



Atlanta Children's Clinical Center, P.C.

October 12, 2020

To the patients and families of ACCC:

We are glad to hear that most schools in the metro area have some plans for in person classes for some students. Along with the AAP, we believe the best place for children is **in school when it is safe** to do so. This encompasses masks, social distancing, and frequent hand washing. Most of the transmission of Covid-19 in children has actually happened outside of schools in social situations and sports when masks and distancing are not being employed. This evidence comes from K-12 schools that have been open throughout the country. Here is a link to the article:

<https://www.theatlantic.com/ideas/archive/2020/10/schools-arent-superspreaders/616669/>

Great news on the testing front! We now have a **rapid in office test** for Covid-19 testing on our patients. It is an antigen test with results available in 15 minutes. The antigen tests are not as accurate as the sendout PCR tests that we have been doing, but we feel they are a good screen for children who have symptoms. If your child has had an exposure but no symptoms, we can also perform the rapid test. The best time to test is at least 4 days after exposure if asymptomatic or any time your child develops symptoms. Depending on your insurance, you may be responsible for the cost of the test (\$60) and/or a copay if it is a sick visit. We are also offering rapid testing at cost to our parents as a convenience.

The American Academy of Pediatrics has revised its guidelines about **returning to sports**. All children who have had Covid-19 **should not return to sports for at least 14 days**. Those who have had symptoms for 3 days or more should have a follow up appointment with us and an EKG. The concern is Covid-19 infection can cause an inflammation of the heart muscle called **myocarditis**.

We have flu shots and flumist in the office. Flu shots are recommended for all children 6 months of age and older. Flumist is for healthy children ages 2 and up (but they must be able to cooperate!) This year it is very important to get a flu vaccine to protect against **influenza** in the midst of the Covid-19 pandemic. We are also offering flumist to parents as a convenience. There is new evidence that a live virus vaccine such as flumist may provide protection against other infectious diseases, such as Covid-19. Here is the link to the article:

<https://www.npr.org/sections/health-shots/2020/10/08/917831035/could-the-live-flu-vaccine-help-you-fight-off-covid-19>

We continue to offer **telemedicine** for situations for which it is appropriate. Please call the office to schedule first so we can make sure your concerns can be addressed via telemedicine. Thank you as always for your patience and trust!

Drs. Maxey, Chugani, & Ference