



Atlanta Children's Clinical Center, P.C.

March 2, 2024

To the patients and families of ACCC:

With the warmer weather also comes the arrival of **springtime allergies**. If you know that your child suffers from allergies to spring pollens or grasses, please start them on their allergy medications to try and get ahead of symptoms. If you are not sure, please bring your child in or schedule a telemedicine visit to discuss their symptoms. Often, it can be hard to distinguish between allergy symptoms and other infections.

Recently, there was a **measles** outbreak in our neighboring state of Florida in an elementary school as well as a documented case here in metro Atlanta. Measles symptoms include fever, rash, red eyes, and spots in the mouth. Rarely, measles can lead to pneumonia or encephalitis. Measles is highly contagious and infected particles can hang in the air for several hours. If a patient has not been vaccinated, they are highly susceptible with a 90% chance of contracting measles if exposed. The good news is MMR vaccine is extremely effective—those who have received the recommended 2 dose series are 96% protected against infection. MMR vaccine is usually given at age 1 and again at age 4 or 5.

Yesterday, the CDC updated its guidance around **isolation** for Covid-19. The previous guidance was to isolate for 5 days and then continue to wear a mask for another 5 days. The new recommendations are in line with other respiratory illnesses—stay home when you are sick, and you can be around others if your symptoms are improving and have had no fever for at least 24 hours. You should still be cautious around vulnerable people. Here is a link to the new CDC guidelines:

<https://www.cdc.gov/respiratory-viruses/background/index.html#unified>

Prior to this update, Dr. Chugani was quoted in a February 17th article in the Washington Post:

<https://www.washingtonpost.com/health/2024/02/17/cdc-covid-isolation-vulnerable-sick-leave/>

At the office, we continue to update our policies and best practices when it comes to child and teen health and wellness. As many of you are already aware, we screen all children ages 12 and up for **depression** symptoms at their annual visit. We have also started screening teens ages 16 and up for **sexually transmitted diseases** such as gonorrhea and chlamydia. These screenings can be conducted using a urine sample, so no invasive swabs are needed. These health screenings are considered best practices in primary care. Here are 2 letters that we have written to parents about these screening tests:

https://www.atlchildrens.com/storage/app/media/std_screening.pdf

<https://my.officite.com/0075267/storage/app/media/depression-screening.pdf>

As always, we are here to help keep your children healthy and treat them appropriately when they are not. Please let us know if you have any questions or concerns.

Drs. Maxey, Chugani, & Ference