



THE PROMISE
OSTEOPATHY'S PROMISE TO CHILDREN

CORONAVIRUS: WHAT YOU NEED TO KNOW

The novel coronavirus (which causes a disease known as COVID-19) has now been declared a pandemic (a global outbreak of disease). COVID-19 has been spreading from person to person in a growing number of States and widespread transmission is expected to occur. The immediate risk of being exposed to this virus is still low for most Americans, but as the outbreak expands, that risk will increase. Travelers from certain international locations, as well as those living with or caring for persons with COVID-19 are at an elevated risk of exposure.

Symptoms: Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath, according to the CDC. To date, illness in children appears to be milder than in adults.

Higher Risks: Patients with conditions such as heart disease, lung disease, diabetes or weakened immune systems are felt to be at higher risk. Public health agencies are recommending that people at higher risk of severe illness should avoid air travel and cruise ships and limit gatherings to less than 10 people in close proximity.

The State of California is asking that for the general public, all large gatherings such as concert venues, conventions, sporting events, places of worship and other crowded social gatherings be postponed.

Prevention Tips: It's still cold and flu season, and the same practices that stop the spread of these common illnesses are recommended:

- Wash your hands often with soap and water for at least 20 seconds or wash with alcohol-based hand sanitizers.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home from work and keep children home from school or daycare if you or your child is sick (except to get medical care).

- Cover your mouth and nose with a tissue or with your arm when you cough or sneeze. Throw the tissue away and wash your hands.
- Clean and disinfect frequently touched objects and surfaces (like doorknobs and light switches).

Commitment to Patient Safety: The safety and well-being of our patients and community members is our highest priority. We have taken the following steps to ensure patient experience.

- We have contracted services which provide enhanced “deep cleanings” nightly at all of our offices.
- All patients are being screened for risks at the time of their appointments and/or upon arrival at our offices so that we can direct them to the appropriate level of care.

Testing: At this time, we do not have the ability to perform testing in our offices. Please contact your physician

Masks: The CDC does not currently recommend the use of face masks among the general public. There is currently a shortage of face masks available to the medical community. We will only provide masks to patients who are symptomatic when they come to our offices. This helps us ensure that we have masks for the patients and staff who need them most urgently.

Treatment/Evaluation: There is no specific treatment for COVID-19. The great majority of infected people will recover on their own. If your child is having trouble breathing (breathing fast, short of breath, noise heard with breathing, or using extra muscles between the ribs) or has signs of dehydration (dry, sticky mouth or very dark urine), this should be reported immediately.

Call Ahead: If you are experiencing symptoms of COVID-19 and may have had contact with a person with COVID-19, or recently traveled to countries with apparent community spread, please call your primary care office. It's important to call us before you come in. Calling ahead helps us direct you to the most appropriate care, and take precautions to protect other patients, their families, and employees.

Visit the [CDC Website](#) for the latest COVID-19 information.

Visit the [San Diego County](#) website for the latest COVID-19 information.