

We need N95 masks to protect our doctors and staff. They are sold out everywhere. If you were lucky enough to get some before they became unavailable, please consider donating some to our office or other healthcare providers in need!

Dear Families,

Many of you have been calling the practice with questions about COVID 19 and/or requesting testing. We understand your concern and are working hard to answer your questions and determine who needs to be seen, as well as coming up with procedures to best safeguard patients and staff in our office. Information is changing by the day, so please bear with us!

Pediatric Alternatives COVID 19 procedures:

1. **All sick calls will be screened by phone for COVID 19 symptoms** of fever and cough and history of travel or known exposure.
2. **Patients who have mild illness will be scheduled a video consult** with the doctor for evaluation. If the doctor determines that a patient needs to be seen, an office appointment will be made.
3. **Sick patients with COVID 19 symptoms will be asked to wait in the car or in the backyard.** They will not be brought into the main office. If a sick patient needs to be seen in an exam room, they will be seen in the back office off of the back deck. Any patient with these symptoms will be given a mask to wear.
4. **Testing kits are still very limited.** We can only test patients who have lower respiratory symptoms or who have known exposure at this time.
5. **Please do not ask staff to answer COVID 19 questions. They are not authorized to answer your questions.** Patients with questions can schedule a 15 video consult with the doctor.
6. **If you are coming in for a previously scheduled well child visit,** but your child is also sick please make sure you let us know.
7. **We are critically low on masks.** If you have some at home, please bring your own from home.
8. If you have an appointment scheduled for a WCC (or any other appointment) but are not going to come in **PLEASE call and cancel so that we have enough appointments for sick patients.**

PREVENTION AND TRAVEL :

The best information available still shows that children are the least affected. To minimize your risk, our advice is to follow the recommendations that are now well known - good handwashing, avoid touching your face, and social distancing. At this time the CDC is recommending avoiding travel for people over 60, or with compromised immune systems. It is likely stronger travel restrictions will be recommended by the time Spring Break is here. At this time we would not recommend long flights, or travel to an area with more COVID disease than here.

There are many different immune boosting "cocktails" that are also being recommended.

Our favorite is:

1. Vit C 500 2 times / day for children and 2000 mg 2 times/ day for adults. Increase to 3x/day if starting to get cold/cough symptoms.
2. Vit D 1000 - 5000 iu / day depending on age. 1000 iu for 1-7 years, 2000 iu 7 -12 years, teens and adults can take 5000 iu/day. Stop over the summer.
3. Zinc lozenges 1 daily for kids, 30mg capsule daily for adults

Thank you for your cooperation!

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