

Integrative Pediatrics Coronavirus Information

Updated: 3/3/2020

COVID-19, also known as Coronavirus, originated from Wuhan, China, in December of 2019. The virus has steadily been spreading to the rest of the world. Recently it has reached the United States.

In Oregon, as of March 2, 2020, there has been 3 confirmed cases. 1 positive case in Umatilla County in eastern Oregon and 2 positive cases in Washington County. One of the people infected in Washington County is an employee of Lake Oswego's Forest Hills Elementary. The Lake Oswego School district has taken action to limit the chance of exposure by temporarily closing the school. Further information about Forest Hills Elementary and potential school closings in your child's school district can be found on the specific districts website.

Integrative Pediatrics is committed to the health of your family and will be updating information about the virus and its prevalence as it becomes available.

Resources

Here is a list of other resources with more information about COVID-19.

Oregon Health Authority (OHA) Emerging Respiratory Disease Page:

<https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>

Center for Disease Control and Prevention (CDC) COVID-19 Information:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

What we are Doing

Integrative Pediatrics has begun taking steps to reduce the risk of exposure and contamination at our clinic. Before scheduling appointments, patients are being asked if they have traveled out of the country within the past 14 days, if they have been in contact with someone who has traveled out of the country in the past 14 days, or have had any close contact with a person diagnosed with COVID-19.

Integrative Pediatrics encourages families and patients who may have been exposed to the virus to stay home to reduce the infection of others.

When to Call Us

If your child has been previously exposed to someone diagnosed with COVID-19 or has traveled within the past 14 days and begins to exhibit symptoms of COVID-19 like shortness of breath, fever, cough or others related to the virus please call our office.

If your child has an upcoming appointment and meets any of the above conditions, we are asking you to call to determine if the appointment needs to be rescheduled.

All calls will be routed to our advice line where you will speak with our advice nurse who will determine the next steps to be taken.

COVID-19 Symptoms

Those infected with COVID-19 experience symptoms similar to the common cold or flu. The severity of the symptoms seems to be varied between each person. So far, children seem to tolerate the illness better than adults. Majority of people who have tested positive for the virus have recovered.

Symptoms typically appear within 14 days of exposure and can include:

- Shortness of breath
- Other respiratory impairments
- Cough
- Fever
- Body Aches
- Diarrhea
- Pneumonia

Children and COVID-19

The American Academy of Pediatrics (AAP) has been closely monitoring children's response to the virus. Ann-Christine Nyquist, MD, FAAP, a member of the AAP Committee on Infectious Diseases states, "Based on what we know, children have experienced a mild form of the disease and only some require hospitalization."

How to Protect Your Family

COVID-19 is predominantly spread from person to person through droplets in the air from coughs or sneezes. The best thing to do as of now is avoid exposure to the virus and those who may be infected by it.

Integrative Pediatrics recommends other precautions like washing hands with soap and water for at least 20 seconds. If handwashing stations are not immediately available, use an alcohol based hand sanitizer with at least 60% alcohol. Also avoid touching your eyes, nose, or mouth with unwashed hands.

General Suggestions for Strengthening the Immune System

Be sure to receive adequate rest and fluid intake. You can support your immune system through supplementation of Vitamin C, Vitamin D, NAC (N-Acetyl-Cysteine), Probiotics, Elderberry, or MitoCORE.