



Newton-Wellesley Family Pediatrics September Newsletter

Flu shots are here!

Call our office to schedule an appointment at one of our flu clinics.

Check our [website](#) as flu clinic dates will be added periodically.

Upcoming flu clinics:

9/21/2020 6-8pm

Due to the COVID pandemic, appointment availability is limited, thus we recommend you attend a flu clinic or request a vaccine at an upcoming visit.

*We are allowing siblings to attend another sibling's visit in order to get a flu shot, but please call to notify us first.

Of note, flu shots are required by 12/31/2020 by [most schools](#) in Massachusetts this year due to the COVID-19 pandemic. We encourage you to get your flu shot when you can, as there may be short supply at times due to increased demand.

Read more about flu vs. COVID [here](#).

COVID-19 Definitions & Clarifications

School is starting, people are back to work and as social distancing restrictions relax, we are seeing the circulation of more typical germs as well. If you have *symptoms*, if you have been *exposed* or if you have *traveled*, here are a few guidelines:

- [Symptoms](#) of COVID-19:
 - Fever, chills, cough, shortness of breath, low oxygen saturation, fatigue, sore throat, headache, body aches, new loss of sense of smell or taste, nausea, vomiting, diarrhea, rash, inflammatory conditions such as "covid toes"
- [Exposure](#): defined as being within 6 feet for at least 10-15 minutes without appropriate PPE of someone who tested positive in the 48 hours before their test was taken or anytime in the 10 days after the test

Isolation vs Quarantine:

- **Isolation** separates sick people with a contagious disease from people who are not sick.
 - Isolation is for those who have symptoms of COVID, and is for a minimum of 10 days from onset of symptoms unless you have a negative test. One [can return to public once](#): at least 10 days have passed since symptom onset, no fever for 24 hours without the use of fever reducing medications and other symptoms have improved (*with the exception of loss of smell or taste as this can last months).
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

- Quarantine is for those who have a known exposure, and is for 14 days *regardless of a negative test*. *Quarantine can be longer than isolation, given that one can turn positive at any time within 14 days of an exposure.

Detailed table on who requires isolation & quarantine based on reason. Link to [table](#).

Criteria for Discontinuation of Home Isolation/Quarantine					
Reason	Positive Test and Symptoms	Positive Test but No Symptoms	Negative Test and Symptoms and No Exposure	Exposure and No Symptoms	Travel to High-Risk Area
Quarantine or Isolation*	Isolation	Isolation	N/A	Quarantine	Quarantine
Criteria	<p>≥10 days have passed since symptom onset AND ≥24 hours have passed since resolution of fever without the use of fever-reducing medications AND Other symptoms have improved</p> <p>The test based strategy is no longer recommended</p> <p><i>Additional requirements exist for patients who had severe illness or are immunocompromised, see Source for details</i></p>	<p>At least 10 days have passed since the date of their first positive COVID-19 diagnostic test</p> <p>The test based strategy is no longer recommended</p> <p><i>Additional requirements exist for patients who are immunocompromised, see Source for details</i></p>	<p>≥24 hours have passed since resolution of fever without the use of fever-reducing medications AND Other symptoms have improved</p> <p>OR</p> <p>Based on the recommendations for an alternative diagnosis if made (e.g., influenza or strep pharyngitis)</p>	<p>14 days from the date of last exposure <i>even if COVID-19 test is negative</i></p> <p>(Exclusions apply for healthcare and essential service workers, see DPH guidance)</p>	<p>14 days from the date of arrival in Massachusetts OR Negative test taken no longer than 72 hours before arrival in Massachusetts or After arrival in Massachusetts, but must quarantine until a negative result is obtained</p> <p><i>Testing is not required for children, 10 years and younger, who are traveling with an adult from their household</i></p> <p>OR</p> <p>Exclusion criteria is met, see Source for details</p>
Source	CDC	CDC	MA DPH and DESE	MA DPH and CDC	MA DPH

Return to Work for Healthcare Personnel: "For HCP who were suspected of having COVID-19 and had it ruled out, either with at least one negative test or a clinical decision that COVID-19 is not suspected and testing is not indicated, then return to work decisions should be based on their other suspected or confirmed diagnoses." (Source: [CDC](#))

**Isolation* separates sick people with a contagious disease from people who are not sick. *Quarantine* separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. ([CDC](#))

As of 8/20/2020

Do's and Don'ts of Masks: Full CDC article on how to [select, clean and wear a mask](#)

DO choose masks that	DO NOT choose masks that
 <p>Have two or more layers of washable, breathable fabric</p>	 <p>Are made of fabric that makes it hard to breathe, for example, vinyl</p>
 <p>Completely cover your nose and mouth</p>	 <p>Have exhalation valves or vents, which allow virus particles to escape</p>
 <p>Fit snugly against the sides of your face and don't have gaps</p>	 <p>Are intended for healthcare workers, including N95 respirators or surgical masks</p>

COVID Testing & Ongoing Office Changes

We do not yet have testing capability in our office, *but we are hoping to have in-office testing in the near-future*. Stay tuned. In the meantime, here are some details regarding testing.

- **Where to get a test:**
 - At Newton-Wellesley Hospital:
 - If you have symptoms or known, close exposure call: 617-724-7000
 - For children without symptoms or known exposure, call our office to schedule. Of note, for asymptomatic patients this may take up to 1 week to schedule, thus we recommend you call in advance to schedule any clearance tests and/or visit the following sites for other testing options
 - Other testing options:
 - [PDF](#) of all current test sites, this gets updated regularly on [mass.gov](#)
 - [Interactive map](#) of current testing sites
- **Who needs a test?**
 - Anyone with [symptoms](#)
 - Anyone who travels and re-enters into Massachusetts unless they are from a low

- risk [state](#) both need a test and to fill out a travel form
- Of note, the CDC recommendation is to quarantine for 14 days if you have been exposed even if you have a negative test within that time period. Isolation vs quarantine explained [here](#)
- **Stop the spread initiative:**
 - This is a Massachusetts state-wide initiative that offers free testing to all residents in areas with high number of COVID cases. It is recommended that all residents regardless of symptoms or exposures get tested in these areas. Check [mass.gov](#) regularly for locations. The current towns include:
 - **Agawam, Brockton, Chelsea, Everett, Fall River, Framingham, Holyoke, Lawrence, Lowell, Lynn, Marlborough, Methuen, New Bedford, Randolph, Revere, Salem, Saugus, Springfield, Taunton, and Worcester.**
- **Which test?**
 - There are [antigen, PCR and antibody tests](#). Antigen and PCR tests assess whether you actively have COVID. Antibody testing shows whether you were exposed. We still do not know if having antibodies means that you are immune, thus at this time it is not widely recommended as the CDC recommends following the same general guidelines.

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.

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](#)**
- *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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