

OFFICE INFORMATION ON CORONAVIRUS DISEASE 2019 (COVID-19)
(this document is for information only and does not replace medical advice)
updated 3/16/20

Due to the rapidly changing status of Coronavirus, please save and refer to the links within this document for the most current information. CDC.gov will always have the most up-to-date recommendations on personal and community health and safety.

As cases of Coronavirus are confirmed closer to Hays County and with Spring Break upon us, here are some guidelines for Pediatric Junction families to follow to help keep everyone healthy.

SYMPTOMS

Coronavirus is a respiratory virus that can cause mild or severe disease, much like influenza. Symptoms of COVID-19 are fever, cough and shortness of breath.

While healthy children represent a small percentage of confirmed cases, their family and friends who are older or have chronic illnesses need to be protected. Practicing good general infection control is key to slowing the spread.

GENERAL INFECTION CONTROL

This is stuff you already know:
Stay home when you are sick.
Cover your cough.
Wash your hands.

At Pediatric Junction, we have begun screening all incoming patients for risk factors, including recent international travel and exposure to people who have travelled internationally or been quarantined or diagnosed with suspected COVID-19.

If your child is sick, alert our staff so we can assess and room them as soon as possible. Sick caregivers should not accompany patients to appointments.

OFFICE APPOINTMENTS

We are open and running on our normal schedule. Please keep all scheduled appointments at Pediatric Junction and continue to bring your child here for sick visits; in addition to patient screening, we have implemented enhanced cleaning protocols and staff screening to help keep our families healthy. Should we determine it would be better to reschedule your child's appointment, we will contact you directly.

COMMUNITY EVENTS and SOCIAL DISTANCING

As of March 15, the CDC recommendation is that any special event for 50 or more people scheduled for the next 8 weeks be cancelled or postponed. (Please note, this is not intended to apply to necessary day-to-day activities.) Organizations are modifying events and making decisions in an effort to decrease the spread of infection, and CDC has provided [recommendations for event planners](#). The key is to inform all staff and attendees that sick persons and those with travel risk should not attend any event,

regardless of size! High-risk persons should also consider avoiding crowds and public places – just as would be recommended for peak flu season, for example. When you are out and about, maintaining a distance of approximately 6 feet from others is recommended.

TRAVEL

While travel within the United States is currently not restricted, there are things you should consider before taking non-essential trips. [CDC asks these questions:](#)

- Is COVID-19 spreading where you're going?
- Will you or your travel companions be in close contact with others during your trip?
- Are you or your travel companions at higher risk of severe illness if you do get COVID-19?
- Do you have a plan for taking time off from work or school, in case you get exposed to, or are sick with, COVID-19?
- Do you live with someone who is older or has a severe chronic health condition?
- Is COVID-19 spreading where you live?

TESTING & QUARANTINE

Pediatric Junction follows Texas Department of Health (TDH) guidelines for COVID-19 testing. If indicated, COVID-19 specimens can be collected here and sent to TDH. Routine testing is not recommended.

We would not consider the diagnosis or testing at this point unless there has been close contact with a person known to have COVID-19 (this is the outbreak strain) or to have traveled from an area with widespread or ongoing community spread of COVID-19 in the last 14 days.

Home quarantine is advised for 14 days for anyone who has been to any country with a Level 3 Travel Health Notice (widespread, ongoing transmission):

- China
- Iran
- South Korea
- Most of Europe, including Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City

[Travel Health Notices](#) are changing daily; please check CDC for the most up-to-date information:

[After Travel Precautions](#)

[Global COVID-19 Outbreak Notice](#)

WHAT TO DO IF YOU HAVE CONCERNS

As always, speak with one of our providers prior to seeking urgent or emergency care. If you haven't already done so, now is the perfect time to [create a Spruce account](#) so that we can have timely and secure conversations.

There is A LOT of "information" floating around about Coronavirus. Here are some excellent resources for parents seeking accurate information on this subject:

[Texas DSHS Information for the Public](#)

[Centers for Disease Control FAQs: COVID-19 and Children](#)

[American Academy of Pediatrics: 2019 Novel Coronavirus \(COVID-19\)](#)