

Note: This advice is intended ONLY for patients of Atlantic-Pediatrics. Otherwise, medical care can be sought by discussing with your own primary care provider, or if urgent, by calling 911.

HOME PROTOCOL FOR POSSIBLE COVID19 CASES

1. Please understand that we are a small pediatric office and do not have the means to safely isolate or directly care for patients that are infected with, or possibly infected with, the Coronavirus COVID19. That doesn't mean we don't care; we do! We are available to help where best we can using the tools available to us.
2. The State of RI has established COVID19 testing centers for the population. Children in school systems (Head Start through 12th grade whether public or private) should call the **school COVID testing hotline at 844-857-1814**. They will schedule and follow through on the results, and give you appropriate information should isolation or quarantine be needed. Pre-K and younger, or after high school graduation, or adults should schedule their own COVID testing through covid.ri.gov or CVS.com. Lots more info on quarantine and isolation protocols is also available through covid.ri.gov
3. We will care as best we can for your child in **telephone visits** or video-conferencing where possible, or refer as needed. **We are now doing video-conferencing via a secure app called Doxy.me. Please turn on your cell phone camera and mic, and have your child nearby for when we call you back. Answer the request to join in the call with Dr. Vitale, Dr. Concannon, or with our nurse practitioner, Marissa Simeone.**
4. The Centers for Disease Control (CDC) recommends otherwise keeping children **OUT** of the health care system entirely, if possible, during this present outbreak. **Know that most children do well with this illness.**
5. There are **no antibiotic or antiviral medicines available** to treat people that come down with COVID19. Per the RI Department of Health, all providers are restricted from prescribing unproven medicines such as hydroxyquinolone and/or azithromycin (Zithromax) for COVID19.
6. For fever, we recommend [acetaminophen \(Tylenol\) at appropriate doses](#). To cool down, one can also use **lukewarm towels** on the trunk and head, and **drink cold liquids** or popsicles.
7. Know that **fever itself is not harmful**. The reason we treat fevers at all is to treat the aches and pains that often go along with the fever, and to treat everyone's anxiety about the fever. But whether a fever comes down or not is not so important as **how the child is doing**. Kids can be very sick without a fever, and be quite well with a fever. Now, having said that, no one is saying you're not going to be upset that your child has a fever. Just don't feel that it's all about the fever rather than feel it's about how your child is generally coping with the illness.
8. For coughs, most health authorities recommend nothing be used other than **suctioning** a baby's nose and **saline to moisten**, or running a **humidifier** as needed to keep the mucous moist. When a toddler has a runny nose that is causing increased cough, one could use **diphenhydramine (Benadryl)** three

times a day to help. Kids over one year old can also take **Zarbee's** honey cough syrup to soothe an irritated throat. Older kids could use **dextromethorphan (Delsym)** to suppress the bothersome cough or **guaifenesin (Robitussin)** to keep the phlegm moist, or a combo product such as **Robitussin DM**. Store brands and generics are okay, but know that homeopathic products such as Hyland's are not useful in our opinion.

9. For children with respiratory distress, such as **shortness of breath** or **difficulties breathing from the chest**, you will need to bring the child to **Hasbro Children's Hospital Emergency Room**. Call ahead to advise them at **444-3000**. If crowded, you may be asked to wait in your car with the child until you can be seen. If in doubt, call us first.
10. The patient may return to Day Care, School or Work provided they have been fever-free (without the use of Tylenol and/or ibuprofen), AND are back to their usual state of health. The Parent may self-attest to the child's health; **no doctors note is required**. The parent may also use the standard RI form at: <https://health.ri.gov/publications/assessments/After-Illness-Return-Attestation.pdf>
11. Because human coronaviruses most commonly spread through respiratory droplets, Rhode Islanders are reminded to take the same measures that healthcare providers recommend annually to prevent the spread of the flu and other viruses (**and to get the flu shot**):
 - If you or your child are even mildly ill with URI symptoms, **STAY HOME!** Do not go to work or school until symptoms are completely resolved. If you are not sure if you need medical evaluation, **call us**. Getting advice on the phone in this situation is far better than sitting in a waiting room with other sick people.
 - Practice **social distancing of 6 feet apart**; avoid crowds—this really does work.
 - **Wash your hands** often throughout the day. soap and water are not available, use alcohol-based hand gel.
 - **Cough or sneeze into your elbow**. COVID and Flu spread through coughing or sneezing on other people or into your hands. Cover your coughs and sneezes to prevent others from getting sick.
 - **Avoid touching your eyes, nose, or mouth**. Germs spread this way. Do not shake hands with other people, use a fist-bump instead.
 - **Keep surfaces clean** (especially bedside tables, surfaces in the bathroom, door knobs and handles, and toys for children) by wiping them down with a household disinfectant.
 - **Close the toilet lid before flushing**. This helps prevent the aerosolization that could spread COVID in the bathroom.
 - **Wear a face covering** (mask, hankerchief, scarf, etc) to help prevent the spread of germs from your mouth and nose.
 - **Eyeglasses, faceshields or goggles** add eye protection.
 - **We strongly recommend the COVID vaccine but only the State or select pharmacies will administer it. Currently, that is limited to 16 years and above with certain eligible health conditions.**
12. Further questions? Please call the RI Department of Health COVID19 hotline at **222-8022**.