



INSIDE

focus on fall sports safety
page 3

new down syndrome program opens
page 8

protect your little one's smile
page 9

keep your holidays festive and
safe

The start of the fall season signals a busy time for families, from the kick off of fall sports to the start of the holidays. Following these safety tips will make sure you and your little ones enjoy all the festivities the season has to offer.



continued on page 6

Every day tips for a happy, healthy child



Back to school means switching back to the school-day routine. It also means helping your child be the best student he or she can be. With a few simple tips, you can make sure your child starts off—and keeps on—the right foot!

A MENTAL JUMPSTART

Breakfast isn't a meal you want to skip. Having a healthy meal to start your day seems to improve concentration and problem-solving skills. Eating a balanced breakfast can sharpen a child's memory and improve school test scores.

Children also need help making healthy food choices beyond breakfast. Try these simple choices:

- Toast up a whole-grain waffle or a slice of whole-wheat bread. Toss some fresh blueberries or strawberries on top of your waffle, or spread some peanut butter on the toast.
- Serve some instant oatmeal.
- Give your child a glass of milk or calcium-fortified juice with breakfast.

BE A POSITIVE EXAMPLE

Remember that setting a good example by eating healthy foods and getting plenty of exercise is key to getting your kids to adopt healthy lifestyles. Sit down at breakfast with them. Also share a healthy snack with your kids.

Also, don't underestimate the importance of staying involved in your child's education and attending school functions. Children who have parents who are more involved with their education perform better in school, are better adjusted and are less likely to drop out.

IF YOU WANT TO SEE BETTER GRADES...

...then you may want to reorganize your child's room. Specifically, consider moving his or her TV to another location.

Most pediatricians believe that too much time spent watching TV and playing video and computer games can harm a child's academic performance. School-age kids shouldn't get more than one to two hours of screen time a day.

The following are also some ideas to help your child develop good study habits:

- Provide a work space that is specifically for their homework. It can be in their bedroom or another part of the home—the key is that the space offers privacy.
- Give your child the necessary tools to get the job

done. Provide good lighting, pencils, paper and any other supplies he or she may need.

- Don't rush—make sure your child has enough time to get his or her homework done at a reasonable hour.
- Check-in on their computer and Internet use to ensure it's being used for their homework and not acting as a distraction.
- Make yourself available to help them with questions. But never do your child's homework. If your child is having a hard time with homework, consider a tutor. Talk it over with your child's teacher.
- Take steps to help alleviate eye, neck and brain fatigue while studying. Have your child close the books for a few minutes, stretch and take a break periodically when it will not be too disruptive.

focus on sports safety this fall

For many children, fall means more than getting back to school—it's also the beginning of the fall sports season. While fall sports injuries are common, making sure your child is prepared can help prevent some of the most common ones.

COMPREHENSIVE CARE FOR CHILDREN'S INJURIES

Football is by far the biggest fall sport. It's also the one CHOC Children's sees the most injuries from, says John Schlechter, D.O., a pediatric orthopaedic surgeon at CHOC. It's also the season for injuries from soccer and basketball.

"The most common injuries we see are strains, sprains, bumps and simple bone fractures," says Dr. Schlechter. He and the team of doctors at the CHOC Orthopaedic Institute also treat more serious injuries, such as shoulder dislocation, anterior cruciate ligament (ACL) tears and concussions.

The CHOC Orthopaedic Institute is a comprehensive center for pediatric and adolescent sports medicine, which means, we can treat almost anything, says Dr. Schlechter.

"Our focus is on treating children, and that's what sets us apart from other orthopedists. We like to say that a youth athlete is not just a small adult athlete. Children are still growing, and their bodies are not fully formed. Some injuries can affect their growth, in turn affecting them for life if not properly treated. We treat the whole child, not just the injury."

WATCH FOR OVERTRAINING

Many sports injuries can be prevented. "Many of these injuries are from overuse and overtraining, so it's important for parents to be aware of the signs and symptoms of overtraining," Dr. Schlechter explains.

These symptoms include:

- Poor performance
- Not meeting training goals
- Not wanting to practice
- Getting tired easily
- Being irritable or not wanting to cooperate

Playing a sport more than 20 hours a week can increase the risk for injury. Dr. Schlechter also stresses the importance of wearing protective gear and drinking plenty of fluids when playing sports. But above all, parents should listen to their children. "If your child feels too tired, hurt or ill to play, let him or her sit on the sidelines," Dr. Schlechter says.

TO LEARN MORE ABOUT THE CHOC Children's Orthopaedic Institute or to schedule an appointment for your child, please call 714-289-4876.



JOHN SCHLECHTER, D.O.
CHOC PEDIATRIC
ORTHOPAEDIC SURGEON



DID YOU KNOW?

The CHOC Children's Orthopaedic Institute is the only program of its kind in the region offering a wide range of comprehensive subspecialty programs specializing in the diagnosis and treatment of complex orthopaedic injury, illness and disorders in children and adolescents.

To learn more about our innovative CHOC Institutes, visit www.choc.org.



choc providing specialty care at hoag health center-newport beach

Look— CHOCO Bear is getting sand in his toes! CHOC Children's has collaborated with Hoag Hospital and local pediatricians to bring much-needed pediatric specialty care and urgent care to Hoag Health Center-Newport Beach.

CHOC is the leading choice for pediatric care in Orange County. Previously, coastal families had to drive to Orange in order to receive highly specialized outpatient treatment. By bringing these services to the brand-new, state-of-the-art Hoag Health Center, CHOC is expanding county-wide access to "highest-need" specialty care, including cardiology, diabetes and endocrine services, neurology and more.

URGIKIDS MOVING TO NEWPORT BEACH

The UrgiKids pediatric urgent care center will relocate to the CHOC Children's Specialty Center 500 building, at Hoag Health Center-Newport Beach later this year.

Currently, services are provided at Hoag Health Center-Costa Mesa, located at 1190 Baker St. For more information, please call 714-668-2540.

"We've received the highest increase in referrals for these pediatric services," says Kathy Kolodge, executive director of CHOC Children's Ambulatory Care. "Our specialty clinic volume has increased by 5 percent just since last year."

Kolodge added that CHOC physicians, nurses and staff are committed to providing excellent care within a family-centered environment at the Hoag Health Center-Newport Beach. Radiology and laboratory services are also conveniently located onsite.

CHOC CHILDREN'S SPECIALTY CENTER

500 Superior Avenue

Appointments are now available for the following services:

- Allergy/Immunology
- Cardiology



CHOC CHILDREN'S ENDOCRINE AND DIABETES CENTER WILL OFFER DIAGNOSIS, TREATMENT AND MANAGEMENT OF PEDIATRIC DIABETES AND ENDOCRINE DISORDERS.



CHOC CHILDREN'S SPECIALTY CENTER WILL OFFER QUALITY PEDIATRIC SPECIALTY CARE IN A CONVENIENT, FAMILY-CENTERED CARE ENVIRONMENT.

- Gastroenterology
- Genetics
- Hematology
- Neurology
- Pulmonology

For more information or appointments, please call **949-631-3603**.

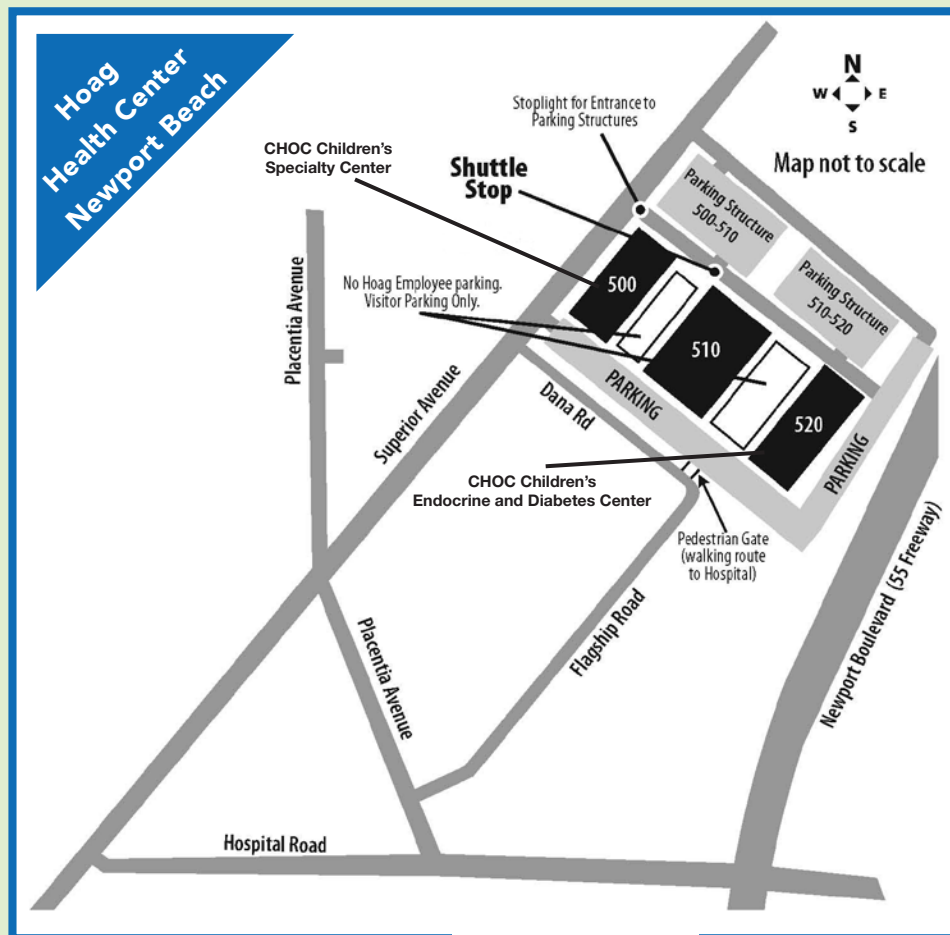
CHOC CHILDREN'S ENDOCRINE AND DIABETES CENTER

520 Superior Avenue

Located inside the Mary and Dick Allen Diabetes Center at Hoag Health Center-Newport Beach, the CHOC Endocrine and Diabetes Center provides leading-edge care for diabetes and endocrine disorders. The comprehensive program includes education and support services for coastal children and their families.

Additionally, the Allen Diabetes Center is working with CHOC and several local community agencies to support pediatric obesity prevention and sponsor diabetes prevention activities.

For more information or appointments, please call **949-631-2062**.



HOAG HEALTH CENTER-NEWPORT BEACH IS LOCATED NEAR HOAG HOSPITAL AT 500 SUPERIOR AVE., NEWPORT BEACH, CA 92663.

continued from cover

keep your holidays festive and safe this year

GET TEENS MOVING WITH FUN, ACTIVE GIFTS

Physical activity can better a teen's mind and body. But getting them to be active can be a challenge. The right gift can encourage them to get moving.

Here are a few gift ideas to help get your teens to be more active:

1. Private lessons. Introduce a new activity, such as tennis or cross-country skiing, with a gift certificate for a one-on-one lesson.
2. Athletic wear. Outfit your teen with a new swimsuit or pair of athletic shoes. Or get a gift certificate for an outdoor store so that they can choose what they like.
3. Sports equipment. Give equipment such as a bike, tennis racket or basketball.
4. Active video games. Games such as Wii Sports for the Nintendo Wii and EyeToy: Kinetic for PlayStation2 get players moving.
5. Gift certificates. Give your teen gift certificates to a local bowling alley, ice skating arena or yoga studio.

Few times of year can be as magical as the holidays for children. Parents can take simple precautions to avoid injury and ensure a safe, memorable holiday season for their children.

FOOD SAFETY

Many holiday family traditions are centered around special foods. If your child wants to help in the kitchen, remember the following tips:

- Wash hands before, during and after food preparation.
- Keep common baking ingredients such as vanilla and almond extract out of their reach.
- Use soap, water and a disposable paper towel to clean surfaces that have touched raw meat, fish or poultry.

TRIMMING THE TREE

If your family picks out a real tree, make sure you check the tree's freshness—it should be green and not dry. Keep it away from fireplaces or other heating sources.

When decorating trees, also keep the following tips in mind:

- Turn off the tree lights before leaving the tree in an unattended room.
- Keep burning candles out of your children's reach. Do not leave burning candles unattended, and never place them near anything that might easily catch fire.
- Keep small ornaments, tinsel, small figurines and other decorations out of reach. Also avoid ornaments that look like food or candy.



Think outside the box when it comes to gifts. Keep in mind the child's abilities and developmental stage. For example, give older kids gifts that encourage them to explore their environment. Consider binoculars, a microscope or telescope, or a camera.



MAKE A LIST—CHECK IT TWICE

Make sure you know what you're buying. It's important to select age-appropriate toys. For small children, avoid those with small, removable parts that may not be appropriate for younger children.

Also, stay away from toys with strings, straps or cords. These may pose a strangulation hazard to small children.

If it's a new bicycle, tricycle, scooter, skateboard or skates that are on your child's list, don't forget the trimmings. Make sure you also purchase the proper safety gear, including helmets and any other appropriate protective equipment.

STAY ON TOP OF TOY RECALLS.

You can get the most up-to-date info about any toys that may be recalled for safety hazards by contacting the Consumer Product Safety Commission at 800-638-2772 or online at www.cpsc.gov.

CHOC Kids' Cards making a difference... card by card!

The 2009 CHOC Kids' Cards Holiday Card collection is now available! The designs were created by current and former CHOC patients, which make the cards so special. With every greeting you will be giving the gift of healing. All proceeds from the sale of these cards support CHOC Children's.

This year's collection includes 16 new card designs, as well as gift tags and pins. Each card design is packaged in a box of 20, and has either a preprinted greeting or is blank inside. Personalization and envelope imprinting is also available. In addition to holiday designs, the collection also features heart-themed note cards suitable for use all year long.

For more information or to order cards, please contact CHOC Kids' Cards at 714-970-2462 or visit www.choc.org to order online.



A Safety Lesson for Your Baby-Sitter

Holiday parties. Shopping. Even just an hour away to de-stress. All are reasons you may need a babysitter this season. Prepare your baby-sitter with these tips:

- Leave emergency phone numbers by the phone. Also, write down your cell phone number, as well as the contact information of a nearby neighbor.
- Show the baby-sitter where your first-aid kit is located.
- Discuss how to handle common emergencies.
- If you are going to be gone for the evening, include your child's schedule, including dinner and bedtimes.

new program provides comprehensive care for patients with down syndrome



Children with Down syndrome face many medical challenges. These can include heart defects, digestive diseases, as well as skin, hormone and vision problems.

To help meet these children's wide range of needs, CHOC Children's recently launched the CHOC Children's Down Syndrome Program—An Alliance with the Down Syndrome Association of Orange County.

COORDINATED MEDICAL CARE

"The new program, which focuses on diagnosing and treating the complex medical aspects of Down syndrome, is based on our long-standing experience in treating patients with this genetic condition," says Ira T. Lott, M.D., medical director of Neurology and division chief of Pediatric Subspecialty Faculty (PSF), Neurology, at CHOC Children's. He is also a professor of pediatrics and neurology at the University of California, Irvine School of Medicine. "Through our clinic, we can provide these children with comprehensive, coordinated specialty care."

The medical complications of Down syndrome can be mild to severe, affecting each patient differently.

"The purpose of the clinic is to provide a thorough evaluation, assess each child's particular medical issues, and coordinate the best possible care for children with Down syndrome," Dr. Lott says. "Our goal is to make sure that children have access to a range of specialists, and we can help families arrange appointments with other doctors as needed." The program will be led by Anne Tournay, M.B.B.S., a pediatric neurologist and associate clinical

professor in the Department of Pediatrics at UC Irvine School of Medicine. Dr. Tournay is a member of CHOC PSF and an expert in treating children with Down syndrome.

MEETING THE COMMUNITY'S NEED

The organizations that support the program began working on it in the summer of 2008 to help fill an unmet need for coordinated medical care in this high-risk population. "Until now, there hasn't been a medical program in or around Orange County that focused entirely on the serious medical conditions in children with Down syndrome," says Lanny Hardy, executive director of the Down Syndrome Association of Orange County.

"We believe that this new pediatric program at CHOC will be a big step forward in helping children with Down syndrome meet their full potential in school and in the community," he says.

BRINGING IT ALL TOGETHER

The clinic will be open Wednesday mornings at the CHOC Children's Neurology Center at 1120 W. La Veta, Suite 125, located across the street from the main hospital building.

For more information, please contact Program Coordinator Eric Doran at **714-512-3609** or **downsyndrome@CHOC.org**.

To schedule an appointment, please call the CHOC Children's Patient Access Center at **714-532-7986**.

protect your little one's smile



DR. RICHARD MUNGO,
D.D.S.

Dr. Mungo says. "Unfortunately, a lot of children don't get proper oral care at a young age. As a result, they can experience pain, get cavities, lose teeth and even require surgery."

Dr. Mungo recommends taking your child to the dentist by the time he or she is 12 months old—or as soon as he or she gets his or her first tooth. Regular dental visits can help guide parents as their children grow and mature.

OTHER TOOTH TIPS FOR PARENTS

- After each feeding, wipe your infant's tongue and gums with a wet cloth.
- Don't put him to bed with a bottle. "This can affect the normal development of healthy teeth and jaws and often cause severe cavities," Dr. Mungo says.
- When the first tooth appears, begin brushing with water, or an appropriate baby toothpaste. Toothpaste with fluoride is not recommended until your child is old enough to spit and not swallow the toothpaste. This is usually at age 3.

To contact Dr. Richard Mungo, please call
714-841-4990.

October is National Dental Hygiene Month, making it a great time for parents to focus on the oral health of their family.

This includes even the youngest members of the clan, says Richard Mungo, D.D.S., a pediatric dentist at CHOC Children's and medical director of the Healthy Smiles for Kids of Orange County Oral Health Care Center.

BABY'S FIRST TOOTH

"It's really never too early for parents to take an active role in preventing tooth decay in their children—even before kids get their first tooth,"

HOW TO TAME YOUR TOT'S FEARS

Parents can play a big role in helping their children learn to stay calm at the dentist, says Dr. Richard Mungo.

"Beginning regular dental checkups early on can help make going to the dentist seem like it's part of the routine, which helps reduce anxiety," Dr. Mungo says. Reading a colorful children's book on going to the dentist can help reduce fears and show the child that it can be fun.

In addition, it's smart for parents to create a calm, positive attitude about going to the dentist. "Children certainly can pick up on a parent's anxiety," Dr. Mungo says. "Being positive and light-hearted can create the right environment for success."



Additional Resources

CHOC Children's: www.choc.org

Healthy Smiles for Kids of Orange County:
www.HealthySmilesOC.org

American Academy of Pediatric Dentistry:
www.aapd.org

California Society of Pediatric Dentistry:
www.cspd.org

community education classes

school programs

Programs can be brought to your school or group. To schedule a visit, please call 714-532-8887. Programs are FREE.

Buckle Bear/Booster Bear (Grades Pre K–2)

Children will learn the safest way to ride in the vehicle through interaction with Buckle Bear.

Gerbusters (Grades Pre K–6)

Children will learn the importance of proper hand washing and how easily germs are spread.

Healthy Habits (Grades K–6)

Children will learn the five basic food groups and the importance of eating balanced meals.

Heads Up for Helmet Safety (Grades K–6)

This class is an assembly format for students, teaching the importance of wearing a helmet for all wheel-based sporting activities.

Body Image (Girls, Grades 6–12)

This presentation focuses on media's impact on the body image of adolescents.

Media Violence (Grades 6–12)

This presentation focuses on the amount of violence children are exposed to through media.

Media Literacy: Alcohol, Tobacco and Other Drugs (Grades 6–12)

Teens will understand how alcohol and tobacco companies target them and the hidden messages behind their ads.

Safe Sitter Program

Held at both CHOC Orange and CHOC Mission. To register, call 714-532-8887.

Safe Sitter—Now in one day!

A seven-hour, nationally accredited child-care course for children ages 11 to 13.

adult programs

Programs can be brought to your community group. To schedule a visit please call 714-532-8887. Programs are FREE.

Home Safety Presentation

This program educates parents and caregivers about the dangers present in the home and how to prevent unintentional injuries.

Child Passenger Safety Classes

A certified child passenger safety technician will cover current California laws for restraining children in the car. Parents/caregivers will also learn how to choose the right seat for their child.

Well-Fed

This program will discuss how to make feeding time a positive, stress-free experience.

Media Violence: Parents

Learn what the violence portrayed in media is teaching young children and how to help your child distinguish between fantasy and reality.

Three Tragic Seconds: Drowning Prevention & Sun Safety

Learn action steps to prevent drowning, including CPR.

parenting programs

Programs are held at various CHOC locations. To register for a class or series please call 714-532-8887. Some classes are also offered in Spanish. Call for current availability.

Active Communication:

How to win cooperation with your child

Learn how to send clear and powerful messages to children and strengthen the parent-child relationship.

Effective Discipline:

How to raise a responsible child

Learn proven nonviolent discipline techniques that will teach children responsibility and acceptable behavior.

Building Courage & Self-Esteem in Your Child

Learn how to strengthen your child's self-esteem so it produces more positive behaviors.

The Magic of Family Meetings

Learn how to instill qualities of character in your children that will enable them to make good decisions.

Parenting in the 21st Century

We will explore three types of leadership styles and how to apply the new techniques at home.

Sidestepping the Power Struggle

Develop better insight into how and why children behave as they do, learn how to apply methods and redirect them toward positive behavior.

What You Need to Know About Your 1 to 4 Year Old

Learn the stages of child development and how to enhance your child's learning at each stage.

Discipline and Beyond

Learn nonviolent discipline skills that really work, and how you can set rules that your toddler can understand and follow.

Building Better Behavior

Discover how the power of encouragement helps children learn positive behavior at an early age.

CPR for Family and Friends

This training is designed for those who wish to learn when to act and what to do in an emergency. Those who successfully complete the course will be given a participation card, not a CPR credential.

Active Parenting Now! A Six-Week Series (For parents of children ages 5 to 12)

The Active Parenting Program will teach you a consistent model of parenting, enabling you to act with confidence and clarity as you encounter the many challenges parents face.

Cooperative Co-Parenting: A Six-Week Series

This series is for those who share parenting responsibilities, but do not live together and want to eliminate parental alienation and create cooperation between both parents.

1, 2, 3, 4, Parents!—A Three-Week Series (For parents of children ages 1 to 4)

Through this series learn basic developmental stages from ages 1 to 4, methods of bonding and nonviolent discipline skills.

Understanding Childhood Asthma

Families will learn how to manage their child's asthma at home and at school. Classes are offered monthly in both English and Spanish. To register for asthma classes call 714-289-4783 (English), or 714-532-7577 (Spanish).

Did you know CHOC Children's has two locations? You can also find us here:

CHOC Children's at Mission Hospital
27700 Medical Center Road
Mission Viejo, CA 92691
Phone: 949-347-8400

Get Connected with CHOC

Did you know you can find CHOC Children's on Facebook, Twitter and You Tube? In an effort to interactively engage CHOC's many friends, associates and supporters in cyberspace, CHOC has developed a presence on the top social networking sites.

To stay connected with CHOC and get the latest news, simply log on to www.choc.org and click on Social Networking.

Important Resource Phone Numbers

Cardiac Parent
714-532-8521

Cystic Fibrosis Parent
714-532-8521

Diabetes Parent and Children
714-532-8330

Bereavement Resources
For parents who have lost a newborn or
chronically ill child
714-532-8521

HIV Parent
714-532-8521

Living Options: Mission Hospital Programs
A family cancer support group
949-364-1770

Lupus
714-532-8521

Oncology Parent
Also Spanish speaking
949-855-1972

Orofacial Guild of Orange County
For parents of children with cleft/
craniofacial disorders
714-532-8521

Parent to Parent
For parents with children in the NICU
714-532-8521

Parent Advice Line (PAL)
714-289-4990

**South County Postpartum: My
Healthline—Mission Hospital**
For families having difficulty adjusting after
the birth of their baby
949-364-1770

Rheumatology Parent
For parents of children with rheumatic
disorders
714-532-8521

Sickle Cell
714-532-8521

Spina Bifida Parent
714-532-8521

Epilepsy Alliance of Orange County
English and Spanish support groups
714-557-0202

save the date!

Upcoming CHOC Foundation events

NOVEMBER 20-21

Coto de Caza Pro-Am Tennis Tournament
Coto de Caza Golf and Racquet Club, Coto de Caza
For more information, contact Patrice Poidmore at **714-289-4097**

DECEMBER 5

Los Ninos Guild—Breakfast with Santa
St. Edward the Confessor Catholic Church, Dana Point

DECEMBER 6

Mother Goose Christmas Tree Brunch at Hyatt Regency
Brunch and Holiday Tree Raffle

2010

JANUARY 23

CHOC Gala

MARCH 14

CHOC Family Night at the Honda Center

APRIL 1-3

CHOC Follies
Robert B. Moore Theater, OCC Campus, Costa Mesa
For more information, contact Lois Augustine at **714-532-8690**

For more information, registration or tickets,
visit www.choc.org.

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Want to receive your subscription to *Kids Health Newsletter*?

KIDS HEALTH NEWSLETTER PROVIDES HEALTH AND WELLNESS INFORMATION ABOUT YOUR GROWING CHILD FROM THE EXPERTS AT CHOC CHILDREN'S. TO HELP US BETTER SERVE YOUR FAMILY, PLEASE TAKE A MOMENT TO COMPLETE THE FOLLOWING:

- PLEASE CORRECT MY NAME/ADDRESS. (MAKE CORRECTIONS DIRECTLY ON LABEL AND RETURN.)
 - I AM MOVING, EFFECTIVE _____ AND WOULD LIKE TO CONTINUE RECEIVING THIS PUBLICATION. PLEASE SEND TO THE ADDRESS WRITTEN BELOW.
 - PLEASE SEND A SUBSCRIPTION FOR KIDS HEALTH TO MY FRIEND. (FILL OUT NAME AND ADDRESS BELOW.)
- HOW DID YOU RECEIVE THIS NEWSLETTER? _____
- BIRTH MONTH/YEAR OF YOUR CHILD(REN): _____
- Name: _____
- Address: _____
- City, State, Zip: _____
- E-mail: _____

DO YOU WORK WITH CHILDREN AND FAMILIES?

IF YOU ARE A TEACHER, COUNSELOR, SCOUT LEADER, ETC., AND WOULD LIKE TO HAND OUT KIDS HEALTH, WE WOULD BE HAPPY TO SEND YOU A BULK SUBSCRIPTION:

Name: _____

Address: _____

City: _____

State, Zip: _____

Daytime Phone: _____

Quantity Needed: _____

ask our experts: Is it true that the flu season may be more severe this year? What can I do to protect my family?



MARIA TUPAS, M.D.
CHOC PEDIATRICIAN
AND MEDICAL
DIRECTOR OF
AMBULATORY
CARE SERVICES

It's possible that there could be widespread flu infections this season. In addition to the seasonal flu, we could see more infections from the 2009 H1N1 influenza virus (referred to as "swine flu" early on). This virus can be particularly dangerous—even deadly—for young children.

That's why preventing the flu is so important. Here are some ways that you and your family can avoid getting sick this season:

- Teach kids to wash their hands often, using soap and warm water. Alcohol-based sanitizers also fight germs.

- Disinfect kitchen counters and other surfaces regularly. Wash soft toys in hot water.
- Cover your cough and sneeze.
- Try to avoid close contact with sick people.
- Get vaccinated. The Centers for Disease Control and Prevention recommend that all kids ages 6 months and older get a seasonal flu shot. Early fall is the best time. A new vaccine to protect against H1N1 will also be available at this time.

Where can I get my child vaccinated?

Contact your Health Care Provider or call the Orange County Health Care Agency (OCHCA) Health Referral Line for flu shot information at 800-564-8448 or visit www.ochealthinfo.com.

For more information about H1N1, such as symptoms and when to seek treatment, check out a video with Dr. Jasjit Singh, M.D., pediatric infectious disease specialist at CHOC Children's, by visiting www.choc.org.