

Pavilion Pediatrics Summer Newsletter

June 2022



Congratulations to the Class of 2022

Doesn't it feel good to celebrate!? We would like to extend a hearty congratulations to our patients who are graduating this month. Whether you or your child is graduating from preschool, kindergarten, elementary school, 8th grade, high school, or college, we know that it is important to stop and take note of the growth trajectories we have witnessed. Today's graduates have been through a rough couple of years. They have no doubt exercised resilience and stamina amidst their growth journeys, and it's worth taking a moment to celebrate these victories.

Gun Safety

Sadly, along with our celebrations, we must take time to reflect on our nation's recent tragedy in Uvalde, TX. I don't know about you, but whenever I look at the photos of the children and teachers lost, I am overwhelmed by grief. Their stories - honor rolls strived for and achieved, little league seasons upended, the joy of summer fun silenced in an afternoon - and the reverberations this will have on their lives, for generations to come; it is a lot to process. Many have reached out to us to ask how to talk to our children about these events. It is not an easy answer, but I find myself remembering the advice Fred Rogers' mother gave him when he was struggling to understand the violence of his time: "Look for the helpers." I think this is good advice for children, a reminder that even in our darkest days, there are always helpers. As adults, of course, we should aim to be the helpers. It's easy to fall into a feeling of hopelessness as we catalog the too-many examples of pointless gun violence in our lives and in our country, but if we can channel our grief into something productive, like showing up for a friend or child in need, that is not only

good for the community, but good for us too. Here are some safety tips from the Academy of Pediatrics on gun safety.

<h3>Firearm Safety for Families</h3>  <p>Studies show children are naturally curious, even about a firearm they've been warned not to touch.</p>  <p>Kids are safer when: Firearms are in a lockbox or safe, unloaded. Ammunition is locked away separately.</p>  <p>Kids are safest when: firearms are stored outside the home.</p> <p>healthychildren.org American Academy of Pediatrics</p>	<h3>Ask About Firearms Before a Playdate</h3> <p>Mine too! OK.</p> <p>I always ask families where my kids go about firearms. Do you have guns at home?</p> <p>Yes, we do have a gun.</p> <p>Great. Jimmy is so curious, and always getting into things. How are your firearms stored?</p> <p>We put the gun in a safe and lock up the ammo separately. See you at 3!</p> <p>If it's not safe, invite their child over to your home instead</p> <p>healthychildren.org American Academy of Pediatrics</p>
<h3>Keep the "safe" in firearm safety</h3> <p>Hiding a gun is not enough! Kids are curious, and studies show they usually know where a family keeps a gun.</p> <p>Gun safes can lower the risk a curious child will be hurt:</p>  <p>Safe or lockbox for handguns</p>  <p>Locked gun safe for rifles</p>  <p>Gun trigger locks – inexpensive and effective</p>  <p>Lock box for ammo</p> <p>healthychildren.org American Academy of Pediatrics</p>	<h3>Firearm Safety for Parents of Teens</h3> <p>Here are some tips to keep teens safe around firearms.</p>  <p>Owner</p>  <p>Friends</p>  <p>18+</p> <p>Safety training and parental supervision always, and don't let their friends handle the firearm.</p> <p>Parents must control gun access until age 18 (at least).</p>  <p>Use a gun lock and/or gun lockbox. It can save a life!</p> <p>Guns are the leading cause of death in teens through suicide or used against others.</p> <p>healthychildren.org American Academy of Pediatrics</p>
<h3>GUN SAFETY and CHILDREN</h3> <p>If you own a firearm, the AAP recommends it be stored unloaded, locked up (lock box, cable lock, or firearm safe), with the ammunition stored separately.</p>  <p>healthychildren.org American Academy of Pediatrics</p>	<h3>GUN SAFETY and CHILDREN</h3>  <p>Children as young as 3 years may be strong enough to pull the trigger on a handgun.</p> <p>healthychildren.org American Academy of Pediatrics</p>

Summer Fun

Speaking of safety, a few reminders as we head into summer fun.

1. Always apply sunscreen (40 spf or higher) to your child before going outside. Even for infants younger than six months, baby-safe sunscreens should be applied to any skin that will be exposed

to the sun. Add to the protection with umbrellas, hats, and swim shirts. Unfortunately, sun damage to the skin that one experiences as a child can increase the risk of skin cancer later in life.

2. If your child is not yet an independent swimmer, have an eye on him or her at all times when near a pool. Sadly, drowning accidents can happen in seconds. Put down the phone, make sure fences are secured, and be mindful of even small reservoirs of water such as bathtubs, baby pools, or buckets of water.
3. Stay hydrated. As a general rule, children should drink one 8 ounces glass of water per age, with a maximum of 64 ounces for children over 8. Of course, if your child is playing sports or if it is very hot, you want them to drink more than this.
4. For teenagers who may be celebrating proms and graduations, please remember to have frank conversations about safety precautions if they are around or have partaken in substances. Come up with a safety plan so they don't have to choose between driving under the influence or disappointing you. And have age-appropriate conversations about the dangers of laced substances. Sadly there is a national uptick in fentanyl-related deaths amongst adolescents and young adults. (Okay, coming out of this rabbit hole now...remembering that I started with the subject heading "Summer Fun")

Covid Updates

It feels good to get $\frac{3}{4}$ of the way through this newsletter before mentioning Covid. But still...a few updates.

1. As you may know, we are currently in the midst of a Covid surge. Continue to have a low threshold to test with any symptoms, even if they seem mild or just like allergies (this current variant is starting with relatively mild symptoms). Keep a few boxes of rapid antigen tests at home for quick and easy testing. You can obtain free test kits at any Baltimore City or County library.
2. You can trust a positive on a rapid test. You do not need a confirmatory PCR. If you or your child tests negative but continues to have symptoms, continue to test daily while symptomatic or schedule a visit with your provider so that we can offer your child a PCR test.
3. We have a rapid PCR test that tests for Covid, RSV, and Flu. The test takes approximately 40 minutes to run. If you test in the morning, you will likely get results from our office by the afternoon. If you test in the afternoon before 3 pm, you will get notified by the end of the day. In some cases, if you test at the end of the day, you will get your results the next morning. We are happy to provide documentation of your test.
4. Children ages 5-11 are now eligible for a booster vaccine. They should get this booster no sooner than five months after their 2nd dose. If your child has recently had Covid, it is safe to give them

the booster once they are out of isolation (ten days from onset, day one being the day after they test positive). Please call our office to schedule.

5. We are hopeful, as many of you are, that a vaccine will become available for infants and younger children this month. While we know it is frustrating to have to wait so long, we hope you understand that the wait reflects the safety and diligence the FDA is undertaking to make sure the dose and efficacy are right for our younger children.

Housekeeping Matters (Saturdays are Back!!!)

1. First off, we know that call wait times to our office are unacceptably long. This is the polar opposite of the experience we aim to provide you, and we are sorry. We are currently updating our telephone system to allow for greater capacity and are in the process of hiring more front office staff so that when you call, you speak to a human being who is able to help you.
2. We are also looking to phase a patient portal into our system this summer. We will send you updates as they are available. We hope this will free up phone lines as well.
3. Finally, we are eager to open our office again on Saturday mornings between 8:30 AM - 11:30 AM. We know there are many families who are new to our practice and have not experienced our Saturday hours before, so a few reminders:
 - a. These appointments are **by appointment only**. We cannot accommodate walk-in visits. We must be diligent about this for many reasons, the least of which is that we are very careful to maintain a schedule that isolates vulnerable newborns from illnesses that, while minor to older children, could be devastating to infants.. Please call our office starting at 8:30 AM on Saturdays to schedule.
 - b. We cannot fill controlled substances such as ADHD medications or other maintenance medications during this time. Please plan ahead to have these prescriptions filled during the week.
 - c. These appointments are for urgent same-day issues. Please be sure to schedule a visit with your provider for any ongoing issues such as persistent abdominal pain, recurrent headaches, or educational or behavioral issues. These are best handled by your child's primary care provider.
 - d. If you are coming in with sick symptoms that could be Covid-related, we ask that you rapid test your child before coming, so that we can properly isolate any positive cases.
 - e. We will be able to provide PCR testing on Saturdays, but please be aware that if you would like to have a PCR test, please plan to come before 11 AM as we cannot run tests after that time. Questions, call us!!