



MONTHLY BUILDING BLOCKS

AUGUST 2021

FOCUS:
Long Haul Covid In Children
Baby Carriers

ANNOUNCEMENTS

- Covid testing for patients and their legal guardians are available
- Monthly raffle just for completing your CHADIS prior to each well visit

POST-ACUTE SEQUELAE SARS- CoV-2 INFECTION

- The Facts
 - We need to gather more information but based on 1 study it is suggestive that children can have these symptoms for 5 weeks to 6 months but still largely unknown
 - People who had mild or no symptoms of COVID-19. The symptoms they experienced

during the acute infection may not go away, it can start after a person is feeling better, or, if they were asymptomatic, they may experience them weeks later.

- Symptoms
 - Fatigue, Difficulty thinking or concentrating, cough, trouble breathing, joint/muscle pain, chest pain, depression/anxiety, headache, fever, heart palpitations, loss of smell or taste, lightheaded
- Conclusion
 - There is still more to learn about the long haul covid in children.
 - It has to be considered when children present with the above symptoms and then other diagnosis can be ruled out such as anemia, thyroid disease, vitamin D deficiencies, electrolyte abnormalities

BABY CARRIERS

- Types

- Backpacks, front packs, Slings
 - Sling carriers - neck should be straight and their chin not pressed into their chest, and face visible
 - Regularly check if the baby's mouth and nose are not blocked by fabric or your body and that airflow is not restricted
 - Do not use for premature infants
 - The carrier should support their back and the leg holes are small enough so they don't slip through
 - Sunshade is helpful
 - They should be seated properly before using
 - Be Careful when bending over the pick up something

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*Source - Healthychildren.org
American academy of Pediatrics