

We will be closed on AUGUST 4th—Civic Holiday

Please remember we have a doctor 'on call' to look after problems which cannot wait until regular office hours.

Are you a MEMBER?

Did you know that Regina Community Clinic is a co-operative?

We encourage you to become a **lifetime member** and have a say in how our health care co-operative is run. You would be welcome to provide input to matters that affect you, your family and your community.

LIFETIME MEMBERSHIP - We offer a lifetime membership for the cost of \$10 per person and \$15 per family. This lifetime membership gives you the right to:

- vote at our annual general meeting
- run for our board of directors
- be a member of any of our committees
- enroll your children in one of our daycares

In the first year of membership, you pay only the lifetime membership fee. The Annual Special Benefits portion is waived. You receive all benefits for \$10 single or \$15 for a family.

ANNUAL SPECIAL BENEFITS PACKAGE - For the cost of \$15 per year per person or \$25 per year per family, you receive free third-party medicals (any forms that must be filled out by a doctor). You also receive \$10 off the cost of eye examinations that are done by the optometrist.

Becoming a Member shows your support of our Clinic and the co-operative belief. Financial support allows the Clinic to achieve several very important goals which include improving education, prevention and health promotion programs and purchasing critically needed medical equipment.

For more information call 543-7880 ext 223 or visit our Membership & Health Information desk on the second level at the top of the stairs. There is an elevator for your convenience.

Show your support and become a member today!

TEETH AND TEETHING

- Teething can begin as early as three months, but usually occurs between the ages of six to seven months. Some babies won't get their teeth until close to their first birthday.
- The lower central incisors usually appear first and are often followed by the upper central incisors about for to either weeks later.
- Girls usually get their teeth before boys.
- When the tooth erupts through the gums, clean the babies tooth with gauze. Introduce a toothbrush between 12-18 months.

NOTE: Toothpaste containing fluoride is not recommended for children under the age of three as excessive ingestion of fluoride can cause brown stains on the teeth.

WEST NILE VIRUS

West Nile Virus is a virus transmitted to humans by a bite from an infective mosquito, which has fed on the blood of infected birds. **SYMPTOMS** usually appear within 2-15 days of bite, with the extent and severity varying widely from person to person. **INITIAL SYMPTOMS** include flu-like symptoms, including fever, headache and body aches. Some people develop a mild rash or swollen lymph glands.

Some people may develop meningitis (inflammation of the lining of the brain) or encephalitis (inflammation of the brain itself). These conditions can be fatal. **SYMPTOMS** include rapid onset of severe headache, high fever, stiff neck, nausea, vomiting, difficulty swallowing, drowsiness, loss of consciousness, lack of co-ordination, muscle weakness and paralysis. Anyone who has these symptoms should seek medical attention.

REDUCE the risk of being bit by mosquitos:

- Avoid being outdoors between dusk and dawn
- Avoid scented products
- Wear protective clothing
- Avoid bright colors
- Use insect repellent containing DEET on clothing and exposed skin

