



Children's Health

Influenza shots for children

Influenza is a serious disease in children, who are at high risk of complications such as pneumonia. The flu can also aggravate chronic health problems such as asthma. 30% of young Australian children get the flu each year and nearly 1,500 are hospitalised.

Who should be vaccinated?

The seasonal flu vaccine can be given to children from 6 months. It is especially important for those with medical conditions that increase their risk of severe infection, such as heart conditions, lung diseases (e.g. asthma), diabetes, kidney problems and low immunity.

The seasonal flu vaccine for 2010 includes swine flu protection. Children over 6 months who do **not** get the seasonal flu shot are encouraged to have the swine flu vaccine.

Is the flu vaccine safe?

The flu vaccine is safe in children and gives good protection. Side effects are usually minor and include fever, a reaction at the injection site (redness, swelling and pain) and muscle aches, which may last 1- 2 days.

The vaccine is made of killed flu viruses and cannot give you the flu.

Your child's chance of being harmed by the flu is far greater than the chance of being harmed by the vaccine.

Two doses required

Children under 10 years (not previously vaccinated) require 2 injections at least one month apart. In subsequent years, only a single dose is needed. Older children need only one dose. The vaccine is given in autumn. It is **free*** for:

- All kids in Western Australia under 5 years
- Those with chronic health problems (above)
- Kids 6 months – 10 years on long-term aspirin

For other children the vaccine is available on a private script from your doctor.

The swine flu vaccine is **free*** for all children.

www.public.health.wa.gov.au
(go to the childhood flu vaccine campaign)

* a consultation fee may be payable



Flu vaccine can be given to anyone (human) over 6 months

Is your child getting enough exercise?

Exercise is vital for children. As well as fighting obesity, it builds strong bones and cardiovascular fitness. It also helps reduce stress and enhances self-esteem. Exercise in childhood helps establish a routine that could persist throughout life.

There are 2 golden rules for children:

1. Children need at least 60 minutes of moderate to vigorous physical activity every day. This should ideally be a mix of:

- Structured activity, such as swimming, soccer, netball and tennis
- 'Incidental' activity, such as household chores, walking to school and general play

Try to arrange a variety of activities that are fun and suit their interests and skills. If your child is not active, begin with say 30 minutes and steadily increase the time. But more is better – even up to several hours per day!

Try to include 20 minutes or more of **vigorous** 'huff and puff' activities 3-4 days per week.

Try to be a good role model and be active yourself. Make family outings more active. Go for a bushwalk or bike ride together or take the kids to the park. Involve them in family chores such as washing the car or walking the dog.

2. Children should not spend more than 2 hours a day on screen time for entertainment (e.g. computer games, TV, internet).

Be assertive. Parents have the right to turn off the TV! Here are some strategies to try:

- Remove the TV from children's bedrooms
- Have specific no-TV times
- Avoid having TV on in the background
- Turn off the TV during meal times
- Plan which TV shows to watch in advance
- Make family rules for the TV or computer

www.healthyactive.gov.au > recommendations

SURGERY INFO

HOUSE CALLS

We are happy to visit you at home if you are too sick to come to the surgery. Please ring 9123 4567 before 10 am if possible so house calls can be made at lunchtime.

AFTER-HOURS

When the surgery is closed, please ring the Westside Medical Service on 9999 1234 and a doctor will visit you at home.

OUR PRACTICE

Our friendly reception staff, Melissa (Practice Manager), Jane and Margaret, are available to make bookings or help in any way.

All patient information and medical records are kept strictly confidential.

TELEPHONE CALLS

You can contact your doctor by ringing during surgery hours. Emergency calls will always be put straight through.

SERVICES

As well as routine consultations, the following services are available:

- Home visits
- Family planning, Pap smears, Pregnancy tests, Ante-natal care
- ECG: heart check
- Spirometry: lung test
- Counselling
- Vaccination: children and travel
- Blood tests
- Minor surgery: stitching cuts, removing moles, skin cancers
- Liquid nitrogen 'freezing' therapy for sunspots and warts
- Sports medicine
- Spinal manipulation

FEES

All eligible patients are bulk-billed for surgery consultations. Please bring your Medicare card with you to the surgery.