

Dear Pavilion Pediatrics Families,

We are reaching out to let you know that we are keeping abreast of the news and recent developments about Coronavirus, and will continue to do so in our efforts to keep you and your families safe and healthy. At this point, the risk to us in Baltimore remains low with no known cases in Maryland. The news, of course, evolves day to day and we will keep you abreast of the latest developments.

Judging from the cases of coronavirus already identified around the world, the virus does not seem to cause serious illness for children, or for the vast majority of healthy adults. However, and perhaps in part because for many the symptoms can be mild, it is quite contagious, slightly more so than the flu, and has the potential to be serious for those who are medically fragile. The following link from the New York Times is a good succinct source of information.

<https://www.nytimes.com/interactive/2020/world/asia/china-coronavirus-contain.html>

So there is no need to panic but good reason to stay informed. The CDC and WHO have stated that the best way to stay healthy is to practice good hand hygiene, and reducing transmission of viral symptoms by covering coughs, sneezing into elbows, and staying home from school and work when sick.

It is also worth thinking about how our children are processing the news surrounding coronavirus. They are watching and taking cues from us as to how to feel. Whenever children process something new and possibly scary, it is good to check in with them to see what they understand and how they are feeling so that you can help correct misunderstandings and address their fears. This comic book developed by reporters at NPR is a wonderful resource for children.

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

As always, we are here for you, and we are committed to keeping you and your families safe and healthy. Please feel free to reach out with any questions or concerns.

Please find below links to the CDC and WHO websites with updated information:

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

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>