



Living Well Newsletter

A monthly e-publication provided by Esse Health

June 2025 Patient Newsletter

Firework Safety Month

🌟 With July 4th just around the corner, our pediatricians want to remind everyone about the importance of firework safety.

🔥 Don't light more than one fuse at a time. Many incidents occur when someone isn't paying attention.

👤 Always supervise children when they are handling any type of flame or flammable.

🔥 Soak used fireworks in water before throwing them away to ensure that they are completely extinguished.

🔥 Dry conditions and windy weather are potential fire hazards. It's important to teach children about the risk of these conditions and how the weather can affect the way a flame behaves.

Small fireworks and sparklers are typically thought to be kid-friendly, but they can also be dangerous if not handled properly. It's better to be safe than sorry, but if an accident does occur, contact your local emergency department and seek immediate medical attention.



Family Fun in St. Louis

Looking for ways to keep the kids entertained this summer? St. Louis is packed with family-friendly events all month long:

- [Celebrate St. Louis - July 3rd and 4th](#)
- [Disney's Frozen at the Muny July 6th-14th](#)
- [Romeo & Zooliet at the St. Louis Zoo July 8th - 27th](#)
- [Peach Festival at Kirkwood Farmers Market July 19th](#)



Esse Health Patient Portal

Don't forget to utilize the Esse Health Patient Portal! Thanks to the Portal, you can send secure messages to your doctor's office anytime. You can use the Portal to:

- Request appointments
- Request refills
- Ask questions regarding your bill
- Request a referral



Click [here](#) for more information and to download the Patient Portal app!



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