



TIPS DURING OUR OMICRON HOLIDAY SEASON!

Our latest surge is well on its way. Some reminders about healthcare with us during this holiday season:

- The phones are busy and the office is busy! So many sick kids, so many exposures, so many questions! Please use portal for non-urgent questions. Please be patient on the phone!
- Please utilize self-scheduling for Express Sick Visits! These are geared specifically towards patients > 6 months of age with new simple symptoms < 5 days, such as sore throat, ear pain, congestion, pink eye, vomiting, diarrhea, and fever. <https://www.capitalareapediatrics.com/resources/request-appointment>
- If you have tested positive for COVID outside of CAP, we will schedule you a telemedicine visit to answer your questions.
- If you have multiple family members with illness or exposure, please let our schedulers know so that each patient can have their own appointment and get personalized care.
- Our PCR turnaround time can be up to 5 days because the labs are currently overwhelmed.

COVID symptoms or exposures? What do we do?

- COVID symptoms? Rapid test day 1-5.
- COVID exposure, no symptoms? COVID PCR day 5-7 after exposure.
- COVID exposure, develops symptoms? Rapid test day 1-5, with a back up PCR.
- A positive test is a positive test - whether rapid, PCR, at home or in office!

Tips for staying healthy:

- Get vaccinated and boosted if you're eligible.
- Cocoon your unvaccinated children with vaccinated and boosted family and friends.
- Wear masks indoors in public and outdoors at large gatherings.
- Outdoor get-togethers are still safest or indoors with good ventilation.
- Limit unnecessary travel.
- Stay home if you're sick and get tested.
- Consider at-home rapid testing everyone the day of a multi-household get-together.