

## **COVID: This is new for us all.**

Hello families, we hope you are healthy and safely tucked away in your house.

The rapid changes affecting our lives this week have been like no other. You may be wondering what you can do right now - for you, your child with CAH, your friends and family.

As you have been hearing in the news, **the most important thing you can do is to practice strict social distancing right now.** As much as you can **stay at home** (unless mission critical to go out), the better. **You will save lives by doing so.**

You can go for a walk outside, but please keep your distance from others (6 feet).

\*Try to follow a schedule at home, which you can develop together with your child. Include time for reading/quiet time, school work, socializing (Google Hangouts, FaceTime, Duo, Skype can keep you connected; board games), and exercise (Just Dance 2020 on Switch is awesome! Walk the dog, yoga...). Try cooking together. Laugh and enjoy family time.

\*Try to keep the same bedtime and wake up times. This will help you stay on track for medication dosing!

### **CHLA updates:**

- **CHLA Endocrinology is moving toward "telehealth" visits as of this week, instead of in-person clinic visits.** These are like having a video chat with your doctor on Skype or FaceTime - but your chat would be on an app called "WebEx" (Cisco WebEx Meetings). We hope that telehealth will help keep our patient families and providers healthy at this time.
- Under national guidance, CHLA is currently testing severely affected children (who are going to be hospitalized, for example) for COVID. We

hope that as resources increase -- on the city and national level -- that testing for COVID will increase.

### **Illness and Emergencies:**

- If your child with CAH (or you as a patient with CAH) is sick, you can call your primary care doctor to discuss whether you should be seen. You can page our on-call team with questions about stress-dosing and for advice. Our on-call team is still working 24-7 and taking care of patients on the hospital wards.
- **CHLA Page Operator 323-361-2450 (take a moment right now to program this number in your phone)**. Ask for the endocrinologist on-call. If you are on hold and the doctor cannot get to you, please leave your name and call-back number with the operator. Don't hesitate to call a second time if need be.
- For urgent symptoms, respiratory distress (trouble breathing), or other medical emergency, please go to the ER (and/or call 911).
- Have 4-6 Act-o-Vial emergency injection kits in your possession.
- Currently, for illness that can be "managed at home," you may find pediatricians suggesting to do just that. Stay home and stay isolated.

### **When should I stress dose?**

- You don't need to stress dose if you are not symptomatic or sick. If you start having fevers or other symptoms of cold/flu, then you should stress dose.

### **Is there a Hydrocortisone shortage?**

- There is one manufacturer (Greenstone) that has been short in supply. Other generic manufacturers of hydrocortisone exist (Vensun, and perhaps Impax), however, and you can use those tablets.
- Cortef (brand-name) from Pfizer is fully available as well. However, you would need to have insurance approval for brand-name.

### **Lab tests - do I go?**

- We don't have the best answer to this question right now. If you need lab testing, then be as safe as you can in going to the center.
  - Make an appointment if you are going to a Quest draw station near your house (Questdiagnostics.com). It could cut down the time you are in contact with others.

- Explain that your child or you have an underlying condition (adrenal insufficiency) that places you at high-risk, and ask if you could wait somewhere other than the waiting room (if it is crowded). Ask if they could call you when they are ready.
- Wear a mask if you have one. Use hand sanitizer. Wash your hands for 20 seconds.
- CHLA Main Hospital Lab Draws: Come as early as you can (opens at 6 AM on weekdays and 730 AM on Saturday) to avoid crowds.

### **We are here for you.**

- We know this is a time of concern and uncertainty. You can e-mail our provider teams with non-urgent questions, and we will try our best to respond within 1-3 days.
- CHLA Division of Endocrinology: 323-361-4606 (phone tree for assistants, prescription team, nurses, hotline, *etc.*)
- Keep your eye out for our updates!
- You can follow Dr. Kim on twitter: @drkimkim and our website [cahkids.org](http://cahkids.org) for resources.

Take a deep breath in... and out...  
Stay healthy and safe everyone -

Dr. Kim

Dr. Geffner

CHLA CAH Clinic

[cahkids.org](http://cahkids.org)  
[www.chla.org/CAH](http://www.chla.org/CAH)