

## **COVID-19. RESPONSE**

### **Ideal and Pediatric and Adolescent Care, P.C.**

Your team of healthcare professionals at Ideal Pediatric and Adolescent care are mounting a response to the COVID-19 pandemic using the highest level of precaution. We are monitoring and adhering to the ever changing CDC guidelines.

As your pediatrician, I am recommending you shelter at home if possible, going out only to seek medical care, groceries and exercise.

**Telehealth** is being used when possible! This keeps your children safe at home while allowing us to provide care and guidance during this difficult time.

**Only one parent** or caregiver is allowed in the office with the child for appointments to reduce our and your families risk of exposure.

We are following the recommendation of the American Academy of Pediatrics in determining which visits are necessary. **Keeping children immunized is a top priority.** We are placing our focus on children less than age 2 years and recommending children age 4-5 receive the booster immunizations. Other non-urgent physicals are being rescheduled for a later time.

**Well-Child visits are being done in the office.** We are not allowing anyone with illness in the office at this time. Waiting room chairs have been removed and you will be checked-in at a safe distance. Your child will be taken directly to the exam room. All patients are screened before entering the office.

**Sick Visits** are being done in the parking lot or via **Telemedicine.**

Our staff is wearing **PPE, including gowns, face masks and goggles for all visits.** We are balancing the difficult task of managing supplies while keeping our patients and staff safe.

All staff members are now required to log their temperature morning and evening. We are a small practice. I need to keep this team safe and protected as well as our community. Temperature logs may help us to recognize sickness more quickly.

All these measures are an attempt to be proactive.

COVID-19 TESTING is still in short supply. We are **not** testing at our office. Testing centers are set up at local hospitals. Please do not seek testing if you can manage symptoms at home. Seek medical care if symptoms cannot be managed at home.

Going to testing centers only puts your child at risk.  
Follow the guidelines for testing listed on  
[HEALTH.PA.GOV](https://www.health.pa.gov).

Unfortunately, the delay in testing will make it difficult to contain the virus so again, I am recommending you stay safe at home.

The Ideal Team will be posting updates on FaceBook to try to stay connected during this difficult time.