



**INFINITY  
PEDIATRICS**

220-5010 Richard Rd SW  
Calgary, AB T3E 6L1

**P:** 403 727 5055

**F:** 403 727 5011

info@infinitypediatrics.ca  
www.infinitypediatrics.ca

Dr. Lauren Redgate  
Dr. Kristin Evashuk  
Dr. Emery Weber  
Dr. Caroline Chee  
Dr. Ernst Hoppenbrouwers  
Dr. Katie Soper  
Dr. Vicky Mah  
Dr. Sergei Reznikov

## Update on COVID-19 & Infection Prevention for Patients of Infinity Pediatrics

The SARS-CoV-2 virus, which causes COVID-19 infection, continues to be in our community. Like other viruses which can change and mutate, there are new “variants” of the virus. The Influenza virus also has “variants” or “mutations”, which is why the influenza vaccine changes every year!

With vaccination, the risk of severe disease (ex. hospitalization) has decreased, with most people having “minor” cold-like symptoms. Children in general, have only had cold-like symptoms as well. However, vaccination is currently not offered to children under age 12, and there are patients who attend Infinity Pediatrics who are at higher risk of severe disease from the SARS-CoV-2 and other viruses. In addition, as restrictions change and we open up more, other viruses will also increase.

While the government of Alberta, has changed testing, isolation and testing requirements, Infinity Pediatrics **continues to have strict Infection Prevention and Control Policies.**

- We continue to require all children >age 3 and adults to wear masks for the durations of their appointment
- We continue to modify appointments if you have ***any cold like symptoms*** when scheduled for an in-person appointment

### ***Current Patients***

If you’d like to book a followup appointment, call our office. Our phone lines are busy but please leave a message and our goal is to return messages within 1-3 business days. Please note that we do not book, change or cancel appointments over email.

All appointments booked will receive a ***COURTESY reminder*** with our up to date COVID screening policies. If you do not receive a reminder please check your spam folder or call our office at 403-727-5055. Before the appointment if someone in the household becomes unwell or you have a COVID-19 contact, please call us and your appointment may be modified (eg. rescheduled OR converted to a phone appointment, **at discretion of your pediatrician**). Due to the nature of our work, including observation and interaction with patients, as well as physical examinations, many of your concerns may not be able to be addressed virtually.

### ***New Patients***

Feel free to phone us to inquire about the status or if you feel you have completed the pre-booking questionnaires. Our phone lines are busy but please leave a message and our goal is to return messages within 1-3 business days. Please note that we do not book, change or cancel appointments over email.



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We are available to talk to and support your family doctor to ensure your child receives appropriate care while waiting to be seen. In the interim, we encourage you to look at our website for information and resources available while you wait to be seen.

Before the first appointment if someone in the household becomes unwell or you have a COVID-19 contact, please call us at 403-727-5055. Your appointment will be modified, and **likely rescheduled**. Due to the nature of our work, including observation and interaction with patients, as well as physical examinations, many of your concerns may not be able to be addressed virtually.

### **Frequently Asked Questions from our Patients**

#### **1. Should I get the vaccine?**

Yes, if you are able to get the vaccine (age 12yr and old), the pediatricians at Infinity Pediatrics encourage you to receive it. If you have questions about the vaccine, feel free to ask your pediatrician. More information is available at:

<https://www.alberta.ca/covid19-vaccine.aspx>

#### **2. When will the vaccine be offered to 11 years old and younger?**

Unfortunately, we do not have inside information on this. Once it has been studied and approved by Health Canada to be safe, information will be released by the government and likely will be shared via media sources

#### **3. My child is feeling very unwell and/or we have come in contact with someone with COVID-19 and I wonder if they have COVID-19, what should we do?**

- **While isolation may not be mandatory, we still recommend that the person immediately self isolate and do not leave your home unless it is an emergency or instructed to by a health care provider**
- Infinity Pediatrics is not doing any assessments or testing for COVID-19; nor are we seeing patients with new infectious symptoms
- If you are having difficulties breathing or lethargy, consider going to the nearest emergency department.

#### **4. My child is feeling a bit unwell, but it seems more like a regular cough or cold, what should we do?**

- Even if you have only mild cough and runny nose, you **should still stay at home**. While this may be one of the many viruses that Calgarians experience in the winter, it is better to be safe! Testing requirements for COVID-19 are changing.
- Infinity Pediatrics is not doing any assessments or testing for COVID-19; nor are we seeing patients with new infectious symptoms
- Check out our handout on Normal Childhood Infections, which provides guidance to manage at home and what needs to be treated by a doctor.



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- At home, you can:
  - Make sure anyone who is unwell drinks lots of fluids
  - Encourage them to eat as much as possible
  - You can use acetaminophen for pain or if fever is making anyone uncomfortable. Call Health 811 if fever is persistent
  - Saline (saltwater) nose drops & sprays, along with humidifiers, can help manage nasal congestion and runny nose

### ***5. Why do I and my child have to wear a mask in clinic?***

There are patients whom attend Infinity Pediatrics whom are at higher risk of severe disease from the SARS-CoV-2 and other viruses. So while, the government of Alberta, has changed testing, isolation and testing requirements, Infinity Pediatrics **continues to have strict Infection Prevention and Control Policies** to allow us to stay at work and care for everyone!

Remember, our masks protect you and your masks protect us!

### ***6. How do I protect myself and my family viruses? How do I help to prevent the spread?***

- Follow all public health measures in place
- Try to not touch your face, even if your mask is on
- Wash your hands with soap and water for 20-30 seconds
  - A good 30 second hand wash is the best way to kill coronavirus, along with all other viruses and bacteria.
- Social Distance
  - Stay at home, even if you are not sick.
  - Only leave the house if necessary, and with limited family members
  - If you must leave, try at least 6 feet or 2m away from other people
  - Don't visit other family members that don't live in your home or friends when they are sick or if you are sick

For other Frequently Asked Questions from our patients, visit:

<http://infinitypediatrics.ca/patients/faq/> or call 403-727-5055 & allow 1-3 business days for use to return your call.

Sincerely,  
Pediatricians at Infinity Pediatrics