



A Note from Dr. Tyler:

Dear Rainbow Pediatrics families,

We are monitoring the Coronavirus (COVID-19) developments right alongside the you. Updates are happening very rapidly! We are making adjustments at Rainbow Pediatrics. We are increasing our cleaning and sterilization procedures. We are attempting to stock appropriate supplies (despite shortages) and educate our staff to most appropriately care for you and address concerns. We will remain available to you 24/7 and continue to see every patient that needs or wants to be evaluated. The Department of Health has asked us to try and keep all our patients out of the urgent cares and Emergency Rooms for routine evaluations and testing. However, if you have had recent travel to a COVID-19 endemic area (such as China, Italy, Iran, etc.) or known exposure to COVID-19 please call us **BEFORE** coming into the office. We hope you find some of the information below helpful. Stay safe and healthy!

2019 Novel Coronavirus (COVID-19)

Human Coronaviruses (<https://www.cdc.gov/coronavirus/about/index.html>) are a family of viruses that usually cause illnesses like the common cold. Almost everyone gets one of these viruses at some point in their lives. Most of the time the illness only lasts for a short time.

COVID-19: a new coronavirus

It was discovered in China in December 2019 and has now spread throughout the world. As the virus spreads, we are seeing some people with mild illness, some who get very sick, and some who have died. The reason health officials are concerned is because the virus is new, which makes it hard to predict how it will continue to affect people. Researchers and doctors are learning more about it every day, including exactly how it spreads and who is most at risk.

Symptoms of COVID-19

Symptoms of COVID-19 can range from mild to severe and can include fever, cough & shortness of breath.

Who is at risk?

According to the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>), children do not seem to be at higher risk for getting COVID-19. However, some people are, including

- Older adults
- People who have serious chronic medical conditions like: Heart disease
- Diabetes Lung disease

How to protect your family

There is currently no vaccine to prevent COVID-19, but there are a few things you can do to keep your family healthy:

- Wash your hands (</English/health-issues/conditions/prevention/Pages/Hand-Washing-A-Powerful-Antidote-to-Illness.aspx>) often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer (</English/safety-prevention/at-home/Pages/Keep-Hand-Sanitizer-Out-of-Childrens-Reach.aspx>). Look for one that is 60% or higher alcohol-based.
- Keep your kids away from others who are sick or keep them home if they are ill.
- Teach kids to cough and sneeze into a tissue (make sure to throw it away after each use!) or to cough and sneeze into their arm or elbow, not their hands.
- Clean and disinfect (</English/health-issues/conditions/prevention/Pages/Cleaners-Sanitizers-Disinfectants.aspx>) your home as usual using regular household cleaning sprays or wipes.
- Avoid touching your face; teach your children to do the same.
- Avoid travel to highly infected areas (<https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html#map>).

A note about facemasks: The CDC only recommends facemasks for people who have symptoms of COVID-19, not for people who are healthy. Healthcare workers and anyone taking care of someone with COVID-19 should wear facemasks.

How to prepare for the possibility of school or childcare closings

If there is a COVID-19 outbreak in your community, local public health officials may decide to temporarily close schools and childcare centers to help slow the spread of the virus. Schools also may decide to dismiss students early if there are too many students or staff absent. Many schools use email to update families. Be sure your child's school knows how to get in touch with you.

Working parents can be prepared by having alternative childcare plans or talking with their employers about work from home options during school closings. If your child attends a college or university, encourage them to learn about the school's plan for a COVID-19 outbreak.

Talking to children about COVID-19

There's a lot of news coverage about the outbreak of COVID-19 and it can be overwhelming for parents and frightening to kids. The American Academy of Pediatrics encourages parents and others who work closely with children to filter information and talk about it in a way children can understand. These tips can help:

Simple reassurance. Remind children that researchers and doctors are learning as much as they can, as quickly as they can, about the virus and are taking steps to keep everyone safe.

Give them control. It's also a great time to remind your children of what they can do to help – washing their hands often, coughing into a tissue or their sleeves, and getting enough sleep.

Watch for signs of anxiety. Children may not have the words to express their worry, but you may see signs of it. They may get cranky, be more clingy, have trouble sleeping, or seem distracted. Keep the reassurance going and try to stick to your normal routines.

Monitor their media. Keep young children away from frightening images they may see on TV, social media, computers, etc. For older children, talk together about what they are hearing on the news and correct any misinformation or rumors you may hear.

Stay Informed - Here are some additional resources on COVID-19

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

World Health Organization: <https://www.who.int/health-topics/coronavirus>

If your child has been exposed to COVID-19, or you are concerned about your child's symptoms, call our office immediately – 614-939-2200.