

AN OPEN LETTER FROM YOUR PEDIATRIC PROVIDERS DURING COVID-19

RRH Pediatrics Team

Dear Parents and Family,

One of the cornerstones of a pediatric practice is the promotion of preventive care. In your well child visits, we survey the health of your child not only in the present moment but also to provide information to maintain or improve the health status of the child's future well-being. This is called anticipatory guidance; we anticipate potential developmental challenges, or health hurdles and provide advice on how to tackle those issues. Therefore, it is in our purview to discuss COVID-19 (SARS-CoV-2) and how it may impact your child and family.

It is important to understand that the coronavirus can be contracted by anyone, including children, and can also be spread from child to child or to child to adult and vice versa. Symptoms of COVID 19 may include fever, shortness of breath, abdominal pain, skin changes and typical upper respiratory symptoms. We acknowledge that having these symptoms, even when mild, may result in need for a parent to stay home for work, a child unable to attend school, need to obtain lab work, increased visits to your medical home, and hospitalization.

Therefore, we must all take a proactive stance towards prevention. Unlike other diseases, such as measles or polio for which we have an effective vaccine for, we currently do not have a vaccine for COVID-19. However, there are measures that we must undertake to decrease the spread of this virus and its impact on our community. The following is necessary during this pandemic:



1. **Wear a mask when outside, especially when social distancing cannot be adhered.**
 2. **Social distancing of 6 feet apart.**
 3. **Wash hands often with soap and water. If not available use hand sanitizer.**
 4. **Avoid touching your face.**
 5. **In the Fall/Winter, call your medical provider for the influenza vaccine**
 6. **Do not miss well-child visits and be up to date with the vaccination schedule.**
-

These recommendations are provided to decrease the risk of severe illness of your child and shall not provide a false sense of security. Though not 100% guaranteed, the guidance is based on science and our desire to keep your child and our community safe. We have a challenging season ahead of us, let's all do our part!

For any questions and further discussion, please feel free to speak with your pediatrician.

From your

RRH Pediatrics Team

