

Pavilion Pediatrics Fall Newsletter

September 2022



In this Newsletter, you will find...

1. Tips for navigating back to school
2. Information on our fall flu clinics
3. A recap on Covid vaccination and boosters for kids
4. What you need to know (and how to not go crazy worrying) about Monkeypox
5. General Housekeeping reminders

1. Happy Back to School!

We wish all of our Pavilion Families a smooth transition back to school this fall. We know the start of the school year can be exciting for many kids, but we also know that it can be stressful. In adult terms, starting a new school year is like starting a new job, full of possibility and excitement, but also fraught with the fear of not measuring up, of making mistakes, and, for many, the fear of not fitting in. All of this happens in the context of abruptly-changed schedules, earlier wake up times, and the blues that can accompany the end of summer fun. Try to be patient with your children as they navigate new schedules and make sure you are doing all that you can to assure they get a good night's sleep and proper nutrition prior to the school day. Cut yourself some slack as well. Transitions are hard on everyone. If you have concerns about your child's educational or emotional needs at school, be proactive and reach out to his or her teacher; and encourage your child to advocate for him or herself as well. Remind your children that it is okay not to understand material at first and that letting a teacher know when they don't understand actually helps teachers do their job.

2. Fall Flu Clinics

As always, we recommend that everyone ages six months and older receive a flu vaccine this fall. (those who are receiving a flu vaccine for the first time and who are under the age of eight require two shots spaced one month apart; otherwise, it's a one shot deal). We will be hosting our fall flu clinics where all members of the immediate family can receive their flu vaccines. Appointments are required. Please click here to schedule <https://phreesia.me/fluclinic>

Clinics will be held under the tent behind Pavilion III at 10803 Falls Road, Lutherville, MD 21093 from 8:00 am to 12:00 pm on the following days:

Sunday, September 18th

Saturday, September 24th

Saturday, October 1st

Sunday, October 9th

Sunday, October 16th

Covid Vaccines and Boosters for Kids

1. All children ages six months and up are eligible to receive a Covid vaccine.
2. For infants and children six months to five years of age: there are two formulations: the Moderna vaccine, which is a two-shot series, spaced four weeks apart; and the Pfizer vaccine, a three-shot series, with the first two shots spaced three weeks apart, and the third, eight weeks later. Due to simplicity, we have been administering primarily the Moderna vaccine.
3. For children five and up, we are administering the Pfizer vaccine, which is a two-shot series, spaced four weeks apart.
4. Your providers recommend the vaccine as the best way to reduce the likelihood of Covid infection, post-Covid complications, and the spread of the virus through the community.
5. Side effects of the vaccine remain minimal, short-lived, and similar to those with other vaccines: soreness at the site of the injection, possible fever, and mild fatigue, all lasting no more than 24-48 hours.
6. Boosters: children ages five and up are eligible for Covid vaccine boosters. Kids 5-12 may receive the original Pfizer booster at least five months after their second shot of the primary series. Kids 12 and up may receive the new bi-valent booster which targets the more recent Omicron subvariants.. As of now, kids ages 12-17 can only receive the Pfizer bivalent vaccine. Adults 18 and up may receive either the Moderna or the Pfizer bivalent booster. They may receive this new booster even if they have already received a prior booster. The only stipulation is that their last booster was no sooner than two months ago. Here is a [link](#) to a good summary of the vaccines and boosters available, as well as a link to see if you or your child is eligible for a booster.

Monkeypox

Our general advice here is not to spend precious worry coins on Monkeypox at this point. Rates of transmission, especially among children, are exceedingly low, the virus is not particularly life-threatening, it is evident (the rash is not subtle), and there are anti-viral medications and vaccines available should they be deemed necessary. Here are a few general points about the virus.

1. Monkeypox is a virus similar to smallpox but symptoms are much less severe. It was discovered in the late 1950s when an outbreak occurred amongst monkeys in a research lab. It has primarily circulated in Central and West Africa but recently has spread globally.
2. Symptoms include fever, headache, muscle aches, fatigue, and swollen lymph nodes, followed by a rash that involves red spots that become pus-filled. Symptoms typically self-resolve, but anti-viral medications and vaccines may be used for those who are vulnerable due to occupational exposures or medical conditions.

3. The virus is spread primarily through skin to skin contact with the pustules of an infected person. Less commonly, the virus may be spread through respiratory droplets. Again, the risk of your child being exposed at school through an asymptomatic or presymptomatic carrier is exceedingly rare.
4. The virus is diagnosed by sampling fluid from the pustules and sending to the microbiology lab.
5. As of this writing, the rates of Monkeypox in the US are declining.
6. In summary, until further notice, put this one on the back burner. Let us do the the worrying for you. We'll let you know if and when you need to worry.

Housekeeping Matters (Saturdays are Back!!!)

1. As a reminder, we are open on Saturdays for sick visits and newborn follow up from 8:30-11:30 AM. Saturday visits are **by appointment only**. Please call Saturday morning to book your visit, and if you would like Covid, flu, or Strep testing, please be sure to make your appointment prior to 10 am so that we can get your result to you same-day.
2. We continue to require masking in the office. This is our best way to limit transmission of Covid, as well as flu and other respiratory viruses. We appreciate your understanding.
3. In the better late than never category, remember to be proactive in getting school forms done. Our summers are typically quite busy, and it is exceedingly difficult to accommodate last-minute requests for forms and physicals. We can fill out forms based on a well visit that has taken place within the last calendar year at the time of our filling it out. To facilitate timely scheduling, we now allow scheduling visits a year out, so book your child's next well visit when you are checking out from this year's. You can send us school forms any time of the year. When the school or nurse reminds you, send the forms our way through our forms email on our website.
4. While we're on the topic of advance planning, please remember that we cannot fill controlled substance prescriptions over the weekend. It can help to set a reminder on your phone for a few days before the medication runs out so that we can get the prescription filled before it runs out.
5. Not quite housekeeping, but a general fall reminder: seasonal allergies may begin to flare this time of year. Take this time to review your seasonal [allergy action plan](#), and be sure that if your child has asthma, that you have relevant rescue and maintenance inhalers on hand as we go into the season. As always, if you want to review your child's asthma or allergy action plan, please reach out to your provider.

We wish you all a smooth and healthy transition to the new school year!