



## CORONA VIRUS (COVID-19)

Dear Families,

School closings, containment zones and quarantines are ramping up Coronavirus anxiety amongst all of us, from the youngest, who respond to our stress, to the elderly, who are most affected, to those of us in the middle, who feel responsible for the whole family.

Dr. Tackie and our team at Goldstar Pediatrics are here for you, not only for medical care, but as a source of reliable and sane information. We suggest you look at COVID-19 information from two perspectives.

1. **Personal Safety:** the vast majority of people infected by COVID-19 will have mild illness, especially children.
2. **Community responsibility:** the CDC and Health Department are trying to limit spread, or at least slow it down. Self-quarantine, containment areas and social distancing are being implemented for these purposes.

The best way to stay healthy is by practicing good hand washing, remembering not to touch your face, and staying away from large gatherings when possible. Take advantage when the weather is nice and spend some time outdoors. If you or any one in your family is sick, stay home. When needed, cough into your elbow.

Goldstar Pediatrics is here to help you through this crisis. If your child is sick, please call us. We are screening patients carefully and doing what is needed to keep our families safe.

**We are introducing a Telemedicine Platform for our families to enable you access care without having to leave home in cases where this would be appropriate. This is a good time to request a password reset for your patient portal if you need help logging in.**

Keep your scheduled well check appointments. Children still need to get physicals and the vaccines that protect them from illnesses much more serious than coronavirus. We are following appropriate CDC recommendations. As always, we are cleaning intensely and often.

What else can you do? Shut off the TV and give yourself and your children a break. When possible, keep their schedules normal. Look for anxiety symptoms - such as moodiness, trouble sleeping and separation anxiety. Talk to your children about their fears. Reassure them.

Check on your elderly neighbors, family and friends. These people are most at risk for complications of Coronavirus. Ask if you can get them food, medicine or anything else they need. We are a community, we need to take care of each other.

Team Goldstar Pediatrics