

# — EL AVISO —

October 2015

## ***Flu Vaccine is here for Adults***

**For insurance coverage it is required  
that you make an appointment.**

**Walk-in charge - \$20.00**

## **Strep Throat**

Now that school is back in session your child may be exposed to several bacterial and viral illnesses. One of the most common bacterial illnesses among school aged children is strep throat. Strep throat is caused by the streptococcal bacteria. The strep infection causes the throat, tonsils and/or adenoids to become irritated, inflamed and painful. Strep throat is passed from person to person, making it contagious. When a person is infected with strep throat breaths, coughs, or sneezes, tiny droplets containing the strep bacteria are released into the air and are breathed in by other people. The symptoms associated with strep throat typically begin within 2 to 5 days after coming in contact with someone who has a strep infection. The size of your child's tonsils is not a risk factor. Children or adults who have had their tonsils removed can still get strep throat. Strep throat occurs year round and as a parent you should be aware of the symptoms. The current treatment guidelines recommend that your provider confirm strep throat with a lab test, and not diagnose strep throat from the symptoms only.

While it is easy to tell if your child has a sore throat or a cold, it is more difficult to know if your child is suffering from strep throat. Most sore throats are caused by a viral infection or allergies. The more cold-like symptoms such as coughing, sneezing or a runny or stuffy nose the less likely your child has strep throat.

The most common symptoms of a strep throat infection are:

- Severe or sudden sore throat without coughing, sneezing, or other cold symptoms.
- Pain or difficulty with swallowing.
- Fever over 101°F (38.3°C). Lower fevers may point to a viral infection and not strep.
- Swollen lymph nodes in the neck.
- White or yellow spots or coating on the throat and tonsils.
- Bright red throat or dark red spots on the roof of the mouth at the back near the throat.
- Swollen tonsils, although this symptom may also be caused by a viral infection.
- A skin rash that covers the neck, chest and in eventually the whole body. The rash will feel like sandpaper. This is a potential symptom of Scarlet Fever and is treated with antibiotics. Scarlet Fever if treated properly is not dangerous.

Strep throat is diagnosed from your child's medical history, a physical examination of his/her mouth and a lab test. The rapid strep test is typically done first. If the rapid strep is positive, treatment will begin. Occasionally the rapid strep test results may indicate a negative result; however it may be a false-positive result. Your provider will confirm the results of the rapid strep test with a throat culture. The culture will take a few days to come back from the lab.

Testing is not required on other family members unless they are showing the same symptoms. Re-testing is not necessary after a course of treatment unless your child is showing the symptoms of strep throat.

It is possible for a person to be a carrier of the strep bacteria and not show any symptoms. In this case it may be helpful to test this person to determine if they are a carrier or not. However it is unusual for your child to catch strep throat from a carrier. Antibiotics for the carrier are usually not needed unless your family has a history of rheumatic fever or frequent infections.

Cont'd ⇌⇌

LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas, Vallecitos, Youngsville

⇒⇒Cont'd - **Strep Throat**

Antibiotics are used to treat strep throat. The antibiotics themselves will not make your child feel better, but they will shorten the time your child is able to spread the disease to others, (24 hours). Antibiotics also lower the risk of spreading the infection to other parts of your body. In addition, your provider may recommend nonprescription medicines such as acetaminophen or anesthetic throat sprays to help relieve the pain and discomfort caused by strep throat.

If strep throat continues to recur, your provider may discuss with you the need to surgically remove your child's tonsils (tonsillectomy). Surgery is a consideration when your child:

- Has recurring episodes of strep throat or tonsillitis in a single year despite antibiotic treatment.
- Have abscesses around the tonsils that do not respond to drainage, or if an abscess is present in addition to other signs your child may need a tonsillectomy.
- Have persistent bad odor or taste in their mouth (this is caused by tonsillitis that does not respond to antibiotics)

However, large tonsils are not an indication for a tonsillectomy unless they are causing one of the above problems or they are blocking the upper airway, which can cause sleep apnea or problems with eating. Tonsillectomies are no longer routine for children who have frequent sore throats. Your provider will refer your child to a specialist who if indicated will perform the surgery.

Complications of strep throat are rare but can happen, especially if your child's throat infection is not properly treated with antibiotics. Complications can occur when the strep infection spreads from the throat to other parts of the body and cause such conditions as an ear or sinus infection, an abscess near the tonsils and rheumatic fever.

There are several ways to help prevent or lessen your child's exposure to strep throat:

- Reinforce the importance of washing their hands.
- Remind your child not to share eating or drinking utensils.
- Replace your family's toothbrushes when a family member is diagnosed with strep.
- Use a humidifier in your home during the winter months.
- Make sure your child has a good diet, plenty of sleep and regular exercise.
- Protect your child from second hand smoke.

Las Clinicas del Norte Providers are available for you and your family. We operate two school based clinics at Mesa Vista and Pojoaque, along with our clinics in Abiquiu, Ojo Caliente and El Rito. Call to today for an appointment.

References: Web MD, American Academy of Pediatrics  
Clinical Practice Guidelines: Tonsillectomy in Children.

**Announcements**

**Welcome** to new people at LCDN.

**Kimberly Adler FNP**, will be working primarily at the Mesa Vista School Based Clinic and Ojo Caliente Clinic. Kimberly had an interesting life prior to becoming a nurse practitioner.

We also have a new Promotora in El Rito, **Cindy Archuleta**. Cindy will be working at the El Rito Clinic with our diabetic patients once she is trained. Cindy is replacing **Roberta Torrez** who left the clinic last month.

⊗ **Community Events** ⊗

**Contact: Joan Tollefson 1-505-323-1519/ 553-5820 or email: joan@lcdn.org**

For Health Advise when clinics are closed, call Nurse Advise New Mexico (NANM) 877-725-2552 open 24 hrs.

**El Rito**

**Las Clinicas del Norte Board Meeting** - every 4th Monday, 6 pm, El Rito clinic Community Room.

**El Rito Library**- Tues, Sat, 9am - 2pm, Wed, Thurs, Fri, 2 -7 pm  
**Library Board Mtgs.** - every 2<sup>nd</sup> Thursday, 5:30 pm

**El Rito Fire Dept. Mtgs.** - every 2<sup>nd</sup> Wednesday, 7 pm, at the El Rito Fire Station, open to the public.

El Prado Convenience Station at Rural Events Ctr. Open 5 days Tue-Sat 8am-4pm. Info: North Central Solid Waste 747-8459

**Abiquiu**

**Abiquiu Library** - Sun, Mon, Tues, Wed, Thurs, 1 pm - 6 pm, located on the Plaza.

**Abiquiu Fire Dept.** - **DAY CHANGED** to 2nd **Sunday - 6 pm**, at the Abiquiu Fire Dept. Station at the REC on Hwy 554.

**Abiquiu Area Emergency Services Project Mtg.** - second Wed. at 6:00 pm at the Rural Events Center.

**Abiquiu AA Meetings** - Wednesday, 5:30-6:30 pm, Abiquiu clinic & Saturday, 10:00 am, Abiquiu Library. **New Contact:** Alex at 505-901-7701.

**Recycling** - 5 days a wk. Tue-Sat 8am-4pm. Recycle at the El Prado Convenience Station at the Rural Events Ctr. For information call North Central Solid Waste, 747-8459.

**Ojo Caliente**

**Ojo Caliente Fire Dept. Mtg.** - every 1st Wednesday, 7:00 pm

**LOCAL JAZZ STUDIO TOURS**

**EL RITO Studio Tour**  
**October 3 - 4**

**ABIQUIU Studio Tour**  
**October 10 - 11 - 12**

## EL RITO PUBLIC LIBRARY

**New Fall Hours** — Tues/Wed/Fri - 12 n to 5 pm

Open late Thurs - 12 n to 7 pm

PHONE: 575-581-4508

Sat - 9am to 2 pm

email: [elritolibrary@yahoo.com](mailto:elritolibrary@yahoo.com)/Website [www.elritolibrary.org](http://www.elritolibrary.org)

**Fall/Winter Hours**—See new listing in above box.  
Sunday and Monday Closed.

**October begins the Library's annual fall fundraiser**, "One Hundred Donors, One Hundred Dollars". Reaching this goal will provide \$10,000 in general operating money to sustain this non-profit library for two months. Expect to hear from us and if you don't, there's the option of giving through our newly refurbished website's Donate Button.

**EL Rito Studio Tour** is the first weekend in October—Oct. 3 and 4. Remember the Library's special part is the event, "Death by Chocolate". Please come and enjoy not only chocolate but also the amazing creations by the El Rito Quilter's Guild. We're Stop #1 on the Tour.

**Family Passes are still available to library patrons**, thanks to the New Mexico Office of Cultural Affairs. These free passes allow a family (up to six persons) access to museums in Santa Fe, Albuquerque, Alamogordo, and Las Cruces. Seven Historic Sites around the state can also be visited with these passes.

**Michaelm entertained our Sunday afternoon guests Sept. 13th with a delightful library benefit program** of music and discussion inspired by his collection of guitars and zithers. In the future Michael will hold a "guitar petting zoo" program for guitar enthusiasts to allow hands-on experience for the audience. Date to be announced on the library's website at [www.elritolibrary.org](http://www.elritolibrary.org) or call 575-581-4608 for information.

**The Library's STEM to Read continues** with the 2 to 5 year old avid learners from our community. It's every Wednesday until May - 10 AM until Noon. United Way of Northern New Mexico and the NM Children's Foundation provide the money to run this program. Indoor activities, outdoor investigations, good healthy snacks are all provided FREE. Join us next time - there's still room in the class for more children.

**Thinking ahead to our December Benefit Auction.** Artists and others from our community have a tradition of support for the library's holiday benefit auction. This year's theme to help guide creations will soon be announced on the library's website.

**Do you have unused talents?** Want to be more involved in your community? Become a regular El Rito Library Volunteer! At the moment we need adults who can read to young children during our new Story Hour on Thursday afternoons from 1-2 PM. Call 575-581-2608.

## PUEBLO DE ABIQUIU LIBRARY

*And Cultural Center*

505-685-4884

POB 838, Abiquiu, NM 87510

[abiquiupl@gmail.com](mailto:abiquiupl@gmail.com)

[www.abiquiulibrary.wordpress.com](http://www.abiquiulibrary.wordpress.com)

Library Hours: 1 pm to 6 pm, Sunday - Thursday

### **STEM Program:**

Science, Technology, Engineering and Math, an Early Literacy Program for 2 to 5 years old. Please bring you child to our Story time with Isabel Lopez, retired teacher/ Bi-Lingual and Reading Specialist. Our goal is to foster a love of learning before entering school and to introduce children to basic reading skills. Tentative schedule begins September 21st through December 14, 2015, from 10:00 am to 12:00 pm. Call El Pueblo de Abiquiu Library & Cultural Center at 685-4884.

### **Magazines:**

We are placing our new magazine order for the upcoming season. Please let the librarian know about a magazine you might want to read at the library, or a favorite magazine to re-order from last season. The month of October will be dedicated to magazine renewal for the next year subscriptions. Our renewal will occur in November.

### **Book Cart:**

We are constantly updated our Book Sale Cart in front of the library. Sales of these books helps with our library programming. We also have postcards, tiny chairs and tiny gift booklets for sale at the Library desk.

### **Walking Tours:**

Learn about the Genizaro heritage of the village by booking an Abiquiu Walking Tour @\$15 per person on Saturday or Sunday. Call the library in advance @ (505)685-4884 to book a tour for you and a group of up to 10 people per tour.

### **Genizaro Conference:**

We will shortly have CDs available for purchase from the panel presentations at the May Conference.

# Las Clinicas del Norte

**EL RITO CLINIC**  
PO Box 237, El Rito 87530  
**Phone: (575) 581-4728**  
**1-800-869-7624**

**MEDICAL:**

MON and TUESDAY 8:00 am– 6:30 pm  
WEDNESDAY THRU SATURDAY 7:30  
am 5:00 pm.  
Confidential Family Planning Title X Services available

**COUNSELING: 581-4728, # 232**  
Mondays and Wednesdays only.  
Please call for an appointment.

**DENTAL SERVICES: 581-0028**  
MON thru FRI 8:00 am– 6:00 pm;

**REMEMBER TO BRING YOUR CHILD'S IMMUNIZATION RECORD to all clinic visits**

**MENTAL HEALTH CRISIS NM HOTLINE - 1-855-NMCRISIS (1-855-662-7474)**  
**NEW MEXICO NURSE ADVICE—24 Hour Toll Free Nuber—1-877-725-2552**

**LCDN BOARD OF DIRECTORS** — *President* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim,  
*Secretary* - Barbara Lovato; *Members*: Gary Salazar, Sophie Garcia, Bruce Smith, Jasmine Serrano and Frank Chacon.  
Honorary Members: Mary F. Lovato, Jeremias Archuleta, Willie Picaro and Susie Verkamp

**Donations - listed for one year - Las Clinicas would like to thank the following donors**

\$ 500 - Kathleen E. Maley (12-14)

\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (12-14)

\$ 100.00 Tony Chacon (6-15)

\$ 1,000 - Sam R. & Isabel E. Jewell (12-14)

\$ 1,000 - Terence P. & Susan C. Boyle (1-15)

\$ 1,500 - Andy R. Lopez (1-15)

## Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte  
PO Box 237  
El Rito, NM 87530

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### BOXHOLDER



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