

Pavilion Pediatrics Winter Newsletter

January 2022



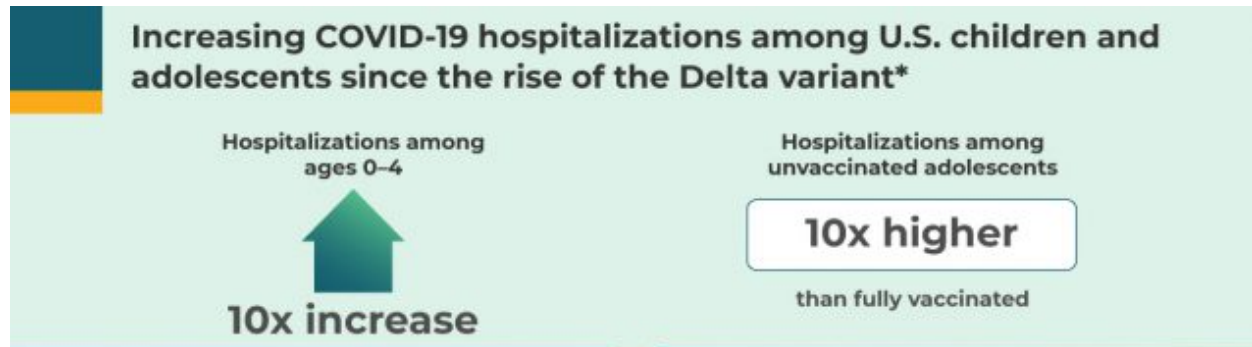
Uh....Happy ? New Year

Pavilion Families, we truly hope you and your family are staying safe and healthy and have been able to carve out some time together, despite the current surge. There is a lot to keep up with regarding Covid and the return to school. We are doing our best to get information to you in a timely manner. We have two social media accounts, one on Facebook and one on Instagram where we post timely information. If you haven't already done so, please visit our sites there to get updated information. Much of what is below has already been posted there. As always, please feel free to reach out to us with questions or concerns.

Office Logistics and Covid Testing

A few housekeeping matters. 1. We recognize that our call wait times have increased significantly over the past few months. We apologize for this and want you to know that we are taking every measure to reduce your time on hold and answer as quickly as possible. We are doing our best in the midst of truly unprecedented and orders of magnitude increases in call volume. To that point, please do not attempt to circumvent the queue by using your provider's cell phone. That not only gums up the system further but also demonstrates a lack of regard for the people already holding and your providers who are doing their best to help those in the office and those who have been waiting. 2. Guidelines regarding isolation and quarantine are shifting due to this surge. The article below is a good summary. Nevertheless, guidelines for children in K-12 schools remain the same, isolate for ten days, with return only if asymptomatic with no fever on that 11th day. Please see below for clarification. 3. Testing is in short supply. We have a limited number of rapid PCR tests here. We are using them to manage symptomatic patients. If you need a test to return to school or due to an asymptomatic exposure, plan ahead to make an appointment and understand you may have to wait. 4. Consider purchasing rapid tests ahead of time to use to decrease risk of spread and to test symptomatic individuals. These by and large can be trusted, especially if the person being tested has symptoms. Trust a positive. You do not necessarily need to confirm with a PCR. 5. If you

are positive, isolate. If you are exposed, quarantine according to your vaccination status and test at the appropriate time (see article for details). 6. Up your mask game. Now is the time to get some KN95s. As of tomorrow, mask mandate for Balt County is back in place. Small ask, big gain. And finally, 7. Vaccinate. If you or your child is eligible and not yet vaccinated or boosted, please do it now. It is our best line of defense against this virus and our best path out of the pandemic. As always, we are happy to discuss at any time. This graphic, published in September before the current surge and before vaccines became eligible for 5-10 year old demonstrates two trends we are seeing amplify over the last month or so: an increase in hospitalizations among children with Covid and a greater than ten fold increase among those who are unvaccinated as compared to those who are vaccinated.



<https://www.nytimes.com/article/testing-positive-covid-omicron-variant.html?smid=url-share&fbclid=IwAR1RE1dmJqvsgJZ1Ynzdqp-zHZ-r59uv3mYXbYdTnb3IShalLRWzJhkt3Z4>

CDC Guidelines for Children in K-12 Schools

The below is taken directly from the CDC site. As always, please defer to and respect the guidelines coming from your child's school, which may follow the CDC guidelines or be even more stringent. Remember, school administrators, teachers, and nurses have never been so busy. They have essentially been tasked with keeping a pandemic in check while continuing the work of teaching and providing much-needed structure to our children. Be kind to them, give them thanks, and when in doubt, keep your child home and think of the greater good when making your decisions.

Overview of COVID-19 Isolation for K-12 Schools

Updated Dec. 29, 2021

What is isolation?

Isolation is separating people who have COVID-19 or symptoms of COVID-19 from those who are not infected or showing symptoms in order to prevent transmission of SARS-CoV-2, the virus that causes

COVID-19. You isolate when you show symptoms of COVID-19 or are infected with the virus that causes COVID-19, even if you don't have symptoms. Isolation is different from quarantine. Quarantine is used by someone who has been exposed to the virus that causes COVID-19 but has not tested positive for COVID-19 and does not have symptoms. Quarantine is important because even before a person has tested positive for COVID-19 or has symptoms, they could spread the virus that causes COVID-19 to other people without knowing. Quarantine is used to prevent transmission of the virus by ensuring that unvaccinated people who have been in close contact with someone with COVID-19 stay apart from others. If people have symptoms and/or have a positive viral test for COVID-19 while in quarantine, they should immediately begin the process for isolation.

Who needs to isolate?

People who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to isolate. This includes people who are not fully vaccinated and fully vaccinated people. More specifically, people who have a positive viral test for COVID-19, regardless of whether or not they have symptoms, need to isolate.

People with symptoms of COVID-19, including people who are awaiting test results or are not tested, need to isolate. People with symptoms should isolate even if they do not know if they have been in contact with another person who has COVID-19.

How long should a student or staff member with COVID-19 isolate?

People can spread the virus that causes COVID-19 for a full 10 days from when they develop symptoms, even if they are feeling better. People who have tested positive, but do not have symptoms may spread the virus before they have symptoms or even spread the virus if they never have symptoms at all. For this reason, isolation should last at least 10 days. Day 0 is the day symptoms began or the day the person took a test that had a positive result. Day 1 is the day after symptoms began or, if a person does not have symptoms, the day after the person tested positive (use the date the test was collected).

When can a student or staff member be around others (end isolation) after they are diagnosed with COVID-19?

A person diagnosed with COVID-19 can be around others when

at least 10 days have passed since their symptoms began, or since the date of their initial positive test (use the date the test was collected) if they did not develop symptoms

and if they had a fever, at least 24 hours have passed since the resolution of their fever without the use of fever-reducing medications and other symptoms have improved.*

*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

These recommendations do not apply to people with severe COVID-19 or with weakened immune systems (immunocompromised). Consult with a healthcare provider for their recommendations. If the person meets the criteria listed below, that person can go back into public spaces, including school, on day 11.

What should a student or staff member do during isolation?

A person who was asked to isolate because they have tested positive for COVID-19 or are experiencing symptoms of COVID-19 should take the following steps:

Stay home from school and all other extra-curricular activities, as well as community events, social gatherings, etc. that take place with anyone that is not in their household.

Monitor their symptoms. If they develop an emergency warning sign seek emergency medical care immediately. Emergency warning signs include trouble breathing; persistent pain or pressure in the chest; new confusion; the inability to wake up or stay awake; and pale, gray, or blue-colored skin, lips, or nail beds (depending on skin tone).

Clean and disinfect high touch surfaces in the area of the home where they are isolating.

Avoid contact with other members of the household and pets by staying in a separate room and using a separate bathroom if possible.

Avoid sharing personal household items, like cups, towels, and utensils.

Wear a mask when around other people, including around others in the household.

CDC provides more information about what to do during isolation on its web page, [What to Do If You Are Sick](#).

Can a student or staff member come to school while in isolation?

No. It is very important that a student or staff member not attend in-person school while in isolation. Schools should offer remote learning options for students who cannot attend in-person school or provide packets of learning materials for offline instruction. Consult with school officials about the best way for students to receive instruction and continue learning while they are in isolation.

What activities can a student or staff member participate in while in isolation?

A student or staff member can participate in any online or virtual school activities during their isolation period, assuming they feel well enough to do so. They may be able to complete aspects of work or assignments from home during this time, depending on how well they feel. They can engage with other students, teachers, or staff through phone conversations, online meetings, or other virtual/remote engagement.

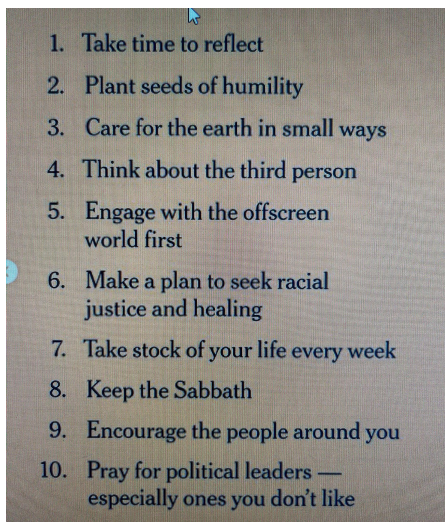
It is important for a student or staff member in isolation to remain at home, separated from other people as much as possible, even if they do not have symptoms. They should not attend in-person school or other extra-curricular or social activities while they are in isolation. They should not participate in activities like sporting events, play dates, parties, social and family gatherings, music or theater performances, and other events where they may come into contact with other people. To prevent other people from possibly getting COVID-19, make every effort to limit contact between the person in isolation and other people, including other household members, during the isolation period. Even if the person in isolation is wearing a mask, contact with other people should be limited.

Boosters for 12-15 year olds

On January 3, the FDA approved boosters for kids ages 12-16. Yesterday, the CDC gave its approval as well. Please call the office to schedule if your child is eligible. It must be five (shorter than previous interval) months since his or her 2nd dose.

Food for Thought

Finally, we thank you for your patience. We know it's not easy managing sick kids at home, and we appreciate your understanding that we need to be careful about bringing illness into our office. We are always happy and willing to see your children when sick but must follow strict protocols that aim to protect all of us. Keeping that in mind, we found the list from this article about New Year's Resolutions pertinent. <https://www.nytimes.com/2022/01/02/opinion/new-years-resolutions.html>



It's a little out of our lane here, but #4 really resonates with what we've been trying to do through this pandemic (and our collective and individual failures to do that have been one of the hardest aspects of this pandemic). When we fail to vaccinate when we can, when we put our convenience over the health and safety of others, when we give in to thinking about only the small circle of our family and needs, we're forgetting the third person. We vaccinate, mask, stay home, and limit our activities for the third person, for my 84 year-old mother, for your newborn nephew, your friend's immunocompromised child, the grocery clerk, the person on the street who may need medical care for a reason other than Covid. Those are the third persons. Remember them. Let's do our part, together. Onward...to a hopefully brighter, less pandemic-y 2022!