

Germ Season Game Plan

Cold, flu, RSV, and strep are making their rounds as the weather cools. A little prevention and early attention to symptoms go a long way in keeping kids healthy and active all season.

What to Watch For

- Colds: Runny nose and mild cough; usually improves in a week.
- Flu: Sudden fever, body aches, fatigue—vaccines are the best protection.
- RSV: Can cause wheezing or labored breathing, especially in infants and toddlers.
- Strep: Sudden sore throat with fever, often without congestion.

Prevention Tips

- Seasonal Vaccines can greatly reduce the risk of severe illness, missed work/school and hospitalizations.
 - Flu: available in all TriHealth pediatric practices for patients 6 months and up. **And you can now schedule online through MyChart!**
 - RSV: available in all TriHealth pediatric practices for eligible patients under 19 months.
- Encourage frequent handwashing (20 seconds, soap & water).
- Remind kids to cover coughs/sneezes and avoid sharing drinks.
- Keep children home from school/daycare if they're sick (fever >100.4F, vomiting, diarrhea, excessive cough).

Care at Home

- Offer plenty of rest and fluids.
- Use fever reducers safely, only as directed.
- Watch breathing closely – fast breathing, wheezing or chest retractions are red flags.
- Call us if fever lasts more than three days, your child seems very drowsy or shows signs of dehydration.



Check out our [Helping Kids Thrive in Mind and Body this School Year](#) blog!

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. It 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 (mychart.trihealth.com) and clicking “Symptom Checker” under the Find Care menu.

Vaccines & Medications: Cutting Through the Noise

MMR & Varicella

- Given at 12 months and 4 years of age.
- The CDC now recommends separate MMR (Measles, Mumps, Rubella) and Varicella (Chickenpox) vaccines for kids under 4 due to a small risk of febrile seizures.
- Our pediatricians can administer these separately at 12 months, but parents can choose the combined MMRV to reduce injections.

COVID

- The American Academy of Pediatrics (AAP) recommends that all young children ages 6-23 months get vaccinated against COVID-19, along with older children in certain risk groups
- Children age 2-18 years without risk factors can receive the COVID vaccine.
- Has shown to decrease risk of severe disease and hospitalization for children and adolescents

Hepatitis B

- Given in 3 doses within the first few months of life, protects against liver damage and lifelong health problems caused by Hepatitis B. The vaccine is over 95% effective and provides most individuals with lifelong immunity.
- This virus spreads through blood (i.e. at birth), bodily fluids and even with casual contact (e.g. daycare facilities). Most infected people are asymptomatic and don't know they are infected.
- Most pregnant women are tested for Hepatitis B. False negatives and/or exposure after testing is possible.
- Newborns receive the first dose to prevent chronic hepatitis (higher possibility if infected in infancy). In high-risk deliveries, babies may receive an additional dose for extra protection.
- Mild side effects include redness or swelling at the injection site.

Tylenol & Autism

- In September 2025, President Trump and HHS Secretary Robert Kennedy Jr. cautioned pregnant mothers to limit Tylenol use due to a concern about it having a link to Autism.
- Extensive research indicates there is NO LINK between acetaminophen (active ingredient in Tylenol) and autism in children.
- There is NO single root cause for Autism - it is a complex developmental condition and research shows the cause is a combination of multiple genetic and environmental factors.
- Tylenol is a safe medication to take in recommended doses for both pregnant women and children for both pain and fever relief

Want More Information?

In our [newest blog](#), Dr. Andrea Rinderknecht – Madeira Pediatrics discusses vaccine efficacy, safety and provides science and evidence-based resources to help you make the best decision for your child.

Please reach out to your TriHealth Pediatric office if you have questions or concerns.



TriHealth pediatrician **Dr. Tasha Faruqui**, her husband **Dr. Safi Faruqui** (Beacon Orthopaedics), and their family have walked an **unimaginable medical journey with their daughter, Soraya**. Soraya was born with an unknown neuromuscular disorder, a painful condition that is slowly taking away her ability to walk and breathe. **With amazing courage, the Faruqui family is determined to use their experience to help others.**

Dr. Faruqui recently published a memoir titled **“Keep Your Head Up”** that chronicles her family’s physical and emotional journeys navigating this battle, with the hope of supporting other parents and families who face similarly overwhelming circumstances. You can learn additional details about the Faruqui’s story and the book [here](#).

All proceeds from the book sale will be donated to organizations, including Cincinnati Children’s and the Make-A-Wish Foundation.

Spooky Smart Tips for Halloween Safety

Halloween is a night filled with magic, costumes, and sweet treats! While it’s a time for fun and excitement, it’s also important to make sure your child stays safe while trick-or-treating.

Here are some essential tips for a safe and memorable Halloween:

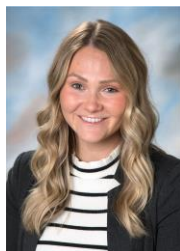
- Bright, reflective costumes are best.
- Plan your trick-or-treat route ahead of time and stick to well-lit streets for better visibility and safety.
- Kids should travel in groups and always be accompanied by a trusted adult.
- Make sure flashlights have fresh batteries before heading out so everyone can see and be seen.
- Parents should sort and check all treats before allowing children to eat them. Only eat candy that is sealed and in its original packaging.
- Remind kids not to eat any unwrapped or homemade treats from strangers.



Meet Our Newest Providers



Dr. Taylor McDaniel
GH West Chester



Alex Holmes NP
Oxford/Brookville

Learn more about our providers at:
www.trihealth.com/find-a-doctor

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



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