



# Central California Pediatrics

March 2020

Specialty information for physicians who treat children and expectant mothers.

## COVID-19: What Healthcare Providers Should Know

We know there are many questions regarding COVID-19 (novel coronavirus). While there is still a lot to learn about this virus, the Centers for Disease Control and Prevention (CDC) has released information healthcare professionals should keep in mind. For the latest updates on COVID-19 for healthcare professionals, visit the Centers for Disease Control and Prevention at [cdc.gov/coronavirus/2019-ncov/hcp](https://www.cdc.gov/coronavirus/2019-ncov/hcp).

### What We Currently Know

The clinical spectrum of COVID-19 ranges from mild disease with non-specific signs and symptoms of acute respiratory illness, to severe pneumonia with respiratory failure and septic shock. There have also been reports of asymptomatic infection with COVID-19.

Clinicians should continue to work with their local health departments to coordinate testing through public health laboratories. In addition, COVID-19 diagnostic testing, authorized by the Food and Drug Administration (FDA) under an Emergency Use Authorization (EUA), is becoming available in clinical laboratories. This additional testing capacity will allow clinicians to consider COVID-19 testing for a wider group of symptomatic patients.

### Valley Children's is Taking Action

In order to keep our patients, family and staff as safe as possible, screening precautions and policy changes have been implemented at Valley Children's Hospital and within our Valley Children's Healthcare network. These policy changes are outlined below:

- At this time, visitors are limited to only one parent, guardian or direct care giver. Other visitors and non-essential vendors will not be allowed in our facilities.
- Anyone who comes into our healthcare facilities is screened with questions regarding current state of health and recent travel history.
- Elective surgeries and appointments have been delayed.
- All hospital-sponsored events have been postponed or cancelled.

For information to help answer questions the community might be asking, Valley Children's has created an online COVID-19 information center with frequently asked questions and links to additional web resources. This information center can be found at [valleychildrens.org/COVID19](https://valleychildrens.org/COVID19). Additionally, Valley Children's has set up a COVID-19 hotline, available from 7 a.m. to 7 p.m.

COVID-19 Hotline:

Toll free number: 888-286-9336

Local number: 559-353-3333

## What Is Known About COVID-19 in Pediatrics

*Published by the CDC, as of March 12, 2020*

During previous outbreaks caused by related zoonotic beta coronaviruses, Severe Acute Respiratory Syndrome (SARS) and Middle Eastern Respiratory Syndrome (MERS), the majority of confirmed cases occurred among adults. During the 2002-2003 SARS epidemic, less than 5% of cases were diagnosed in patients younger than 18. The majority of SARS and MERS-CoV cases in patients younger than 18 were thought to have occurred through household transmission.

Children may play a role in the spread of SARS-CoV-2 in the community. In one report examining 10 infected children in China, SARS-CoV-2 ribonucleic acid (RNA) was detected in respiratory specimens up to 22 days after symptoms began and in stool up to 30 days after symptoms began. A case report of a 6-month-old infant describes detection of SARS-CoV-2 RNA in blood, stool and multiple nasopharyngeal swab samples, even though the infant's only documented manifestation of illness was one recorded temperature of 101.3° F. Viral culture was not performed on specimens in these reports; therefore, it is uncertain whether persistent or asymptomatic RNA detection represented potentially transmissible virus.

Currently, it is unknown if differences in reported incidents of confirmed COVID-19 among children versus adults in China because of a difference in exposures (e.g., children are less likely to care for sick contacts), disease severity, testing or surveillance (e.g., symptoms at presentation differ from case definitions for surveillance or diagnosis).

## Medical Staff News

The following pediatric specialists recently joined Valley Children's:

### Child Advocacy

Chen, Wan-Keung, MD  
Hubbard, Trenton, MD

### Hospitalist

Holmes, Amie, MD

### Pediatric Genetics/ Tele-Genetics

Saronwala, Anirudh, MD