

PSP'S ASK THE PEDIATRICIAN



Dr. Philippa Gordon, PSP's medical liaison, will be conducting an **ASK A PEDIATRICIAN** Zoom remote meeting tomorrow, 3/20 at 12:00pm.

Topic: ASK A PEDIATRICIAN with Dr. Philippa Gordon

Date: Friday, March 20th

Time: 12:00pm (you can join in at any time)

Join Zoom Meeting: <https://zoom.us/j/852079111>

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Please submit your questions below. If someone posts a question that you also have - just put a + next to it so the doctor knows that it's a popular question.

MEDICAL QUESTIONS

++++++We have heard the virus is most contagious when a person has symptoms. Any thoughts on how long non-symptomatic children can continue to shed the virus and/or how contagious they might be?

+++++++Can you talk about the new research coming out about kids- that their symptoms may be different, that infants may be at more risk than previously thought, and tips for when we should call for medical help?

+++++++ A report out of France this week suggested that we should be managing covid-19 symptoms exclusively with acetaminophen rather than ibuprofen, as the former can exacerbate breathing/lung issues. Is there any truth to this? And is this also the case for kids who may have the virus?

+++++++ Should we take our kids to well visits during the outbreak, especially visits that don't have vaccines or other regular testing scheduled?

+++++++It seems like our ear and temporal thermometers are always so off / clearly lower than the results from a rectal thermometer. How do you suggest getting an accurate reading for a 2-4 year old and what type of device do you recommend? We'd like to be able to accurately monitor the developing fever.

+++++++How long is someone who potentially was exposed a carrier? For example a child attending public school then goes into isolation on Monday. How many days should you keep the child safe/certain s/he is not a carrier? (Assuming s/he sees no one starting Monday?)

+++++++How are newborns (2 months old or younger) affected by Covid? Are the symptoms as mild as they are in young children?

+++++++How long does it stay on surfaces? Specifically grocery items - are we meant to wipe down every apple or can of beans that we bring into the house?

++++I've read that nursing mothers should continue to breastfeed even if they have a virus, is that true here? Should the family attempt to keep the infant away from an affected mom otherwise? Pump & feed only by bottle? +what if the baby won't take a bottle and will only nurse but also eats solids

+++Has there been any new information about how COVID-19 may or may not cause more problems for children with asthma? Any information about how tweens with asthma are fairing (there's been conflicting information about kids ages 12 and up).

++Are there any vaccines (or shots in a series) that could/should be done early or are safe to delay for the time being?

+If a 4 month old was exposed to COVID-19 and then got vaccines, could that have a negative impact or be dangerous?

+++What are the symptoms of Covid19 in kids? I read that in adults the fever can be 99.5° and over if they encounter Covid. What is the temperature in kids with Covid?

+How long before someone develops a fever are they contagious?

Are there any OTC meds or treatments that can be used in infants or children to prevent worsening symptoms and side effects of the virus? Any prescriptions we should seek early if we suspect symptoms or exposure? Any reason to reach out to our ped. early if symptoms seem minor?

Under what circumstances do you recommend trying to get a Covid-19 test? To go from the general to the specific, our one year old had an axillary temp of 99.8f tonight, and I'm a healthcare worker.

+Is it true that Ibuprofen should be avoided? And we should use Acetaminophen?

Do we yet know the implications of Covid and children (in this case, a 2.5 year old) with asthma/ reactive airway?

I just picked up my kids' books from school. Should I be trying to sanitize them somehow? Let them sit for a week?

My daughter is almost seven months and supposed to return for the second round shot of her flu vaccine next week. Is it okay to wait to get the second round or does it render the first shot useless? What would you recommend doing? We don't want to stress the ped. office if it isn't urgent.

MANAGING LIFE & ANXIETY

+++++++Can my child go to the park? Not a playground, but the park? What do we need to do in the way of disinfecting when we get back? I've been told it's not enough to wash your hands; you gotta disinfect your shoes, clothes, everything. Is that mad?

+++++++Can you address concerns about toddlers/pre-schoolers' psychological/social/emotional development? My 3-yo is an only child, loves playing with her friends at school... how can we mitigate the toll this could take on her overall mood and disposition? I can tell she is perplexed and sad that everything has changed, even though we're trying to stay upbeat and connect with everyone we know on FaceTime.

++++++Can our 4 year old play with another 4 year old if they just keep it to those families and include no other children? They have been keeping distance, not holding hands, or hugging.

++++++Suggestions for how to accurately, succinctly ...yet not frighteningly, explain what's going on to some very aware Pre-K and Kindergartners.

+++Piggybacking on previous question, can we really expect three year olds (or anyone) to go 6-8 weeks without in-person social contact?

+How can we address anxiety in young children now that in-person therapy visits are off the table?

+++My husband works in an essential business still has to go back/forth to his office everyday. I'm nervous about him bringing home the virus. What precautions should he/we take when he's home? Should he stay in another room? Do my boys need to practice social distancing from their dad?

++To what extent should we avoid contact with grandparents who normally see our kids 2+ times per week? Are outdoor walks with them a safe option, if we're really clear about not touching and maintaining distance?

My daughter's hands are getting dry and cracked from the constant hand washing. Is it safe to use a moisturizing body wash like Dove sensitive skin nutrium moisture instead of soap? It has helped before but I am worried that it won't kill germs like soap does.

https://www.amazon.com/gp/product/B00SK71SAG/ref=ppx_yo_dt_b_asin_title_o03_s00?ie=UTF8&psc=1

What should people with exposure or potential exposure, who should presumably be in quarantine, do about walking a dog?

Is it ok to ignore the AAP screen time recommendations at this point? I don't know how to work from home and limit my 4 year old to under 1 hour a day.

How do we explain what is going on to preschoolers? I try to explain we have to stay away from school, friends, grandparents, the playground so we and others don't get sick. I feel like I need a Mister Rogers explains pandemics book.

Our building has a shared rooftop. If we only go up there when no other people are up there, can my daughter play up there?

Are there going to be long-term mental health impacts to children who cannot see other children in person for months? How can we try to mitigate this?

++Should we be wiping down grocery items with sanitizing wipes? And what about things we can't wipe down, like a head of broccoli? Should we not be eating raw vegetables, because presumably just rinsing with water would not remove the virus?