

COVID-19

Information for Parents

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CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心



Topics

- About COVID-19
- Protecting my family
- Seeking care for children during pandemic
- Benefits/Insurance



About COVID-19

Symptoms:

- Infected people may have NO symptoms
- Varied- symptoms may last a few days or a few weeks
- Develop a few days or up to 2 weeks after exposure
 - Cough
 - Fever
 - Sore throat
 - Shortness of breath
 - Breathing problems
 - Body Aches
 - Loss of smell
 - Less common: Abdominal pain, vomiting, diarrhea
- Difficult to differentiate between COVID-19 and other viruses



About COVID-19

❖ Good News:

- Children/young generally do not get very sick with COVID-19

❖ Bad News:

- Even if not very sick, children can pass virus to parents and elderly in family
- Elderly, especially with other chronic conditions (lung disease, heart disease, diabetes, or poor immune systems) can have severe symptoms
- Children with asthma, obesity, heart conditions, diabetes or poor immune systems are at higher risk of complications



Treatment for COVID-19

- ❑ No proven safe medication to treat mild infection
- ❑ Treat fever and pain with fever reducers (dosage based on weight)
- ❑ Keep patient hydrated
- ❑ Give asthma medications for children with asthma
- ❑ Call doctor to discuss further



Testing for COVID-19

- Not needed if you have mild disease
- Tests mostly done if you need to be hospitalized
- Can go to drive-thru testing sites
- Would advise to not go to just for testing clinics or wait in line for testing at testing sites unless in car



Keeping Family Safe

- ❖ Wash hands often for 20 seconds with soap and warm water
 - After using bathroom
 - Before and after eating
 - After using ipad/iphone
 - After coughing/sneezing/touching face
 - After getting mail/packages
 - After buying groceries or being outside
- ❖ Try not to touch face/pick nose
- ❖ Avoid sharing food, utensils, and cups
- ❖ If soap and water is not available, use an alcohol based sanitizer with at least 60% alcohol



Keeping Your Family Safe

- ❖ Clean surfaces at least 1x/day
 - Use disinfectant wipe or at least 60% alcohol)
 - Tables
 - Chairs
 - Door handles (all doors, kitchen/cabinet doors)
 - Ipads/phones (wipe with alcohol)
 - Light switches
 - Bathrooms (faucet, sink, toilet)
 - Floors



Keeping Your Family Safe

- Separate well and sick members at home
- Wash hands often at home
- If anyone is sick at home, everyone wears masks
- Designate one caretaker for sick member- wear mask/gloves and wash laundry/sheets/dishes in hot water
- Make sure sick member has own room and bathroom if possible or clean bathroom after use
- Sick member should eat by themselves in a room
- Sick member should not go out



Keeping Your Family Safe

- Wear masks (mandated) and keep 6 feet distance if sick or if outside
- Wash hands, shower and wash clothing after getting home
- Avoid crowded supermarkets
- Call supermarkets to see which are delivering food
- If you need medicines, call pharmacy to see if pharmacy can deliver



Care for Your Child-When to Call your Doctor

- ❑ Cough or fever
- ❑ Sore throat
- ❑ Fever for more than 3 days
- ❑ Vomiting or diarrhea
- ❑ Breathing problems (fast breathing, using muscles)
- ❑ Dehydration (no urine for > 6 hours)
- ❑ Abdominal pain
- ❑ Rash
- ❑ ANY other concerns



Care for Your Child-When to Call your Doctor

- Your doctor may recommend you go to the clinic or to the Emergency Room
- Do not delay if your child needs medical care
 - Examples: kidney infection, appendicitis, pneumonia, asthma, strep
- Medical emergencies can still happen during COVID-19
- Most Pediatric ERs are open and NOT very busy



What if my Child Needs Vaccines?

Vaccines for children under age 2 years old are still important!

- Common infections can be transmitted from adults to babies in close living situations and cause serious illness.
 - (Pertussis, Pneumonia, Hepatitis B, brain infections, measles, chicken pox, flu)
- If your child is under 2 years old, they should get their vaccines on time.
- Most clinics are separating healthy and sick children
 - Healthy babies in morning and sick children in afternoon
 - Limiting number of parents with child
 - Asking all patients to call before coming into the clinic



What if my Doctor's Office is Closed?

Charles B. Wang Community Health Center is still open for care daily 10am-4pm

- We are doing video and phone visits
- We can accept new patients
- CALL us before you come in
- We have mental health and social workers for additional support

Chinatown, Manhattan:

Pediatrics:(212) 226-3888

Internal Medicine: (212) 379-6998

136-26 37th Avenue, Flushing, NY 11354

Pediatrics: (718) 886-1222

Internal Medicine: (718) 886-1200

137-43 45th Avenue, Flushing, NY 11355

Pediatrics & Internal Medicine: (929) 362-3006



How to Manage my Children at Home

- Create ROUTINE
 - Same time to wake up, remote learning, playtime, and bedtime everyday
- Allow your child to write up the daily schedule and post it on wall
- Teach them games and new hobbies: chess, drawing, cooking
- Try to get children to exercise for at least 30 minutes every day
 - If noise is a problem, consider music and dancing, pushups and squats, hula-hoops, yoga with videos
 - If it is not busy and you can walk outside, take child out for a brief walk
- Enjoy family time with a movie together or pretend play
- Depending on child's age, answer questions and concerns from your child about COVID-19. Provide reassurance.



How to Take Care of YOURSELF

- ❑ Take a break from news and social media
- ❑ Listen to music or meditate
- ❑ Take a walk
- ❑ Take a shower
- ❑ Join online support
- ❑ Speak with friends/family
- ❑ Get enough sleep
- ❑ Ask for help from a doctor



Help/Benefits?

- <http://www.cbwchc.org/Covid19.asp>
- Call 311
- www1.nyc.gov/site/coronavirus/index.page Information in Chinese
- Food
 - SNAP and WIC from home
 - NYC Food Delivery Assistance
 - www.Maps.nyc.gov/foodhelp/
 - Pick up 3 meals – Children and families- 7:30AM-1:30 PM. Adults: 1130 AM-1:30 PM GetFoodNYCInfo
- Rent/Housing
- Unemployment
- Health insurance
- School and Education – Ipads or laptops to chose who don't have them
- ACS
- Domestic Violence
- Bias- reports hate crimes/attacks
- Hotels for homeless, recently discharged from hospitals, or healthcare workers and volunteers



Need Health Insurance?

- ❑ If you do not have health insurance, we have health insurance IPA's/Navigators available to help you enroll under the New York State of Health or government benefits, including Medicaid, Child Health Plus, & Qualified Health Plan.
- ❑ For more information, call
- ❑ (646) 899-0444 (English, Chinese, and Korean) or
- ❑ (646) 906-3747 (English, Bengali, and Spanish).
- ❑ We also have a sliding fee discount based on your household income and family size.



Questions?

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關注我們!



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