

Ramona Home ~ Julian JOURNAL

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Free Flu Shots at NCHS

Ramona Home Journal • Thu, Oct 09, 2014

Influenza is a serious disease that can lead to hospitalization and sometimes even death. With flu season gearing up, the CDC recommends a flu shot to help prevent getting and spreading the virus.

North County Health Services (NCHS) has begun offering no-cost flu shots at all locations, including the Ramona clinic at 217 Earlham St.

Appointments are not necessary, and walk-ins are welcome. Call 760-789-1223.



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USEFUL LINKS

- Ramona Chamber
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PHOTO GALLERY

- Ramona Fourth of July 2009
- Julian Chamber Installation 2009
- 2009 Amgen Tour of CA Bike Race
- Ramona Chamber Installation 2009
- Julian Apple Days Centennial 2009
- October 2008 Special Fire Section

2013 VOTED BEST VETERINARIAN

Some Human Foods are Dangerous to Pets

Many pet parents do their best to ensure optimal health for their companion animals. They visit the vet regularly, and provide a healthy diet and excellent program. Although pet owners tend to be meticulous when choosing commercial pet foods, they sometimes forget which scraps to offer and not offer their pets.

Some foods people eat can be toxic or even lethal to pets. Avocado, for example, contains persin, which can cause vomiting and diarrhea in dogs and birds. Grapes and raisins are other seemingly healthy foods that can be harmful to pets and could cause kidney failure. Cyanide is present in the seeds and/or pits of plums, pears and peaches, making these fruits potentially hazardous as well. Coffee, tea and caffeinated products such as chocolate, are also dangerous for pets, all are foods with artificial sweeteners.

The obvious items to keep away from a pet are chewing gum, candy, toothpaste, onions, garlic, chocolate, beverages, apple seeds, nuts, mushrooms, and yeast. If you question whether or not something could be a problem for your pet, call us and we'll help answer any questions you have.

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