



Newton-Wellesley Family Pediatrics April Newsletter

Coronavirus Q&A and mental health support with our providers via: virtual zoom group

What?

Join our providers for a 60 minute virtual zoom group chat. The first 30 minutes will be dedicated to your *questions* and *answers* around coronavirus. You will have the opportunity to type in questions and our pediatricians will answer live. The second 30 minutes will be dedicated to focusing on *mental health* and *ways to cope* amidst this pandemic, lead by our in-house psychologist, Dr. Charles D. Brown alongside our pediatricians.



When?

Session I: Wednesday, 4/22/2020 at 6:00 - 7:00pm

Session II: Wednesday, 4/29/2020 at 6:00 - 7:00pm

Is there a cost?

Your insurance will be billed for a consult visit. Per Governor Baker, there will be no co-payment or cost to the patient for telehealth related to COVID-19. If you get a request for a copay, please contact our office directly.

Interested?

Call the office at 617-965-6700 to sign up and reserve a spot. You will need to be signed up for MyChart to join, and we kindly ask you to read and sign a HIPAA agreement beforehand. To read more and sign the document now, visit our website's [events page](#).

Don't want your information visible on zoom?

Remember to turn off your video to hide a view of yourself. You can also hide or change your name on your zoom profile if you wish. Click [here](#) for instructions. We do encourage you to participate, as part of the benefit we hope to get from this is community interaction, but do feel free to protect your anonymity!

We want your feedback:

Interested in more group zoom meetings with our providers and patients? Call us at 617-965-6700 and leave a message with any group topics that you would be interested in.

Tick Talk

During this time of social distancing, being able to get outside is so important for our mental and physical health. Playing in the yard or gardening, going for walks or hikes are all great ways to get some fresh air and exercise. But, we can't forget about those pesky ticks that come back to greet us in the spring/summer.

Here are a few tips for protection:

- Use insect repellent when outside (avoid face and hands)
- Wear light colored clothing, long sleeves and pants
- Perform tick checks every night at shower/bedtime. Check the hairline, underarms and groin. Ticks like warm places.
- If you do find a tick: pull it off with tweezers immediately and wash the area with soap and water.



If a tick has been attached for less than 36 hours, a wait and watch approach is typically advised. If you think the tick has been attached for longer than 36 hours or you have concerns about possible tick born infections, please call us for advice and care.

For your review: [CDC ticks](#)

Have fun and be safe out there!

COVID-19 Office Reminders

We are here for you and your family

- We may be socially distanced, but you are not alone. Our providers are here for you and your family.
- **Telehealth** is here: We are doing virtual telehealth appointments for sick visits and well visits of any age. We are continuing to see 15 months and younger in the office for well visits and vaccines.
- We are **not testing for COVID-19 in our office at this time** . If your child has symptoms such as fever, cough or trouble breathing, call us for a virtual sick visit. We can help determine if you child needs to be tested and/or seen. 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 at 617-965-6700 to do so.

Helpful links:

- Video on how to make a homemade face mask by Dr. Sanjay Gupta: [click here](#)
- For awesome Instagram updates from a pediatrician in New York, follow: [alokpatelmd](#)

Useful Links:



[Fever dosing links](#)