

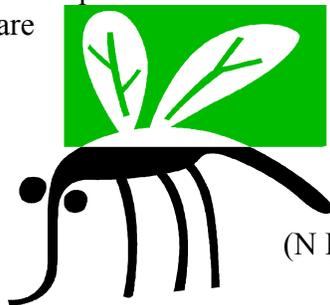
♥ **Mention Your Child's Allergies Every Visit to the Hospital, Clinic & Pharmacy!**

Ask for information in terms you can understand: What, when, where, how much? What food, drink, or activities should my child avoid while taking this medication? Is it safe to take with other medications or dietary supplements?



Written information about medicines clearly help people recognize & report problem side effects before it's too late. READ the pharmacy information before you administer the very 1st dose & SAVE it until the meds are gone!

Mosquito Season is West Nile Season. A recent study found that currently available non-DEET repellants do not provide protection for durations similar to those of DEET-based repellents, which are of protection. Despite the the lay press every year to the has been subjected to more scrutiny than any other has a remarkable safety profile nearly 8 billion applications.”



considered the gold standard substantial attention paid by safety of DEET, this repellent scientific & toxicologic repellent substance. “DEET after 40 years of use and (N England J of Medicine 2002)

POWER TO THE PATIENT: SIGNS OF MELANOMA

- A **Asymmetry**: if one half of a mole doesn't match the other
- B **Border irregularity**—the edges of the mole are ragged or notched
- C **Color** —A mix of brown, black, red, white, or blue
- D **Diameter**—bigger than a pencil eraser
- E **Evolving**—changes in appearance & symptoms (such as itching!)

UV radiation can damage skin even when it's cloudy or overcast. Protect your skin whenever you're outdoors by lavishly apply sunscreen that has an SPG of at least 15 and shields against both UVA & UVB radiation.



T- H- I- N- K BEFORE YOU SPEAK

Whenever you feel the urge to talk about someone, make sure that what you're going to say is: **Thoughtful**

Helpful

Important

Necessary &

Kind

Prayer: Dear Lord, I make too many decisions without you. Make me yours so that those decisions become “ours.” Make me an instrument of your peace. Amen