

Dear Parents,

We, at Volusia Pediatrics, are committed to keeping our community healthy and safe.

In light of the many and sometimes confusing information out there regarding the coronavirus (COVID-19), we offer the following guidance to help ensure the health and safety of your children.

- We are observing the best practices at the office to ensure your children are safe when you visit.
 - Proper cleaning of equipment and surfaces
 - Screening patients by phone prior to appointments to ensure proper triage
 - Keeping abreast with the latest guidelines from the CDC and WHO
- Beginning next week, we will continue to be open at both locations with a full staff to take care of your medical needs (physicals, immunizations, forms, etc.)
- We cannot overemphasize the importance of getting and completing your child's immunizations and regular physicals on time. Thus, unless your child is experiencing symptoms, we encourage you to keep your appointments to ensure that your children are in tip-top shape.
- If you have a newborn, do NOT delay your visit.
- When you visit, our staff will room you in as soon as possible so you are not waiting in the waiting room. After signing in, you may also wait inside your vehicle if you wish and we will call your cellphone when we are ready for you.
- ANYONE with cough and cold symptoms will be required to wear a mask and placed in a back room away from everyone.
- Please do NOT take your child to the ER to "get tested" just because they are exhibiting mild cough and cold symptoms. This not only can potentially expose your child to COVID-19. It can also make it more difficult for the ER doctors and nurses to attend to sicker patients.

And remember the following:

- Nothing beats handwashing. Please practice good hand hygiene with regular soap and water.
- Social distancing—if you need to be out.
- Avoid crowds. Stay home as much as possible to prevent the spread of the virus. Remember, some random individual may be carrying the virus and not show any symptoms at all.
- Eat healthy and stay hydrated.
- Get plenty of rest. Stick to your usual bedtime routine. Do not sleep late just because there is no school the next day. A good night's rest is good for the body and soul.

- Play fun board games with your kids if you can.
- Get some sun in the front or back porch.
- Go on a nature walk or enjoy a walk on the beach as a family.
- Watch a good family movie if you are able.
- And stay CALM. When you remain calm, your children will pick up on it and will also remain calm and comfortable. If you must watch the news, do so discreetly so as not to alarm your kids needlessly. Remember, as a parent/guardian, you are the “Stabilizer.”
- Keep that POSITIVE VIBE. If your young children ask questions, be factual but gentle. Explain patiently why you cannot go to crowded places, why school is closed, or why you must postpone a birthday party. And more importantly, that this is just temporary, and things will get back to normal eventually.
- If any family member develops any signs of illness, quarantine him/her in a separate room and then call us for advice.

As always, we’re here for you. Please stay tuned and we’ll keep you updated.

The Volusia Pediatrics Team

