

COVID-19 is a virus in the coronavirus family. It is considered a “novel” virus since the health care field has not encountered this particular strain of the virus before. However, in health care, we have dealt with other versions of the coronavirus. ***For the latest updated information about COVID-19, please visit the website below.*** This website includes information about preventing the spread of virus, getting tested for it, and travel information. The AHS website is updated often and will be able to answer most of your questions.

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

While the risk to most people in Calgary is still low, as a medical clinic we are more likely see the virus than most places in the community. Associate Pediatrics want to keep our patients safe and healthy. So in the next few weeks, while we monitor the spread of this virus in Calgary, there may be changes in how your child is assessed.

NEW PROTOCOLS

1. My child and/or myself are sick, what should we do?

- Any persons (patients and their families) with fever, cough, runny nose, sore throat, vomiting or diarrhea, should ***not come to the office***
- If you are feeling unwell and have travelled, or you feel you are at high risk for COVID-19, please call Health Link at 811 for information on next steps
- Even if you have only mild cough and runny nose, you should still stay at home. While this may be one of the many viruses that Calgarians experience in the winter, it is better to safe!

2. My child has an appointment scheduled, should they still come?

If you are a ***current patient*** of Associate Pediatrics:

- If you or your child are well, please come to your scheduled appointment
- If you or your child have any of the above symptoms, your in-person appointment will be changed to a short 10 minute phone call with the Pediatrician. Please call our office, and let us know what is the best number to reach you at.

If you are a ***new patient*** of Associate Pediatrics:

- If you are sick, your appointment will unfortunately have to be cancelled. There is currently not a system in place to provide new patient care over the phone. Your child will be rebooked into the next available spot and put on our cancellation list

3. How do I protect myself and my family?

- Wash your hands with soap and water! A good 30 second hand wash is the best way to kill all viruses and bacteria. Try singing the song “Twinkle Twinkle Little Star” one time or “Happy Birthday to you” two times
- Stay at least 6 feet away from anyone coughing
- There is no need to wear a mask unless you are sick or coughing.