

3/17/2020

IMPORTANT: ARVADA PEDIATRICS HAS INSTITUTED A NEW SCHEDULE AND CHECK-IN POLICY

We have started two significant changes in order to keep our patients as healthy as possible in light of the COVID or coronavirus epidemic. These are effective immediately.

1. All well exams and behavior conferences will be scheduled only in the MORNING (8:30-12:30). If you have previously scheduled a well exam or behavior conference in the afternoon, we will be contacting you to reschedule. **IMPORTANT:** Please do not bring your child for a well exam or behavior conference if either you or your child is sick. We will be happy to reschedule you.
2. All sick calls will be scheduled in the AFTERNOON (1:30 to 5:00pm), and check in will take place by phone in the parking lot. **DO NOT** walk into the office on arrival, as we are trying to keep all our patients safe from exposure. When you arrive, stay in/with your car, immediately call our front desk, and you will be checked in. Please wait in your car until we call you back and direct you into the appropriate entrance near your exam room. While this is unusual, we are in unusual times.

We understand that families and children are concerned and stressed about the rapidly changing requirements of the current epidemic of COVID 19 or coronavirus disease. Please be assured that for most children, the disease may be very mild and may look only like a common cold. This also poses significant difficulty in being able to separate clinically which children do or do not have coronavirus disease. If your child has a mild illness, please keep them home and isolate for 10 days while practicing careful infection control as below. As always, if you have concerns about your child we are here to help you. Please don't hesitate to call us.

Sincerely,

Your Health Care Team at Arvada Pediatrics

A message from the Colorado Department of Public Health and Environment:

If you have a fever, cough, or shortness of breath, but have not been around anyone you know has COVID-19, follow these steps to help prevent your illness from spreading to people in your home and community.

Symptoms

The most common symptoms of COVID-19 are fever, cough, and shortness of breath.

Should I go to my doctor and get tested for COVID-19?

- Please visit the Colorado state health department website for information about priority groups for testing <https://www.colorado.gov/cdphe/covid-19-testing>
- If you have a condition that may increase your risk for a serious viral infection, call your health care provider's office and ask if you need to be evaluated in person. They may want to monitor your health more closely or test you for COVID-19 and other respiratory infections like influenza. Higher risk groups include:
- Older people (over age 60), especially those over 80 years.
- People who have chronic medical conditions like heart, lung, or kidney disease, or diabetes.
- Older people with chronic medical conditions are at greatest risk.
- If you do not have a high-risk condition and your symptoms are mild, you may not need to be evaluated in person or tested for COVID-19. Call your health care provider or a nurse line for guidance on the need for testing. There are currently no medications to treat COVID-19.

WHAT TO DO TO KEEP YOUR SICKNESS FROM SPREADING TO OTHERS

Stay home, except to get medical care.

- If you have a medical appointment, call ahead and tell them what your symptoms are. Otherwise
- Restrict activities outside your home.
- Do not go to work, school, or public areas.
- Avoid using public transportation, ride-sharing, or taxis.

Practice actions that protect others

- **Clean your hands often**
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. When using hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry. Soap and water is preferred if hands are visibly dirty.
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Cover your coughs and sneezes**

- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away. If a tissue is not available, use your inner elbow or sleeve.
- Immediately clean your hands (see above).
- **Avoid sharing personal household items**
- Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- After using these items, they should be washed thoroughly with soap and water.
- **Clean surfaces every day**
- Clean "high touch" surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean any surfaces that may have blood, stool, or body fluids on them.
- Use a regular household cleaning spray or wipe. Follow the label directions for correct and safe use of the cleaning product.
- If available, ill people should wear a face mask to protect family members or in any scenario where masks are needed to prevent the spread of germs.

Monitor your symptoms

- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, **CALL** a health care provider and tell them what your symptoms are. If possible, put on a face mask before you enter the facility.
- If you have a medical emergency and need to call 911, tell the dispatch personnel what your symptoms are. If possible, put on a face mask before emergency medical services arrive.

Discontinuing home isolation

- If you have tested positive for COVID-19 or are suspected to have COVID-19 but are not tested, you should stay home for 10 days after the onset of your symptoms. People who are hospitalized for COVID-19, or people who are routinely around older people (over age 60), or people who have chronic medical conditions like heart, lung, or kidney disease, or diabetes may need to isolate at home for longer.