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Patient Newsletter

January 2009



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Roseola

Roseola is a viral illness that occurs in young children, most commonly from 6 months to 2 years of age. The illness starts abruptly with fever, often getting up to 103 or 104 degrees. With Roseola there is usually a red and sore throat, and often swollen glands in the neck. The fever lasts for 4 or 5 days and then as the fever fades away a rash appears. The rash looks like pale pink spots that start on the chest and can spread to the back, legs or face. The rash will last anywhere from 1 to 7 days. While the child has the fever he is contagious, but by the time the rash appears he is no longer contagious. There is no specific treatment for the virus that causes Roseola but the high fevers and sore throat often lead to a child getting dehydrated, so it is important to encourage children with Roseola to drink.



Either acetaminophen (Tylenol) or ibuprofen (Motrin) can be used to treat the fevers. Tylenol is the best choice in children less than 2 because it has been tested more in infants than Motrin has. Motrin does tend to last longer than Tylenol and is a good choice for older children.

Although Roseola is a common cause of fever in children there are many other things than can also cause a high fever. If your child has a fever that lasts more than a day or two or if you think she may be getting dehydrated please call Dr. McAllister right away.

Winter Safety

Now that winter is here it is important that parents take a few steps to make sure their children enjoy the snow and cold weather in a safe way.

What to wear:

Children (and adults) should dress in layers of warm clothing to stay warm and dry. Clothing for children should



consist of thermal long johns or lined pants, one or two shirts or turtlenecks, sweater, coat, warm socks, boots, gloves or mittens, and a hat. The general rule of thumb for babies and young children is to dress them in one more layer than an adult would wear.

Winter sports:

Everyone who skis or snowboards needs to be conscious of safety. Equipment should be kept in good repair and fit well, dress warmly in layers, and always wear a helmet.

Only skate on approved surfaces as you can not tell by looking at a pond if the ice is safe for skating. Never eat or chew gum while skating and consider wearing a helmet especially if playing hockey.

Sled in areas away from traffic, using a steerable sled in good repair, and consider having children wear a helmet.

Hypothermia and frostbite:

Hypothermia occurs when the body temperature drops below normal and can occur in children especially if they get wet or stay out in the cold for extended periods. Children becoming hypothermic will shiver and become lethargic. Frostbite is damage that occurs to tissue when it freezes. The skin becomes grey and blistered and may feel like it is burning or may be numb. If either of these conditions occurs get the child inside immediately, dry them off, and contact Performance Pediatrics or a local emergency room for help.

With a little bit of caution and care everyone should be able to enjoy the winter safely!

Sincerely,



Dr. Terence McAllister
Performance Pediatrics

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