight on why parents to schedule child appointments early ([fox19.com](http://fox19.com)). Click [here](#) to check it out.



## Pediatric Behavioral Health Services

- Behavioral Health Consultants (BHCs) are available to provide mental health support, care and coaching to all TriHealth pediatric patients either in-office or via telehealth. Our BHCs work closely with our providers to assist in the early identification and management of behavioral, emotional and developmental issues through customized strategies and support for you and your child.
- A Pediatric Navigator is also available to provide resources to those seeking support for psychotherapy and psychological and/or diagnostic testing for conditions such as ADHD and autism.
- Your child's primary care provider can help in determining whether a behavioral health referral is best for your child.
- Check out this [article](#) featuring our very own Dr. Gabrielle Paul, Child & Adolescent Psychiatrist, on why we've embedded licensed mental health professionals within our pediatric practices.

## Tell Us What You Think!

We're looking for parents to join our Pediatric Patient Family Advisory Council. This group will meet virtually every 3 months and help us to improve your overall pediatric experience at TriHealth.

If interested, please email [susan\\_miller@trihealth.com](mailto:susan_miller@trihealth.com)

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

