



# RPC Winter Newsletter

## Holiday Hours

Dec. 24<sup>th</sup> - 8:30am until last sick patient seen  
 Dec. 25<sup>th</sup> - Closed  
 Dec. 26<sup>th</sup> - normal Saturday hours  
 Dec. 31<sup>st</sup> - 8:30am until last sick patient seen  
 Jan. 1<sup>st</sup> - Closed  
 Jan. 2<sup>nd</sup> - normal Saturday hours



Do you have new insurance this year?

If so, please make sure we have an updated copy on file so that we can properly file your child's visit.



It's not too late!  
 Ask us today about getting a flu vaccine!



## Is it Flu or is it COVID-19?

COVID-19 and influenza can cause similar symptoms. Influenza symptoms show up 1-4 days after you are exposed to a sick person. COVID-19 symptoms appear 2-14 days after being exposed.

### Common symptoms of BOTH influenza and COVID-19

- Fever/chills
- Cough
- Shortness of breath, difficulty breathing
- Extreme tiredness
- Muscle or body aches
- Headache
- Stuffy, runny nose
- Vomiting and diarrhea

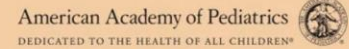
### Symptom more common in COVID-19: Loss of taste or smell

#### If your child is sick:

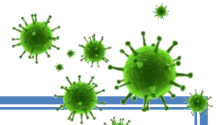
- Children with symptoms should stay home from school or child care.

- If your child has been exposed to COVID-19, or you are concerned about your child's symptoms, call your pediatrician immediately.

- Everyone 6 months old and up should get the flu vaccine every year to stay healthy and #FightFlu!



## What you need to know about COVID Exposure and Quarantine



**COVID-19: Did you know?:** True exposure to COVID-19 means a person spent more than 15 minutes over a 24 hour period within 6 feet of an infected person with or without a mask. If your child has had true exposure, please call our office for guidance as COVID recommendations are constantly changing.

**COVID-19: Have you heard?:** Although the CDC still recommends a 14 day quarantine period for COVID exposed people WITHOUT symptoms, the CDC has presented two new quarantine options. These new options are available to help increase compliance with quarantining in order to help decrease the spread of the virus.

**Option 1:** an exposed person WITHOUT symptoms may quarantine for only 10 days after the last known exposure, instead of 14 days. With this option, there is still a 1-10% transmission rate, and the exposed person must wear a mask in public until 14 days after exposure, be diligent with hand washing, and practice social distancing.

**Option 2:** an exposed person WITHOUT symptoms who has a negative COVID PCR test at least 5 days or more after exposure may shorten their quarantine to 7 days, instead of 14. With this option, there is still a 5-12% transmission rate, and the exposed person must wear a mask in public until 14 days after exposure, be diligent with hand washing, and practice social distancing.

If an exposed person develops any symptoms at any time during the quarantine period, they should call the office to discuss possible changes to the above plan.

Currently at RPC we are seeing 10-11% positivity rate for COVID testing. This is a dramatic increase from 5% and parallels what is being reported in the community. Given the increase of COVID-19 in the community, quarantining for 14 days is likely best for most.

RPC is at the forefront of patient health and safety. We have taken extra steps during this pandemic to ensure your visit with us is pleasant, safe, and stress-free.