

April Newsletter 2021



Welcome to our Newsletter!

Stony Brook Pediatrics has started our very own newsletter! We will be sharing this with you every month. Each newsletter will be a little different, but for the most part it will contain pertinent articles written by our providers, office updates, and anything new you need to know about! Watch our Facebook page and our website monthly for the newsletter!

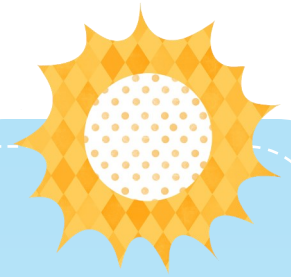
Post COVID-19 Return to Play Protocol

- All school-aged children should have a follow up appointment with their primary care provider following a COVID diagnosis.
- At this appointment, we will check on their recovery and evaluate when they can return to play gym, sports, recess, etc.
- Depending on this screening, your child may have to follow a return-to-play protocol.
- This return-to-play progression will occur over at least 7 days and may be completed at home or at school.
- The child should be watched for any symptoms such as: chest pain, fatigue, shortness of breath, or palpitations (racing heart). If any of these symptoms occur, activity should be stopped and the child should be seen by a provider.
- The main purpose of this return-to-play protocol is to gradually and safely increase your child's physical activity following an illness such as COVID.
- If your school-aged child has had COVID please call one of our offices to set up a follow up appointment once they are released from isolation.
- Please feel free to call with any other questions or concerns you may have.

Office Reminders:

Please remember to call from your car for check in

Please call to schedule your yearly physicals as we are filling up fast!



Are you signed up for the Healow app?

If not, now is the time!

- A secure app that helps you manage what's important – the health of you and your family!
- Receive automatic medication reminders based on the schedule you set up
- Send a refill request to your doctor when you are running low
- Healow contains all of your important health information, including labs, imaging studies and procedures, recent vital signs, allergies, medical problems, immunizations and more.
- Let healow send you automated reminders for upcoming appointments and give you a Visit Summary when you're done! You can view past and future appointments using healow and write notes about those issues that you want to discuss with your doctor.
- App is available in the App Store and on google play

Call our office today to become web enabled!

