

Dear Patriot Pediatrics Family,

For the most up to date and reliable information on the Coronavirus COVID-19 outbreak, please access the following continually updated sites:

US Centers for Disease Control and Prevention (CDC):

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

Massachusetts Department of Public Health (MA DPH):

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

American Academy of Pediatrics (AAP):

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Our practice is following standard CDC and MA DPH guidelines for healthcare facilities. Our team is taking extra care to disinfect touched surfaces, counters, doorknobs, chairs, toys and other common area surfaces. We encourage our families to observe the following the CDC and AAP guidelines to help prevent the spread of this virus and others:

- **Wash your hands** often with soap and water for at least 20 seconds. If soap and water are not available, use **hand sanitizer**. Look for one that is 60% or higher alcohol-based.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands. Teach your children to do the same.
- Keep your kids away from others who are sick or keep them home if they are ill.
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for **people who are at higher risk of getting very sick**.
- Teach kids to cough and sneeze into a tissue (make sure to throw it away after each use!) or to cough and sneeze into their arm or elbow, not their hands. Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- Clean and **disinfect** your home as usual using regular household cleaning sprays or wipes.
- Avoid travel to highly **infected areas**

Best wishes,

The doctors and staff of Patriot Pediatrics