

Premier Pediatrics

Washington University Clinical Associates



What to know about COVID19

- ◆ It is a group of viruses that infects humans and animals that can be transmitted by direct contact, droplets like coughing or sneezing, or contact with belongings that have touched an infected person's mouth, eyes or nose.
- ◆ There is currently no vaccine.
- ◆ Maintain good hygiene at all times.
- ◆ Stay 6 feet from others
- ◆ Wear a mask when in public
- ◆ Use tissues when sneezing or coughing
- ◆ Wash and prepare food safely

Symptoms can include

- ◆ Fever
- ◆ Cough
- ◆ Sneezing
- ◆ Shortness of breath
- ◆ Muscle pain
- ◆ Rash
- ◆ Chills
- ◆ Sore throat
- ◆ Eye drainage
- ◆ New loss of taste or smell

How are we ensuring safety in our office?

- ◆ Fewer patients scheduled per hour
- ◆ Qualified staff triaging all telephone calls and consults with our physicians to make the best decisions for your child
- ◆ All physicians and staff are wearing masks
- ◆ One family in the waiting room at a time
- ◆ All patients go straight into a clean exam room after checking in
- ◆ Telemed and drive up visits for certain appointment types
- ◆ Extensive exam room cleaning between patients





Are allergies tormenting your home?

- ◆ Keep windows closed, turn on air conditioner.
- ◆ After being outside, change clothes and bathe before bed to wash pollen off.
- ◆ If windows have been open, wash sheets.
- ◆ Consider an air purifier with a HEPA filter
- ◆ Call us for advice if allergy medications are recommended for your child

Have you scheduled your child's annual physical?

Please call 314-859-4000 to schedule. July and August are always our busiest months. Don't wait to call to ensure your best choices of days and times..

Safety in the Summer

- ◆ Closely supervise children near water. Ensure life jackets fit snug. Do not leave unattended in floating devices or near water.
- ◆ Apply and REAPPLY sunscreen. Don't forget to protect your eyes too!
- ◆ Stay hydrated and be able to find shade.
- ◆ Be mindful of road safety.
- ◆ Wear a helmet when riding.
- ◆ Apply insect and tick repellent.
- ◆ Snakes, ticks, spiders and other creepy-crawly creatures also hide out in leaf piles, wood stacks, and other cool, dark, damp areas. Use a stick to investigate.
- ◆ Don't pick or go near poisonous leaves, mushrooms or plants.
- ◆ Talk about fire safety as bonfires and fireworks become more popular this time of year.
- ◆ Be aware of strangers.
- ◆ Ensure food is cooked/cooled to safe temperature.
- ◆ Touch playground equipment to check the temperature before your children use it to prevent burns.



Do you have a My Chart account for your child?

Call 314-273-1966 if you would like to set it up

You can check in for office visits, request refills, access their after visit summaries and immunization records, and ask non urgent questions.

Pediatric Emergencies

When your child is sick or injured, it is natural to panic and drive straight to the emergency room (ER) because you know that you can get care, regardless of the time, day, or the severity of your child's injury. In some cases, it is a true medical emergency and the ER is the most appropriate place to get care. In other cases, the illness or injury can be handled at an urgent care clinic or treatment can be determined at our office during an appointment.

In certain situations, you should dial 911 to get an ambulance instead of taking your child yourself to the ER

Examples of when to call 911:

- * Your child is having trouble breathing and is turning blue
- * There has been a car accident and your child is unconscious or seriously injured
- * Your child is having a seizure that lasts 3-5 minutes or is having difficulty breathing, or is turning blue during the seizure
- * Your child loses consciousness or is not responsive
- * Your child might have a neck or spine injury
- * Your child has a head injury with loss of consciousness, persistent vomit-

ing, or is not responding normally

- * Your child has significantly bleeding
- * Your child is having an allergic reaction and is having difficulty breathing or swallowing
- * Your child has a possible poisoning and is not responding normally or is having difficulty breathing. In any possible poisoning, call the Poison Control Center (800/222-1222) for expert advice and they may direct you to the ER.

Call our office or exchange **immediately** if your child is experiencing any of the following symptoms:

- * Infants 3 months and younger with a thermometer reading of 99.5 or higher (do not add or subtract a degree)
- * Fever is greater than 104
- * Fever and pain in the back or stiff neck
- * Fever of 100.4 with a rash
- * Signs of dehydration: dry mouth, no urine for 8-12 hours, no tears when crying, sunken eyes, severe decreased energy
- * Persistent rapid breathing, or wheezing



- * 60 breaths a minute if 1 year or under
- * 40 breaths or under if older than 1 year
- * Extreme irritability or persistent inconsolable crying for longer than 1 hour
- * Severe pain in the right, lower side of abdomen that lasts 2 hours or longer
- * Injured extremity that is severely bruised, swollen, or misshapen
- * Pain, swelling or discoloration of testicles

In a true crisis emergency, it is always best to go to closest ER, however, when you are able, we prefer for patients under 18 years of age to be seen in a pediatric ER. Our ER choice is St. Louis Children's Hospital on Kingshighway or Missouri Baptist Medical Center on Ballas, as they have a dedicated pediatric ER and the physicians there are able to access your child's medical records.

Upcoming Classes: Call to register

Newborn 101 and Breastfeeding Class (done via Zoom)

**Thurs May 28
12:30-1:30**

**Thurs June 18
12:30-1:30**

For the most current information and happenings of the office



FOLLOW US
ON FACEBOOK

Or online at
premierpediatrics.wustl.edu/



Important Numbers to Have:

Premier Pediatrics:

314-859-4000

After Hour

Exchange:

314-273-4211

Poison Control:

800-222-1222