

LATEST NEWS FROM LIGHTHOUSE PEDIATRICS IN THE ERA OF COVID-19

Though the state of Florida is starting to ease restrictions, we are still using all the precautions previously outlined. The waiting rooms are still closed and we are allowing only one family at a time in public areas. Our nurses and doctors are still wearing masks, goggles, and gloves for all visits. We are still screening ALL patients for potential COVID infection and only seeing sick patients through a separate entrance, after we have finished seeing our well patients. We want to ensure your family's safety when you come to our office!

We are getting several questions that we think need to be addressed:

Should I send my child to daycare? Some families must send their children to daycare due to work requirements. The daycares are doing their best to decrease the chance of a child getting infected. It is unrealistic to expect young children to practice social distancing, so if you must send your child, try to have the same adult drop off and pick up the child to decrease exposure. Also, have your child wash hands with hand sanitizer when entering and leaving the building. Screen your child for cough and fever, and keep your child home and let the daycare know IMMEDIATELY if any symptoms of illness appear. There are multiple recommendations for daycares on this CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html#open>

Can grandparents visit my baby? Ideally, we would recommend households continue to isolate. If grandparents have isolated from work and they have limited outings, then it lessens the infant's risk

of exposure to illness. Of course, social distancing is recommended. We recommend that family members outside of the household wear masks if they are within 6 feet of the baby. We recommend that family members quarantine for 14 days if they have flown or have come from an area hard hit by COVID-19 (such as the NYC metro area or the East Coast of South Florida)



Wear your life jacket to work day

My child may have had COVID-19. Should we get the antibody test? The antibody testing is new and not yet FDA approved. Children can get coronaviruses (NOT COVID-19) throughout the school year that may still show up on the COVID-19 antibody test. In other words, up to 30% of people who have NOT had COVID-19 will test positive for the antibodies (a FALSE positive.) There are more accurate tests coming out soon, so we recommend waiting until those are available.

Should my child get scheduled vaccines? Or come in for a check-up? YES and YES! There are numerous sources showing that vaccination rates have decreased by about 30% over the last 2 months. We share the concern of the American Academy of Pediatrics that we may see an increase in the near future of illnesses that could have been prevented with vaccines. Please call to schedule your

child's check-up. You will especially want to come in if you have a child under 2 years, a 4 year-old or 11-12 year-old as they will all need updated forms for daycare and school. Don't forget to get your graduating senior in prior to leaving for college, too.

We want to help you! We have several resources for families who may be suffering from the economic fallout from the pandemic. A few important numbers to remember:

- 211 – assistance with paying housing bills, finding childcare, finding food and other essentials
- 434-2030 – Collier Resource Center- Assistance for youth and families with basic needs such as food, rental/utility assistance, accessing health and dental care

Don't forget about our Swap Shop where you can find gently used infant and children's items.

Let us know if you need diapers and/or formula and we'll do what we can to help.

PLEASE, PLEASE let us know if you are having financial difficulty in filling a prescription. We want to make sure our children get the medication they need!

Want to help others and not sure how?!

Consider donating to our Swap Shop if you have gently used children's items and clothing you cleared out in your quarantine spring cleaning. Also feel free to bring unopened, unexpired formula by and we will be happy to get them to another family. You could also consider donating gift cards that we can then give to families in need.

Have a skill that you feel can help? Maybe it's tutoring (virtually) or running an errand. Feel free to let us know. We are praying for your families during this uncertain time. We are all in this together!!