

## Steward Methuen Pediatrics has a New Address!



The Steward Methuen Pediatrics team includes nurse practitioners, medical assistants and our pediatricians, from left to right: Bronie Gorelik, MD; Rex Pajela, MD, Medical Director; Hannah Galvin, MD and Rebecca Konieczny, MD.

Steward Methuen Pediatrics (formerly Holy Family Pediatric Health Center) has relocated to the new, modern medical office building at 380R Merrimack Street, Suite 3B in Methuen. The team provides newborn, child and adolescent (through age 18) health and medical services, including well baby care, sick child care and immunizations.

"We are committed to making sure that every child's needs come first," said Rex Pajela, MD, Medical Director. "We are excited to be practicing from our new location and are committed to providing every patient with the most up-to-date, safe, efficient, quality health care services available, right in their own neighborhood."

### Steward Methuen Pediatrics is Accepting New Patients

**380R Merrimack St., Suite 3B  
Methuen, MA 01844**

#### Free parking and bus route access

*Conveniently located on the Merrimack Valley Regional Transit Authority (MVRTA) bus route 01 servicing Methuen, Haverhill and Lawrence.*

#### Hours:

Monday, Thursday and Friday: 8 am - 5 pm  
Tuesdays: 8 am - 6:30 pm  
Wednesdays: 8 am - 6 pm

To schedule an appointment, or for more information, please call 978-687-6355 or visit [steward.org/HolyFamily/MethuenPediatrics](http://steward.org/HolyFamily/MethuenPediatrics).

# Caring for Kids During Cold and Flu Season

Each season we find ourselves carefully watching our children as we try to determine, or perhaps decipher, whether they have a cold or the flu. Here are some helpful tips for diagnosis and recovery from the pediatricians at Steward Methuen Pediatrics.

### Is it a cold or the flu (Influenza)?

A healthy child will get about 8-10 colds a year. In addition to the runny or stuffy nose, these viruses can also cause a fever, sore throat, cough or hoarseness. Sounds a bit like the flu, but not quite.

The flu (influenza) is a "bad cold" caused by a virus that infects the nose, throat, and air passages to the lungs. This virus typically causes a stuffy nose, sore throat, and cough – all symptoms of a cold. With the flu, your child will likely experience muscle aches, a headache, fever, and chills.

### How can you take care of your child?

- **Runny nose.** If your child has a lot of clear discharge from the nose, it's best to gently blow their nose one nostril at a time to prevent ear popping. For babies, use a soft rubber suction bulb to take out the mucus.
- **Stuffy nose.** Most stuffy noses are blocked by dry mucus. Nose drops of warm tap water or saline can help. Use over-the-counter saline nose drops (such as Ocean). Put 3 drops in each nostril. (For children younger than 1 year old, use 1 drop.) Have the child blow or use the suction bulb. Use a wet cotton swab to remove sticky mucus. A cool mist humidifier can also help.
- **Aches and fever.** Give your child acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) for a fever. Do not give ibuprofen to babies under 6 months. Do not give aspirin at all.
- **Sore throat, cough or hoarseness.** Drinking plenty of fluids is important. You may also use cough drops for children 6 years and older. Children older than one may have 2 tsp of honey and warm chicken broth can also be helpful. Do not use cough medicine or decongestants without consulting your child's physician.

### How long does the cold or flu and its associated symptoms last?

Usually the fever lasts less than 3 days, and all nose and throat symptoms are gone in a week. A cough may linger for up to 3 weeks.

### Call your child's doctor right away if your son or daughter:

- Has a hard time breathing, even after you've cleared the nose.
- Starts acting very sick (doesn't want to eat or drink, is lethargic).
- Is younger than 3 months and has a fever of 100.4.
- Is younger than 6 months and has a fever of 101.
- Is older than 6 months and has a fever greater than 101 that lasts more than 3 days.

### Call your child's doctor during office hours if:

- Nasal discharge does not improve after 10-14 days.
- The eyes get yellow discharge.
- An earache, sinus pain or pressure is present.
- You have other questions or concerns.

As a parent, you know your child best. If the symptoms persist and your son or daughter doesn't respond to treatment, consult your doctor. It's always best to be cautious and ask questions. With your information and our medical expertise, we can overcome the virus and get your child back to their usual happy, healthy self.

