

Integrative Pediatrics Coronavirus Information

What We Are Doing

- Integrative Pediatrics has continued to take steps to reduce the risk of exposure and contamination of our clinic. Before scheduling appointments, patients are thoroughly screened to ensure that we are taking the correct precautions for their visit.
- We have removed all toys, books, and magazines from our waiting
- Temperature checks are performed upon arrival for all employees as well as patients and their accompanied adult.
- All high touch surfaces and equipment are disinfected regularly.
- Mask are available to all patients and families but we encourage you to bring in your own mask if available.
- Telehealth visits are available for behavioral, sick, nutrition, and consults.
- All patients' rooms are cleaned per the CDC guidelines.
- We have opened up both sides of our waiting room area to allow more room for social distancing.
- All **well** and **sick** visits are scheduled at different times of the day to avoid possible exposure. Additionally, we have allocated for both **well** and **sick** patients.
- 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 begins to exhibit symptoms of COVID-19 like shortness of breath, fever, cough or others related to the virus please call our advice nurse at 971-317-0210.

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. 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

Integrative Pediatrics recommends taking precautions such as wearing a mask that covers your nose and mouth. Washing hands with soap and water for at least 20 seconds as often as possible. 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) and Probiotics.

No supplements have been studied specifically for COVID-19. This is not medical advice nor intended to diagnose or treat, consider it informational only.

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/your-health/need-to-know.html>