



March 11, 2020

While the situation regarding Coronavirus is rapidly evolving, Capital Area Pediatrics hopes to continue to be a resource for you during this time.

## How to Protect your Family

Here are a few ways you can keep your family healthy and help prevent the spread of viruses, including:

- Wash your hands frequently with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer as a substitute if needed.
- Stay home when you're sick, unless you need medical attention.
- Cough and sneeze into your elbow or a tissue.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Keep your distance. Try to stay at least 6 feet away from anyone who is obviously sick with fever and/or respiratory symptoms.
- Avoid travel to high risk international and domestic areas per [CDC recommendations](#).
- Avoid cruise ship travel.
- Avoid non-essential travel by plane, train, bus.
- Avoid large gatherings and crowds - concerts, fundraisers, tournaments, conferences, amusement parks to name a few.
- **For our HIGH RISK patients (including but not limited to heart disease, lung disease, immunodeficiency, diabetes, cancer)**, please follow the above recommendations closely as well as:
  - Have your regular medications refilled and necessary medical supplies available
  - Consult your health care providers for more information about monitoring your health for symptoms of COVID-19

**FOR ALL VISITS: If you have recently traveled or had direct prolonged exposure to a confirmed COVID-19 patient AND have fever, cough or shortness of breath, please call to speak to us before being seen in order to protect our staff and patients. At present, *test kits are not widely available*. We will be communicating with the local health department for safest evaluation and management.**