



# Newton-Wellesley Family Pediatrics

## COVID-19

### **COVID-19 & Office Updates**

#### **We are here for you and your family**

- The health and safety of our patients, staff and the community at large is of the utmost importance to us. Thank you for bearing with us as this pandemic unfolds. We are very excited that we now have the capacity to do telehealth as detailed below!
- Office changes as currently recommended by the American Academy of Pediatrics:
  - At this time we will continue to see **well visits** for ages **12 months** and **younger**. These visits will be in the office in the morning only. We ask that only *one parent or guardian* accompany each child if possible.
  - We are available for sick visits throughout the day **via telehealth**. We will be keeping the sick visits that we see in the office to a minimum and only in the afternoon.
  - We will continue to offer **well visits** for **any age via telehealth** as well throughout the day. If your well visit has already been canceled or re-scheduled, we are happy to re-schedule the well visit via telehealth. Please call us to do so. For these visits, we will ultimately have children return for an exam and vaccines as soon as it is safe to do so.
  - Please note that we are keeping as many staff at home as possible. If you receive phone calls from *unknown* or *restricted* numbers we encourage you to answer as these may be from our nurses trying to return your calls.
  - We are **not testing for COVID-19 in our office at this time**. If you have had known exposure to a COVID-19 case and/or have mild symptoms, the current CDC recommendation is to self-quarantine at home for 14 days. If you are unsure if you need to be seen, please call us to discuss with our medical staff. If you believe you need to be tested, we can direct you to the nearest testing site. Any shortness of breath, respiratory distress and/or life-threatening symptoms should go directly to the nearest emergency room.
  - In order to do a telehealth visit, you/your child must be signed up for MyChart. If you are not already signed up, please call our office to do so.
  - We know these are trying times and we at Newton-Wellesley Family Pediatrics are here for you and your family. Both of our mental health providers, Susan Brown (Behavioral Health Coach) and Charlie D. Brown (Psychologist) are available via telehealth visits as well.



**Get through social distancing, together**

- Mental and physical health are both vital in times like these. Here are some resources to help get us all through social distancing, together:

- Online exercise classes: [Motivate](#)
- Mindfulness: [Headspace Meditation and Sleep](#)
- How to talk to your kids about COVID-19: [Cartoon](#)
- Online painting and mommy groups via The Paintbar: [The Paintbar](#)



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#### Useful Links:



### **Fever dosing links**