

Dear families,

We have updated the COVID-19 information and resources for families to help keep you protected and safe with the most up to date science on the pandemic.

The information below comes from three sources, the Centers for Disease Control and Prevention (CDC), the Illinois Department of Public Health (IDPH), as well as the medical institutions in our communities.

Below is some key information:

1. **Symptoms of COVID-19**, which may appear 2-14 days following exposure:

- a. Cough
- b. Fever
- c. Shortness of breath
- d. Fatigue
- e. Muscle aches, body aches
- f. Headache
- g. New loss of taste or smell
- h. Sore throat
- i. Congestion or runny nose
- j. Nausea or vomiting*
- k. Diarrhea*

*more common in children

NOTE: Please be aware that **people can be infected for 2-14 days before showing symptoms**, so you may be exposed without being aware. If you show any of the symptoms above, please contact us by phone. **Some people may also be infected without showing any symptoms**, this appears to be more common in children.

2. **Risk factors for COVID-19:**

- a. Non-compliance with face masks and/or social distancing recommendations of the CDC and IDPH (Exception: CHILDREN UNDER TWO SHOULD NOT WEAR MASKS).
 - i. Please note: Because of the 2-14 day incubation period and asymptomatic carriage, you or others may pass the virus without being aware of it. Face masks are most effective when everyone wears them.
 - ii. If even one member of your household does not comply, the whole household is at risk of contracting COVID-19.
- b. Known exposure to someone who has tested positive for or has symptoms of COVID-19.

3. **What to do if you if you think someone in your household has COVID-19 or has been exposed to COVID-19:**

- a. If your symptoms are not severe our office can do a telemedicine visit and help facilitate testing and symptom management.
 - i. You can page us if you feel uncertain about the need to go to an Emergency room.
 - ii. **Do not avoid the Emergency Room in the case of a medical emergency.**
- b. **DO NOT** walk into our office. If you are infected, you may spread COVID-19 to our other patients, staff, and physicians.
- c. You can visit the IDPH website to find testing sites. You will be given specific instructions in order to limit exposing others to COVID-19 if you are infected.

4. **How to prevent COVID-19:**

- a. Practice social distancing (maintain a distance of at least 6' from anyone who is not a member of your household).
- b. Avoid crowded areas as it is difficult to practice social distancing.
- c. While many businesses have re-opened and daycare and day camps have resumed, ALL of these are opened with special guidance from the IDPH (please see below).
 - i. It is not business as usual and to keep your family safe please educate yourself on these recommendations.
 - ii. PLEASE REMEMBER THAT SOCIAL DISTANCING AND MASKS ARE THE NORM (Exception: CHILDREN UNDER TWO SHOULD NOT WEAR MASKS).
- d. If you are traveling for any reason:
 - i. Avoid travel to locations with community spread of COVID-19.
 - ii. Follow the CDC's travel guidance for the location you are going to and the mode of transportation you plan to use to get there.
- e. Wash your hands frequently with soap and water for at least 20 seconds. If handwashing is unavailable, you can use hand sanitizer if it has at least 60% alcohol. Always allow hand sanitizer to dry.
- f. Avoid touching your face, especially if you do go out.
- g. When you sneeze or cough: cover your mouth, dispose of any tissues quickly, and wash your hands.
- h. Ensure you have enough supplies and medicine; if possible, have at least 2 weeks of medication remaining at all times.

5. **Our office:** We are open 6 days a week and are scheduling physical exams and sick visits.

- a. IDPH recommends that children continue to get all of their care (both well and sick) during the pandemic.
- b. We continue to have COVID-19 precautions in place and will screen all visitors to our office. Anyone with symptoms consistent with COVID-19 will be seen using telemedicine in order to provide you with the appropriate steps to take.

As always, please contact us with any questions or concerns you may have for your child's health. Their health and safety are our top priority.

Warm regards,
Drs. Bond, Stein, and Kunduru

Contact information:

NWSP Schaumburg: (847)352-9910

NWSP Arlington Heights: (847)788-8300

***After hours, call and leave a message for non-emergencies, or for emergencies have the doctor paged.**

IDPH: (800)889-3931

Resources:

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

IDPH: <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/faq>

We have identified the following links to provide you with the most recent and up-to-date information on topics important to parents of infants, young children, school-age children, teens, and young adults. Please let us know if there is a topic you wish to see added.

- **Masks:** <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- **Social distancing:** <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
- **Daycare:** <https://dph.illinois.gov/covid19/community-guidance/daycare-centers>
- **Day camps:** <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html>
- **Recommendations for school re-opening:** <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>
- **Children and pregnant women:** <https://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/pregnancy-children>
- **Teens and young adults:** <https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/young-adults-15-to-21.html#young-adults-faqs>