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Dear Families,

As the entire healthcare industry continues to closely monitor the novel coronavirus (COVID-19) situation, we'd like to share ways we're available for your children and family. All our well child visits are scheduled for mornings only, and sick visits for later afternoon. Currently, we are not accepting any walk-in patients. We are extending our services with telemedicine for all our established patients who are experiencing any acute respiratory symptoms or any other illnesses. Telemedicine appointments can be completed via phone video conferencing and is covered for all our AHCCCS and commercial health plans. Please call the clinic at (480) 747-0045 to schedule a telemedicine appointment. This is to ensure our little ones stay home safe and avoid any risk of developing any illness during these uncharted times. We are closely following Maricopa County Public Health Department recommendations and will continue to keep you up to date with any changes implemented at our practice.

What is COVID-19?

COVID-19 is believed to spread mostly through respiratory droplets produced when a sick person coughs or sneezes. Signs and symptoms of COVID-19 include fever, cough, and shortness of breath. **The best way to prevent COVID-19 and other respiratory diseases is to:**

- **Avoid close contact with people who are sick.**
- **Avoid touching your eyes, nose, and mouth.**
- **Stay home when you are sick.**
- **Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**
- **Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.**
- **Wash your hands often with soap and water for at least 20 seconds. If soap and water is not readily available, use an alcohol-based hand sanitizer.**

Who is considered 'high-risk'?

Below is the link you will find to get helpful information for people who are at higher risk, and precautions to take at home to prevent further worsening or community exposure.

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Sincerely,
LITTLE STAR PEDIATRICS