

IF YOU SUSPECT YOU OR YOUR CHILD HAVE BEEN EXPOSED TO COVID-19, DO NOT MAKE AN APPOINTMENT TO COME TO OUR OFFICE.

With cases of COVID-19 confirmed in the communities we serve, we want to take another opportunity to remind and reassure you that Milestone Pediatrics is prepared and focused on the safety of our employees and patients. We expect to see more virus in the community and the U.S. over time, especially since there will be more testing capability for the virus. Most people with COVID-19 experience mild symptoms and fully recover.

The Maryland Department of Health is encouraging all Marylanders to take everyday preventive steps to slow the spread of all respiratory illnesses such as cold, flu and COVID-19. Safety continues to be at the center of our COVID-19 planning since it began months ago.

We want to assure everyone that we are working with our public health agencies on prevention and management. Remember, the most important ways to protect yourself and reduce the risk of getting COVID-19 or any viral respiratory infection include:

Frequently wash hands often with soap and water for no less than 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

- Avoid close contact with people who are sick.
- Avoid touching of the eyes, nose or mouth with unwashed hands.
- Keep all frequently touched objects and surfaces clean and disinfected often.
- Sneeze cough into your elbow, NOT your hands. Use a tissue and throw the tissue in the trash and wash hands thoroughly.
- Do not allow your child to attend school or any gatherings if they have cold or flu-like symptoms (elevated temperature, fever, cough and shortness of breath).
- If you or your child is sick, **please STAY home**, except when seeking medical care.
- **Anyone who feels sick fever, cough or shortness of breath, and has been close contact with a person known to have COVID-19, or lives in or has recently traveled from an area with ongoing COVID-19 should call ahead to your local ER or an Adventist HealthCare Urgent Care to be screened.**

Please seek medical care right away at the hospital, DO NOT come to our office, (as we do not have any testing capabilities), if you suspect your child has been exposed to the coronavirus. When you call your local ER advise them of any recent travel and/or if you or your child are experiencing symptoms.