

## **A Note to Our patients on our Coronavirus (COVID-19) Preparedness**

Dear Patients,

We understand the growing concern surrounding the Coronavirus (COVID-19). The health and safety of our patients, physicians, and staff is our top priority. All About Kids Pediatrics has been actively preparing its office, physicians, and employees to identify possible patients with COVID-19 virus and to prevent transmission to themselves, other patients and visitors.

We are sanitizing the lobby surfaces, tables and door handles in the morning, at noon and professionally in the evening as well as sanitizing the same in the exam rooms between all patients.

### **Prevention and Social Distancing**

As you touch people, surfaces, and objects throughout the day, you accumulate germs on your hands. You can infect yourself with these germs by touching your eyes, nose or mouth. Please encourage your children to wash their hands or use sanitizer prior to touching their face – specifically eyes, nose and mouth.

Social distancing is the current recommendation meaning avoid public places and definitely large crowds whenever possible.

If someone in your home is sick with a fever greater than 100.4 and cold symptoms – attempt to isolate them in your home until they are symptom free for 72 hours.

### **Patients with Upcoming Appointments**

Babies 2 years and under are strongly encouraged to come in for their well exams and immunizations. The 4, 10 and 11 yr visits are also important for vaccines. Staying up to date on vaccines is a general immune booster for your child.

We request only one caregiver to accompany patients at this time. Others accompanying should stay in the car if they cannot stay at home. This includes siblings not being seen if at all possible and there is an adult to sit with them in the car.

Also, absolutely no food or drinks are permitted in the office. Children's hands going directly to their mucous membranes while in a medical facility is something we want to prevent.

## **When should my child be tested for COVID-19?**

The crucial factors in combating this virus require identification and containment (social distancing). Unfortunately, the reality is that testing availability is still extremely limited and being prioritized by our public health partners for only those patients meeting specific criteria. It is our opinion at this time that testing should be done in large scale drive through centers; in a well-coordinated manner by medical staff that has adequate Personal Protective Equipment.

If you have traveled internationally to one of the Level 3 countries or have been exposed to someone with a positive test for COVID-19 in the last 14 days and in addition, your child is experiencing fever, cough or shortness of breath – please call our office so we can triage you to the appropriate place for testing.

## **Disruptions to Our Regular Schedule**

To encourage social distancing and reduce exposure of illness to our well patients we have temporarily changed our schedules in the office. We are scheduling our well checks in the morning and our ill patients in the afternoon.

## **Control Anxiety**

We are encouraging all parents to lead by example with calm control. Nearly 95% of all children with COVID-19 have mild to moderate illness that can be managed at home. Let your children know that they are safe and will be ok. This is a great time to have quality time with your children at home, in the back yard, playing board games and reading together.

Connection and “time with” your ways to buffer anxiety and stress which ultimately boosts immunity.

## **Further Information**

Please go to our website [Allaboutkidspediatrics.net](http://Allaboutkidspediatrics.net) and look under the **Integrative Health and Toxic Stress** tab for *5 Proven Strategies to Help Nurture a Healthy Stress Response and Decrease the Long Term Consequences to Health.*