

## **Coronavirus (COVID-19)**

"Aguilar Pediatrics is committed to the well-being of all children and to providing the safest environment for patients, employees, physicians and our community. We are dedicated to providing you with the most informative and accurate information.

**1. At this time, we are still seeing all regularly scheduled patients. We are doing everything possible in our office to keep our community safe, including extra sanitation and safety precautions.**

**2. If your child has any respiratory symptoms AND has NOT been exposed to anyone who is suspect of having COVID-19 (Coronavirus) AND has not traveled outside of the country in the last 30 days, call our office to schedule an urgent visit appointment.**

**3. We do not have any test kits for the Coronavirus in the office.**

**4. Unfortunately, the clinical appearance of COVID-19 (Coronavirus) cannot be distinguished from other respiratory infections, such as influenza, and thus the diagnosis relies on laboratory tests.**

## **FAQ about the Coronavirus**

**What should I do if I think my child has Coronavirus or if I think my child has been exposed?**

If your child is NOT sick, your child should stay at home, avoid public places, and self-monitor for 14 days from the time you think they were exposed. If your child develops fever or any other symptoms, you should contact your local health department for further instructions. There is no specific treatment for COVID-19. Typical care for a mild case should be the same as would be provided for a flu-like sickness.

**Where did this virus come from?** Coronaviruses are a large family of viruses. Some of these can cause sickness in people and others only in animals. Very rarely, coronaviruses that infect animals can learn to infect people. This is what seems to have happened with the virus that causes COVID-19.

**What are the symptoms?** Symptoms can range from mild to severe. The most common are fever, cough, and shortness of breath. There also may be others, such as sore throat or runny nose, and some people may have no symptoms at all.

**How does it spread?** The virus is thought to spread mainly from person-to-person, through respiratory droplets which are sprayed all around when an infected person coughs or sneezes. It is also possible that a person may catch COVID-19 by touching something that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

**How long can a person be contagious?** The incubation period can be up to 14 days. This is the time from when someone catches a virus until the time they start to feel sick. Some people may be contagious even before they show symptoms. People should be considered contagious until their symptoms are gone and they have had at least 24 hours without fever, without taking fever medicine.

**What can you do to best prevent catching or spreading a virus?**

Avoid touching your eyes, nose, and mouth.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipes.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Vaccinations – Stay up to date on vaccinations, including the flu shot.

Avoid close contact with people who are sick. Stay at least 6 feet away from anyone showing obvious symptoms. Avoid traveling to areas where the virus is spreading rapidly.

Stay home when you are sick.

**Should I wear a mask to protect myself?** People who are well should not be wearing a facemask, because it is not designed to protect the person who is wearing it. Regular facemasks should be worn by people who are sick with COVID-19 to help prevent the spread of the disease to others. The use of a special N95 facemask is only recommended for health workers and others who are taking care of someone who is sick with COVID-19 in a close setting. "