



So let's talk Coronavirus.

Coronaviruses are a family of viruses that typically cause mild colds. We see them year-round, although like all cold/cough viruses, more in the winter.

COVID-19 is a novel strain of Coronavirus. That means it's something our immune systems have never seen before.

However, because children are exposed to so many other viruses in the same family on a regular basis, they do seem to have some cross-immunity to this strain. Similar to how even in seasons when the flu shot isn't a terrific match, vaccinated individuals who catch the flu can fight it off very quickly. A healthy immune system recognizes the virus quickly and mounts an immune response quickly.

This is likely the reason why there have been no pediatric deaths reported in any country.

Like other coronaviruses, COVID-19 will cause cold/cough symptoms, likely with a mild fever. Like other viruses, there is no treatment besides symptomatic care -- Tylenol and Motrin, honey for coughs in kids older than 1 year, cool-mist humidifiers and suctioning for babies. Stay hydrated and comfortable. Like other viruses, there is a greater concern for the elderly and those with compromised immune systems.

The spread of COVID-19 in other countries has been exacerbated by people flooding the ER's and medical offices. Don't do that. If you or your child has mild cold symptoms, stay home! We do not even need to see you in our office. Follow school guidelines for returning -- no fever for 24 hours, no disruptive coughing, child feels well enough to participate.

****We do NOT have a test for COVID-19 in our office. So unless symptoms are severe, we urge you to not call for an appointment either.****

You should contact our office for the following symptoms:

- any fever (>100.4F) in a baby under 60 days
- respiratory distress, including a barking cough, increased work of breathing, or cough that interferes with sleep or play
- dehydration
- sore throat in the absence of cold symptoms
- ear pain for more than 2 days in kids older than 2y, or in conjunction with fever in kids younger than 2y

The chances are that COVID-19 is already widespread. We did not start testing in this country until last week and have only tested 500 folks so far. The media is causing more fear than is necessary. Influenza is far deadlier to children (with over 100 deaths reported this season in kids).

Stay calm.

Wash your hands.

Cover your cough.

Wash your hands.

Get a flu shot.

Call us for any concerns.

For more information - click here: [2019 Novel Corona Virus](#)