



COVID-19 FAQs

Brought to you by Krystal Richardson, CPNP and Alessandra Catizone, CPNP.

Operations of South river Pediatrics during the COVID-19 Pandemic:

- Are you currently seeing well and sick children in the office?
 - o Yes! We have separate “well” and “sick” rooms as to avoid exposure in all of our locations. If you or your child have symptoms of COVID-19, we may perform a “curbside” appointment. This means the provider will come to the car to perform the visit, or you will be brought in to a designated “COVID-19 symptom” room in the office.
- Is it safe to bring my child into the office for well-visits and immunizations?
 - o Yes! We are making all efforts to separate our well children from our sick children by utilizing separate rooms and altering the provider schedules. All clinical staff members have appropriate PPE, and extra cleaning and disinfecting is performed after each visit. Masks are required for all patients and family members over the age of 2 years.
- Are you offering telemedicine?
 - o Yes! When scheduling your appointment, ask our front-desk staff if your visit can be scheduled as a telemedicine visit. If necessary, the provider may ask you to come into the office if a telemedicine appointment is not sufficient for your child’s care.
- What should I do if my child is due for vaccines?
 - o Do not delay on your child’s vaccines! We are still performing immunization appointments in all locations. Preventative care for your child is more important now than ever!
- Can I walk-in if my child is sick?
 - o To prevent the spread of COVID-19, we have suspended walk-in visits until further notice. Feel free to call the office to schedule a same-day sick appointment.

COVID-19 and Pediatrics:

- What are COVID-19 symptoms in pediatric patients?
 - o Symptoms of COVID-19 include: fever/chills, shortness of breath, cough, vomiting/diarrhea/nausea, sudden loss of taste or smell, headache, muscle or body aches, congestion or runny nose, sore throat, and/or fatigue.
 - o Remember that symptoms can appear anywhere from 2-14 days after an exposure.
 - o Symptoms from mild cases typically resolve within 1-2 weeks.
- What should I do if my child is showing symptoms of COVID-19?
 - o If your child has a cough, fever, or shortness of breath, please call the office to schedule an appointment. We are currently performing rapid COVID-19 tests within all of our offices, as well as sending COVID-19 PCR testing to Lapcorp. We will also screen for other infections, such as flu, strep, and RSV. The provider will decide on each individual case what test is most appropriate during your visit.
- What should I do if a family member has COVID-19?
 - o If possible, separate this member in a different room away from other family members. Cover all coughs and sneezes, as well as clean hands often! Clean “high touch” surfaces every day. Monitor symptoms, and follow your local health departments recommendations for your quarantine.

- Can I breastfeed if I have been diagnosed with COVID-19?
 - o Currently, we are following the CDC guidelines for breastfeeding (they can be found here: <https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html>). If you are positive, ensure proper handwashing before touching your baby and wear a face mask, if possible, when breastfeeding.
- My child was exposed to someone who tested positive for COVID-19. What should I do?
 - o The CDC defines close contact as closer than six feet for more than 15 minutes within a 24-hour period, starting from two days before illness onset. If your child was in close contact with someone who tests positive for COVID-19, we recommend a COVID-19 test 5-7 days after exposure, or sooner if your child becomes symptomatic. Please call our office for an appointment.
- Quarantine rules according to the CDC:
 - o Known exposure to COVID-19: quarantine for 14 days after their last exposure to that person.
 - o Testing positive, but NO symptoms: quarantine for 10 days from your POSITIVE test result.
 - o Testing positive WITH symptoms: quarantine for 10 days from your first day of symptoms, AND 24 hours of no fever (without use of fever reducing medication) AND symptoms are resolved or resolving.
 - o Follow the guidance from your local health department following a positive COVID-19 test, as quarantine rules may change.

COVID-19 Vaccines:

- What is the COVID-19 vaccine?
 - o The COVID-19 vaccine is a vaccine that teaches your immune system how to recognize and fight the virus that causes COVID-19.
- How does it work?
 - o The COVID-19 vaccine works by giving instructions to our cells on how to make a harmless piece of a “spike protein” that is found on the surface of the virus that causes COVID-19.
 - o It is given in the upper arm muscle, specifically the deltoid.
 - o It typically takes a few weeks to create immunity to the vaccine after vaccination.
- Who can get it?
 - o Currently, the state of Maryland is in phase 1C for vaccine distribution: <https://covidlink.maryland.gov/content/vaccine/>
 - o The Moderna vaccine is approved for individuals aged 18 and older, while the Pfizer vaccine is approved for individuals aged 16 and older.
- When will it be approved for children?
 - o Currently, vaccines are undergoing trials for children and adolescents. Once successful, the data will go through FDA approval followed by production and distribution. This process may take a while, especially for younger ages.
- Please use the following link for more information about the COVID-19 vaccine: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

Remember SAFETY

Social distance (stay at least 6 feet apart from others).

Always wear your mask over your nose AND mouth.

Forgetting your PPE (personal protective equipment) puts others at risk, like your family and friends.

Extend kindness! We are all in this together!

Take time for your physical and mental health. Walk, exercise, or start a new hobby!

You must wash your hands frequently or use hand sanitizer.

