

## **CORONAVIRUS PANDEMIC – WHAT TO DO**

Dear families and patients of the Children's Care Clinic,

The declaration of the Coronavirus Pandemic requires us all to take extraordinary measures to protect each other. Here are some important guidelines.

If your child has a COLD, COUGH OR FEVER, DO NOT SEND him/her to SCHOOL or DAYCARE.

Your child should avoid contact with other people and only return to school or daycare, once all symptoms have FULLY PASSED.

If you have a COLD, COUGH OR FEVER, DO NOT GO to WORK.

You should avoid contact with other people only return to work, once all your symptoms have FULLY PASSED.

If your CHILD IS SICK, do NOT SEEK medical care unless ABSOLUTELY NECESSARY.

Do NOT seek MEDICAL CARE for COLDS, COUGH or FEVER of less than 3 days duration.

Try treating your child at home with the usual remedies such as drinking lots of fluids, administering acetaminophen or ibuprofen.

Seek MEDICAL CARE ONLY if your child has

- Trouble breathing
- Earache for more than 24-48 hours
- Fever for 4 days or more
- Another condition that absolutely requires immediate medical attention, such as severe abdominal pain, suspected broken bones, etc.

If you suspect your child has a Coronavirus infection, please go to one of the government facilities specifically for this purpose. You may call 1-877-644-4545 for instructions.

Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.

Vulnerable people, e.g. those over 60 and with underlying health conditions should practice social distancing. Avoid all unnecessary face-to-face contact such as restaurants, concerts and clinic waiting rooms.

These actions will help us to minimize the spread of the virus and insure that we can still care for those children that absolutely need care.

Thank you for helping us in the most extraordinary times.