



Vaccines

Amid all the uncertainty we face today, vaccines have become increasingly important. With vaccinations, we have been able to protect our children from 16 harmful diseases. Here are some important facts to consider:

Vaccines are Safe- The FDA only approves vaccines that meet strict standards for effectiveness and safety.

Vaccines are Necessary- Pediatricians recommend all recommended childhood vaccines because they are essential.

Vaccines are Studied- The CDC and FDA monitor the Vaccine Adverse Event Reporting System (VAERS) to follow up on specific doctor-reported side effects.

Bike Safety

Riding your bike has numerous wonderful benefits! It provides enjoyment, freedom, exercise, and is eco-friendly. We aim to share some safety advice for children and families to help you have a secure and enjoyable ride.

1. Always wear a properly fitted helmet. It is the best way to prevent head injuries and death.
2. Ride on the sidewalk when possible. If not, ride in the same direction as traffic on the right-hand side as much as possible.
3. Wear bright colors and use lights, particularly when riding at night or in the morning. Reflectors on your clothes and bike make you more visible.
4. Ride alongside your children, and stick together until you are confident they are prepared to ride independently.

