

With breaking news of confirmed COVID-19 infections in our state and neighboring states, many are wondering what to do if they suspect themselves or a family member have contracted the new strain of Coronavirus. The most important thing to remember is *not to panic*.

Based on confirmed cases of COVID-19 from around the world, children have been relatively protected from serious illness. According to the Centers for Disease Control and Prevention (CDC), children are less likely to get COVID-19 than adults. And more positive news is, if they do get it, it's usually a mild case. In fact, in a study of more than 72,000 patients by the CDC in China, only about 400 cases occurred in children under age 9 with zero deaths.

That being said COVID-19 infections can make adults, especially the elderly and more medical fragile more seriously ill. Multiple agencies are doing their best to contain and prevent the spread of the virus. Here's some of what you need to know:

- Children who test positive for COVID-19 will likely experience fever, cough, and not feel well
 - Adults who are infected with COVID-19 are more likely to become very ill and may even require hospitalization
 - There is no treatment for COVID-19
 - Currently our clinic has no testing available, but we hope to have limited testing in the near future.
 - Symptoms and concerns include:
 - Fever, cough, shortness of breath (see link below)
<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>
 - AND**
 - Direct contact of person with COVID-19 or person Under Investigation for COVID-19
 - OR**
 - Have traveled outside of the state within 14 days of symptoms
- Then contact the clinic or the Arkansas Department of Health **BY PHONE** so that you can be directed and we can be prepared if we need to see you so that others are protected. All contact information is listed at the bottom of this letter.**
- If you are young and healthy and your symptoms are mild, it is often best to stay home. See the following link on what to do at home:
<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

Know what the emergency warning signs are and when to get immediate medical attention:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- Community and Family Support will be important, so be thinking ahead for the vulnerable and elderly in your family:
 - Know what medications your loved one is taking and see if you can help them have extra on hand.
 - Monitor food and other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
 - Stock up on non-perishable food items to have on hand in your home to minimize trips to stores.
 - If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.

- Everyone has a role to play in helping the community. See the following link to Steps To prevent Illness: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>

Be aware that this is the most current information we have to date. We will update you as we have more information to share.

Arkansas Department of Health
1 (800) 803-7847 (8:00am - 4:30pm)
After hours: (501) 661-2136

UAMS is also providing free online screening for COVID-19 through the link below.
https://news.uams.edu/2020/03/10/uams-healthnow-to-provide-free-online-screening-for-covid-19/?fbclid=IwAR0R8l-ddmGpDWB_BwHavVb49rva3OicvFiZ8iRXfB9OH-SzpCCB7CJRcGo