

Love in the Time of COVID-19

Take Care to Keep Yourself & Your Family Safe

Source: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>



Clean your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, **use a hand sanitizer that contains at least**

60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

Avoid close contact with people who are sick.

Put **distance between yourself and other** people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.



Take Steps to Protect Others

Stay home if you're sick

Stay home if you are sick, except to get medical care. Cover coughs and sneezes.

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.



Throw used tissues in the trash.

Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example,

because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.



If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include: Diluting your household bleach.

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water, OR
- 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Alcohol solutions. Ensure solution has at least 70% alcohol.

As of April 1, 2020, RFHC will take over operations of the Mayview Community Health Clinic. Each of Mayview's three sites—in Palo Alto, Sunnyvale, & Mountain View—will become a member of the Ravenswood Family Health Network. Together, the four clinic sites will create a more unified primary care service area covering San Mateo and Santa Clara Counties. Welcome Mayview!

Ravenswood Early Literacy Programs

by Reshma Thadani, MD, MPH



Early vocabulary development is so important in develop your child's reading skills and later school success. Studies have documented that children from the lowest income families hear 30 million fewer words by the time they are 4 years old when compared to higher income children. This gap is evident in children as young as 18 to 24 months of age.

San Mateo County ranks among the top 1% of affluent counties nationally, and yet 50% of our third-grade children are not reading at grade level. This number increases to 73% for kids who live in poverty.

Importance of Preschool. Attending preschool exposes children to a vocabulary-rich environment. But there are not enough preschools in East Palo Alto, East Menlo Park and the Fair Oaks neighborhood of Redwood

City. In response, our Pediatric Department has developed or partnered with programs aimed at creating an exciting world of words, music, and song for our youngest patients.

Reach Out and Read. For over a decade, the RFHC Pediatric Department has participated in the Reach Out and Read Program, in which a book is given to each child ages birth until 5 years at the time of the well-child check.

Talk, Read, Sing. Starting in 2016, we have been participating in Talk, Read, Sing: at the 9-month and 18-month well-child checks, we give out branded material such as T-shirts, bilingual CDs, tote bags and books to promote early literacy skills.



Little Libraries Program. Through generous



donations of gently used books, our waiting rooms are filled with books. You'll see a bookshelf in each pod where children are encouraged to take books home.

LENA Start. Since 2016, our Pediatric Department has partnered with the San Mateo County Library to create LENA (Language

Environment Analysis) Start groups. Lasting for 10 weeks, the sessions are conducted in English and Spanish, with each group accommodating 10-15 families with children between the ages of 0-33 months. Parents are given information on how to promote talking, reading and singing with their young kids. The children wear a LENA recorder for one full day each week, and the Library staff analyzes the audio recording for the number of minutes the child is exposed to an adult talking with them, the number of conversation-turns in the day, and the number of electronic minutes heard.

Kinder Ready. In 2019, our Pediatric Department embarked on yet another initiative for improving our young patients' school readiness skills. Kinder Ready families with children ages 3-5 receive texts three times a week for 9 months. These texts encourage parents and caregivers to talk, read, and sing to their kids. School readiness coach Jisselle Tercero will meet with affected families to conduct a school readiness assessment and provide advice and information.

We continually strive to create fun and meaningful ways to engage our youngest patients to learn and use words to communicate and ultimately succeed in school. And oh, we look forward to all the places our kids will go!



Our Kinder Ready Team:

Top L to R:

Dr. Reshma Thadani;
Sandra Nova, RN;
Araceli Magana;
Tokanga Kailahi;

Bottom L to R:

Jennifer Alvarado;
Javier Aguayo;
Caroline Hayse; &
Jisselle Tercero.



Ravenswood Family Health Center

1885 Bay Road
East Palo Alto, CA
93303

650 330-7400

www.ravenswoodfhc.org