



November 15, 2020

Dear PANS Families –

We hope this letter finds you well, but we know that many PANS families are impacted by the rapidly rising rates of COVID-19 infections in our community.

PANS continues to safely provide care for acute and chronic health problems in addition to comprehensive well care for new and established patients. We are grateful to our staff and our patient families for their attention to keeping our office as safe an environment as possible. In order to decrease the risk of illness transmission and care for all our patients, we have implemented the following policies and clinical care and testing procedures:

- **It is critically important that all patients seeking care accurately report current symptoms and any COVID exposure or pending COVID tests in the household to optimize safety for our staff and other patient families.**
- All current safety procedures will continue including pre-visit screening calls, family notification of arrival before entry to the office, conscientious cleaning and sanitizing of the office and equipment.
- **Patients who are ill and have had a close contact COVID exposure** will be evaluated with telemedicine care and drive-up testing will be facilitated.
- **Patients who are asymptomatic (and their parents in certain cases) who are on home quarantine** for a close contact COVID exposure can receive drive-up antigen testing at our office. [Parents scheduled for testing will need to complete a consent form and provide payment at time of service. Please see our website for more details.]
- **College student patients** should strongly consider observing quarantine from their families on their return home. PANS will offer drive-up antigen testing to be done approximately one week after return. Young adult patients can call the office to schedule these appointments.
- Annual influenza vaccines are still available and can be scheduled by calling the office.

We support public health efforts to reduce the current surge of COVID-19 cases -- especially where these may enable some schools to remain open for in-person education. We encourage you to follow these recommendations:

- **Stay home as much as possible.** Only go out for essential activities, such as school, work, grocery shopping, or visits to the pharmacy. Those who are able to work from home are encouraged to do so.
- **Limit gatherings.** Refrain from attending or hosting gatherings with those who do not live in your household. This includes Thanksgiving celebrations.
- **Limit non-essential travel.** As much as possible, do not engage in any non-essential travel, including vacations or trips to visit relatives or friends.
- **Practice proven preventive measures.** Wear a face covering over your nose and mouth in public settings, maintain a distance of at least six feet from others, and wash hands thoroughly and often.

We all depend on each other for our safety and we appreciate each person's efforts to decrease the spread of COVID.

We are here for you now, as always. Please contact us:

- If you are concerned that a patient has symptoms consistent with COVID or has had a COVID exposure.
- To schedule well care and follow-up appointments.
- To discuss academic or emotional health challenges.

We are committed to helping all our families thrive – even in the midst of adversity.

Sincerely,

Trish Brunner, MD, Shoshana E Waskow, MD, and Bilkis Hirani, MD