

Greetings from Lighthouse Pediatrics! We have important announcements and updates we wanted to share with our wonderful families.

Covid-19 Updates

Covid-19 is surging in the community and there are many questions we want to address:

What can I do to keep my child healthy?

In addition to frequent handwashing, we strongly recommend that you send your child (over 2 years of age) to school or daycare wearing a mask. Please click the link to see the video that CCPS sent to their students last week.

[Joint message from Collier County local medical professionals regarding COVID-19 Delta variant. - YouTube](#)

My child tested positive, now what?

Treat your child's symptoms of fever or body aches with Tylenol or motrin. If you are symptom-free, wear a mask around the child and try to keep the child from other family members. If your child has mild or no symptoms, keep him or her home for 10 days. CALL US if the child has difficulty breathing, refusing to eat, irritable, lethargic or if you are concerned about a sudden change. Children with moderate or severe symptoms will need to be seen and would need to stay home longer than 10 days.

[COVID19 - Caring for someone at home | CDC](#)

A household member is positive:

A positive contact is someone who had close contact (less than 6 feet) for more than 15 minutes within 2 days before or 10 days after a positive test. We recommend you isolate anyone who is positive or suspected positive while awaiting test results. Have the person stay in one room whenever possible, stay 6 feet away from family members, and wear a mask when in common areas. A child must quarantine (stay home) for 10 days from the LAST contact with the person with the positive result. A younger child (in daycare) may need to stay home longer dependent on who is able to care for the child.

[COVID-19: When to Quarantine | CDC](#)

My child was sent home from school because someone in his/her class tested positive:

Monitor your child at home for 10 days. If your child has no symptoms, s/he can return after 10 days OR 7 days if s/he has a negative PCR test at 5 days. The PCR tests can take a few days to come back, so we are generally recommending just keeping the child home for 10 days. The remainder of your family does NOT need to quarantine if the child stays symptom-free. Daycares may require a longer quarantine period based on Florida Department of Health policy.

Where can I get a test?

Due to limited supplies and staffing, we are only testing children who are seen by the doctor and have symptoms. If your work or daycare requires a test, there are multiple resources available in the community. Please note, some of the sites listed DO charge a fee. Your best bet is CVS, Walgreens, or the Health Department. The health department is the only location for testing children under age 3 years.

[Florida COVID-19 Testing Sites \(floridahealthcovid19.gov\)](https://www.floridahealth.gov/covid-19/testing-sites)

My teen is vaccinated, does this make a difference?

You do not have to quarantine your FULLY VACCINATED teen – 2+ weeks from the last Covid vaccine. However, the CDC still recommends that they wear a mask and if in close contact with an infected individual, get a test 3-5 days after that last contact

Should my older child get the vaccine?

The delta variant is more contagious and therefore more people - including children - are getting sick. The vaccine is shown to decrease the likelihood of getting COVID-19. It is not 100% effective, but it significantly decreases the severity of illness if someone gets the virus. We are therefore recommending that everyone over 12 years-old get the vaccine. Children 12-18 years-old are only eligible for the Pfizer vaccine. We are currently not giving the vaccine at the office due to staffing and storage constraints. Please feel free to use the 2 links below to find a location to get the vaccine for your child.

[COVID-19 Vaccine \(collierschools.com\)](https://www.collierschools.com/covid-19-vaccine)

[NCHVaccineAppts.pdf \(collierschools.com\)](https://www.collierschools.com/nchvaccineappts.pdf)

[Florida's Vaccine Locator \(floridahealthcovid19.gov\)](https://www.floridahealth.gov/covid-19/vaccine-locator)

The state COVID-19 testing and vaccine information toll-free number is (866)779-6121

Are you doing anything different at the office?

We never let up on our efforts in keeping your families safe. We have continued to keep our waiting rooms closed. Please keep the door of your exam room closed and stay in the room if at all possible. Please remember that toys and books are still put away, so consider bringing entertainment for your child. Each room is thoroughly cleaned between patients. We are continuing to wear protective gear including masks, and we ask that everyone over age 2 years wear a mask. Thanks for your

understanding and patience. And....ask when scheduling if your concern can be addressed with a telehealth visit!

Should I still come to the office for checkups?

YES! We want to make sure your child is growing and developing and is up-to-date with routine vaccines. Please do NOT delay routine care.

AND NOW FOR GOOD NEWS!!

Welcome Dr. Vedder!

We are happy to announce that Dr. Vedder officially started seeing patients on Monday, August 16. If you are a former patient of Dr. Vedder's and transferred to Lighthouse when he moved, you are able to re-establish with him. Dr. Dudley and Shepard have been honored to care for you in his absence but understand the important bond you already shared with him. We will not automatically move your child(ren) to his schedule, so please let the office know you'd like to switch to Dr. Vedder.

Congratulations Traci!

Congratulations to Traci and her family on the arrival of Vincent (Vinny) Viau on July 28. Mother and baby are doing well and resting (or at least trying to!) at home. She will be back in the office in late October. If your young infant normally sees Dr. Dudley or Shepard, you may be offered your next appointment with Dr. Vedder.

Thanks for trusting us with your children's care. Please let us know how we can help you through this. We are praying for you and we are here for you!!