



Newton-Wellesley Family Pediatrics

July Newsletter

Fun in the Sun

Fresh air is great for the mind, body *and* social distancing - but don't forget about **sun safety!**

Sun safety tips from the American Academy of Pediatrics:

- Children under 6 months of age should be kept in the shade and out of direct sunlight
- When possible, wear clothing with a tight weave or labeled with Ultraviolet Protection Factor (UPF)
- Wear a hat with an all around 3-inch brim to shield the face, ears and back of neck
- Wear sunglasses with UV protection
- Limit sun exposure during the peak hours when UV rays are strongest *between 10am - 4pm*



Sunscreen tips:

- Use a broad-spectrum sunscreen with both UVA & UVB protection
- Use a sunscreen with a sun protection factor (SPF) of at least 15
- Avoid the ingredient: oxybenzone (has possible hormonal properties)
- Physical blockers are best, i.e. ones with: **zinc oxide** or **titanium dioxide**. These may be hard to rub in, but are the most effective - and come in fun colors for kids!
- Some recommended brands for ages 6 months and up: Neutrogena sheer zinc, CeraVe, Blue Lizzard sensitive, Vanicream, Badger stick, Aveeno mineral
- **Pro-tip:** many diaper creams are made with zinc oxide. If you or the pharmacy is out - use zinc oxide diaper cream as sunscreen!

How to apply:

- Use enough to cover all exposed areas
- Put sunscreen on 15-30 minutes before going outdoors to give it time to absorb
- Apply every 2 hours and after swimming, sweating, or drying off
- Remember - you can get burnt even on cloudy days because up to 80% of the sun's rays can get through clouds

** Don't forget to stay hydrated! The sun is very dehydrating. If your child is feeling dizzy, nauseated, lightheaded or has a fever after being in the heat call your pediatrician, as they may be experiencing heat stroke. Tips to prevent here: [Heat stroke prevention](#)

**Read more from AAP here: [Sunscreen tips at Healthychildren.org](#)

The return to school debate

School is crucial for the social, emotional and academic development of our children. We all want our children to be

back among their peers, but we want to make sure we do so safely - for all. Debates are ongoing across the country in each community. Your school systems may be asking you what your thoughts are on returning. There are many factors at play: levels of the virus in the community, risk factors of those in the home, types of commutes for students and staff, funding the school has available, classroom sizes and student to teacher ratios, child care options if school is not in place, and of course the emotional well being of children and their family unit. Here are a few of the most recent guidelines, creative solutions and opinions in order to help your family and community decide what is safest for your children:



- Mitigation strategies for schools, camps & daycares: [CDC School Guidelines](#) & [CDC mitigation strategies](#)
- 6/25/2020 AAP statement on guidance for school re-entry: [AAP re-entry considerations](#)
- 6/30/2020 Dr. Fauci on schools re-opening: "It will depend on the dynamics of the outbreak and the particular location of where the school is." [CBS Dr. Fauci interview](#)
- 7/8/2020 NPR article of pediatrician's interview with AAP president Dr. Sally Goza on whether recommendation applies to all communities: [Top pediatrician says states shouldn't force schools to re-open if virus is surging](#)
- 7/11/2020 New York Times: [What science and other countries teach us](#)
- Current data on COVID-19 in children: [CDC COVID-19 in Pediatrics](#)

COVID-19 Office Update Reminders

Ongoing Temporary Office Policies:

- Please arrive **15 minutes in advance**. Only main entrances are open and the hospital is screening everyone that enters, thus it may take a few minutes longer to get up to our office. Masks are available upon entry to the hospital.
- **Check in from your car**. We encourage all families to call our office when you arrive so that we can ensure a room is ready. We can run any payments over the phone. We may ask you to wait in your car until a room is ready in order to avoid spending time in our waiting room.
- **Separate entrance and exit**. All patients will enter our office through the usual entrance, and will be directed to leave through a separate back entrance.
- Parents and guardians of **patients 13 years and older** may be excused towards the end of the visit in order to give your child some confidential time with their provider. During this time we ask that you return to your car to avoid extra exposure in our waiting room. Please be available by phone in case we need to reach you.
- We ask that **one caregiver**, and no siblings, accompany patients and **everyone above the age of 2 years old** wear a mask at all times.
- We will continue to separate well child visits from sick visits, and the majority of sick visits will be conducted via telehealth at this time. Adhering to the above guidelines can help protect you and others during your in-person visit.

Well Visits:

- As of **June 1**, we expanded our in-person visits to: **well checks of all ages**.
- We will continue to offer **well visits for all ages** via **telehealth if you prefer**. Please call the office to schedule. You will need to be signed up for MyChart. If you are able, please obtain a weight and height and fill out any screening questionnaires assigned via MyChart.
- **The American Academy of Pediatrics is strongly encouraging patients and providers to continue to bring children in for vaccines amidst the COVID pandemic to prevent further outbreaks. There has already been a dangerous dip in vaccine rates among children - we do not want any further outbreaks during this time!**

Sick Visits:

- We are seeing a limited number of **sick visits in the office in the afternoon** (prioritized towards necessary in-person exams and towards diagnoses that may

require **antibiotic treatment**).

- We continue to offer telemedicine for sick visits as well throughout the day.
- **COVID-19 testing is now available by appointment-only at the Newton-Wellesley Hospital testing tent. Please call us to determine if your child meets criteria for testing.**
- **To find a testing site closer to your home, check local sites on [mass.gov](https://www.mass.gov)**
- *Please note, **telemedicine visits and telephone calls** are billed to your insurance company just as in-office visits are. Depending on your coverage, there may be some patient responsibility.*

If you or anyone in your family has symptoms of COVID or known exposure to a COVID case, **please call our office before your appointment** to discuss the safety of coming in. Our office will be calling to confirm your appointment and ask you screening questions 24 hours prior to your visit.

Useful Links:



[Fever dosing links](#)

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