



WHAT CAN WE DO TO HELP STOP THE SPREAD OF COVID-19!

As your providers, we at Downers Grove Pediatrics thank you for trusting us to provide care for your children. In order to stop the spread of this virus and protect our family members, neighbors and community, we are asking you to follow these recommendations to the best that you can under the circumstances.

If you feel you or a family member has the COVID-19 virus and symptoms can be managed at home, it is best that you stay at home. Hospitals and ER's have a limited supply of test kits. These kits are to be used only in patients who have breathing difficulties or pneumonia possibly due to the virus or if a patient lives in a residential setting such as an assisted living facility, group home/shelter, etc.

The following are treatment recommendations:

- Acetaminophen (Tylenol) or ibuprofen (Motrin, or Advil) for fever
- Make sure your child is drinking. Push fluids-water, Pedialyte
- Watch for signs of dehydration-no wet diapers, no tears when crying, dry mouth, or not urinating in an older child, not tolerating fluids, vomiting
- Over the counter cold medications are not proven to help but if you would like to provide symptomatic relief follow directions on the bottle
- Watch for signs of respiratory distress: shortness of breath, breathing faster than normal, ribs/stomach sucking in and out.
- Call if your child is having breathing difficulties, sore throat without a cough, fever for more than 4 days, ear pain, signs of dehydration or worsening. We can provide guidance and if we feel he/she may need to go to the ER, we can call them in advance to let them know you will be coming.

If symptoms can be managed at home, it is best to stay at home. We recommend the following isolation measures:

- Isolate the sick child within the home to their bedroom, another floor, basement, or part of the house
- Care should be given by one designated caregiver if possible
- Isolate well household members, siblings from the sick child
- Isolation is recommended while the child is contagious. The sick child is most contagious for 7 days after the start of symptoms and for 3 days after the fever has gone away without any fever relief medications; however, if after 7 days the child is still coughing, they may still be contagious.
- The sick child should remain isolated at home for 14 days unless their condition has worsened, and they need to be seen by a doctor.
- If the sick child needs to leave the house, please provide a mask or something (i.e. scarf) to cover their nose and mouth. Whoever is accompanying the child should also wear a mask or something to cover their nose or mouth.
- All other household members should watch for signs of illness for 14 days after the sick child's symptoms have started. Take temperatures if someone in the house feels warm.

For prevention within the home:

- Wash hands or use hand sanitizer frequently, especially after caring for the sick child
- Clean surfaces that are touched frequently: phones, iPads, remote controls, doorknobs, light switches, toilet flush handles
- Be careful that all household members are not sharing drinks, lip balm, etc. Keep toothbrushes separate.

We are asking you to do the above to the best of your ability. We know these are difficult and challenging times. Our hope is that with the above measures, we can stop the spread of COVID-19 and help keep family members and members of our community in general, healthy.

Do not hesitate to contact us if you have any questions or concerns. We at Downers Grove Pediatrics are dedicated to the health and well-being of our patients and families.

**BE SAFE...AND KNOW WE ARE HERE
FOR YOU!**