

COVID-19 preparedness

RIVER VALLEY PEDIATRICS

What should you do to stay safe this season?

1. Please do not panic. Be prepared with about two weeks' worth of groceries and medicines in case you have to stay home, but do NOT hoard essential items. Use the curbside services if you can, or use drive-through services at stores and pharmacies. We're all in this together. **Please do NOT stock up on face masks and sanitizers**- there is a severe shortage and even health care workers can't get any. And we need them desperately!
2. If you suspect you or your kids have been exposed, please do NOT go to the ER, urgent care or your doctor for a test. As of right now, only the department of health can decide who gets tested. We don't have tests. Call us and we can set up a video conference to determine if we need to send you to the Department of Health to be tested.
3. Take precautions that are common sense: wash your hands with soap and water or sanitizer with more than 60% alcohol. Avoid crowded places if you can. Do not touch your face. Clean your surfaces with bleach.

If you or your child is sick and febrile (temperature of 100.4oF and over -do not "add a degree" if you take the temperature under the axilla) stay home and contact your physician to determine if you are at high risk, or if you can be seen by them OR the department of health. Do not send febrile kids to school or daycare.

If you or your family members have had a recent history of travel outside the country AND you have symptoms of fever, cough AND shortness of breath, please do NOT show up unannounced to the doctor's office, urgent care or ER. Call first for instructions. Remember we're trying to avoid getting others sick to stop the spread of this illness. If you're not sick enough, please stay out of the ER's.

Please call us for guidance if you're not sure what to do.