

OCTOBER 2019

Up The Hill®

A magazine for Estrella residents



ECRWSS
Postal Customer
U.S. Postage
PAID
Permit #271
Tucson, AZ

From your neighbors, for your neighbors

Is It Candy?

Halloween is an important time to make sure parents are not being tricked by their teens on what is a typical piece of candy and what is infused with pot. It is also important to educate parents that even the most common over-the-counter drugs might be confused for candy by younger children.

According to Southwest Behavioral & Health Services Vice President of Community Services Ed McClelland, "It may seem obvious that you don't want your young child to accidentally ingest any medications that aren't meant for him or her but safe storage and extra caution with medications around your house — and any other place your children spend time — goes a long way toward keeping little ones safe."

- Tips for keeping medication away from children:
- Keep medications out of your children's reach or in a locked medicine cabinet.
 - Don't leave medications out on the counter.
 - Keep your medications in their original containers, with labels intact.
 - Remember to securely close the childproof safety cap each time you use any medication.
 - Don't leave your next dose out on the table or counter as a reminder to take it later
 - Properly dispose of any unused or expired medications.
 - Never refer to any medications as "candy" or a treat.

Bottom line: Be prepared.

- Be vigilant about safety issues with any prescription or over-the-counter medications you have at home, and be aware of what to do in an emergency situation if you suspect that a child has ingested something poisonous.
- Stay calm.
- Quickly try and determine what the child has ingested.
- If victim is awake and alert, call Poison Control at 1-800-222-1222 .
- If the victim is unresponsive, has collapsed or is not breathing call 911 immediately
- If the child has swallowed something, take it away from them but do not induce vomiting.
- Do not use syrup of ipecac.

Southwest Behavioral & Health Services
For more information visit <https://www.sbhservices.org>.

We Provide Care for the Entire Family




Monday 7:00am-7:00pm
Tuesday 7:00am-7:00 pm
Wednesday 7:00am-7:00pm
Thursday 7:00am-7:00pm
Friday 7:00am-12:00pm
1st, 2nd & 3rd Saturdays 8:00am-12:00pm

John Monroe, MD
Board Certified in Family Medicine

C. Michelle Martin, DO
Board Certified in Family Medicine

Sarah Patterson, PA-C
Julie Browne, PA-C
Jeremy Picken, NP

SERVICES:
Acute Visits
Newborn Exams
Pediatric Care & Immunizations
Sport/School Physicals
Adult Preventative Exams
Full Women Gyn Exams

EVALUATIONS:
Diabetes
Cholesterol
High Blood Pressure
Referral to Specialists
Sports Related Injuries

623-889-3477
750 N Estrella Parkway Ste 40
Goodyear, AZ 85338
In the Canyon Trails Professional Center
(Located South of the I-10 and Estrella Parkway)



www.HealthyLifeFamilyMedicine.com

Estrella Ordnance
HUNT - SHOOT - COLLECT - DEFEND
(623) 262-2154
Firearms - Ammo - Accessories - Transfers
3673 S Bullard Ave, Suite #122
Goodyear, AZ 85338
www.ColdDeadHands.com