Child Health Care during COVID-19

Is it ok to see your pediatrician during covid-19? Yes!

Pediatrician offices are taking extra steps to make sure visits are safe.

Some of the important reasons why you may need to see your pediatrician in the office:

- To stay up-to-date on shots
- To track your child’s growth & vital signs
- To monitor your child’s chronic conditions, like asthma or ADHD
- To treat infections or injuries
- To check on developmental milestones

According to the Family Strengths Survey, 36% of Pittsburgh families are having trouble keeping their children’s medical issues under control during covid-19.

Tips for safely getting health care:

- Ask your pediatrician about “patient portals” and sign up for secure messaging.
- Try out video visits when possible!
- Consider using mail-order pharmacies.
- Try getting a 90-day supply of daily medications.
- Wear a face mask when you are in public spaces.
- Stay 6 feet apart from others!

Find more information at healthychildren.org!