



Dear PineyWoods Pediatrics Families,

School closings, containment zones, and quarantines are ramping up Coronavirus anxiety amongst all of us. From our little ones who respond to our stress, to the elderly who are most affected, and even those of us in the middle, who feel responsible for the whole family. Your doctors and practitioner at PineyWoods Pediatrics are here for you, not only for medical care, but as a source of reliable and sane information. We suggest you look at COVID- 19 information from two perspectives.

1. Personal Safety – the vast majority of people infected by COVID -19 will have mild illness, especially children.
2. Community responsibility – the CDC and Health Department are trying to limit spread, or at least slow it down. Self-quarantine and social distancing are being implemented for these purposes.

Let's go back to the basics. The best way to stay healthy is by practicing good hand washing with soap and water, remembering not to touch your face, and staying away from large gatherings when possible. If you or any one in your family is sick, stay home. When needed, cough into your elbow.

What else can you do? Shut off the TV and give yourself and your children a break. When possible, keep their schedules normal. Look for anxiety symptoms such as moodiness, trouble sleeping and separation anxiety. Talk to your children about their fears. Reassure them. This downloadable book is a great resource to provide you with an easy explanation for little ones. https://660919d3-b85b-43c3-a3ad-3de6a9d37099.usrfiles.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

Call and check on your elderly neighbors, family, and friends. These people are most at risk for complications of Coronavirus. Ask if you can get them food, medicine, or anything else they need. We are a community and need to take care of each other!

Sincerely,

Your PineyWoods Pediatrics Team