

Helping Our Children Navigate The Covid-19 Pandemic

The world around us has changed completely and things are drastically different than they were even just a few months ago. With the announcement of virtual school for the remaining academic year and families being asked to stay in their homes for an extended period of time this can be a nerve wracking experience for children and students.

Our Compassionate Pediatric Team Recommends:

Maintaining a routine.

Children thrive on routine. It may be modified from the usual day to day, but providing a sense of structure will help your little ones know what to expect, reduce tantrums and frustrations for the entire family.

Have open conversations about their feelings.

That same sense of uncertainty that you may be feeling is likely happening to your children. All of a sudden they stopped going to school, birthday parties and events have been cancelled and regular outings are limited. Ease their anxiety by helping them express their feelings.

Limit news exposure.

This is a good rule of thumb for children and adults. We encourage you to stay informed, but there is evidence that chronic news exposure can be linked to feeling of anxiety and fear.

While Premier Community HealthCare clinics remain open for services, we have also expanded our telehealth access for pediatric patients. We have a team of providers ready to assist with rashes, colds, medication refills, flu concerns, weight loss and behavioral health concerns. We have our triage nurses to help you determine what is best for you and your family.



TELEHEALTH



Now Available

www.PremierHC.org | 352.518.2000

FAMILY MEDICINE • PEDIATRICS • BEHAVIORAL HEALTH



Your COVID-19 Resource Hub

As your patient-centered medical home we take great pride and responsibility in keeping you informed of the latest Center for Disease Control and Prevention and Florida Department of Health advisories and recommendation.

Stay in the know by visiting www.premierhc.org/covid19 for frequent updates regarding the global pandemic, resources and our services.

Community Services

The Premier Community Services Team is available to assist you and your family during this pandemic. Assistance is at no cost to our patients and includes: insurance eligibility verification, food stamps, cash assistance, unemployment benefits and more.

Contact Community Services Representative **Emma Calcano** at **352-518-2000 ext. 5018** or emcalcano@hcnetwork.org for more information. ***Remember, we are in this together.***



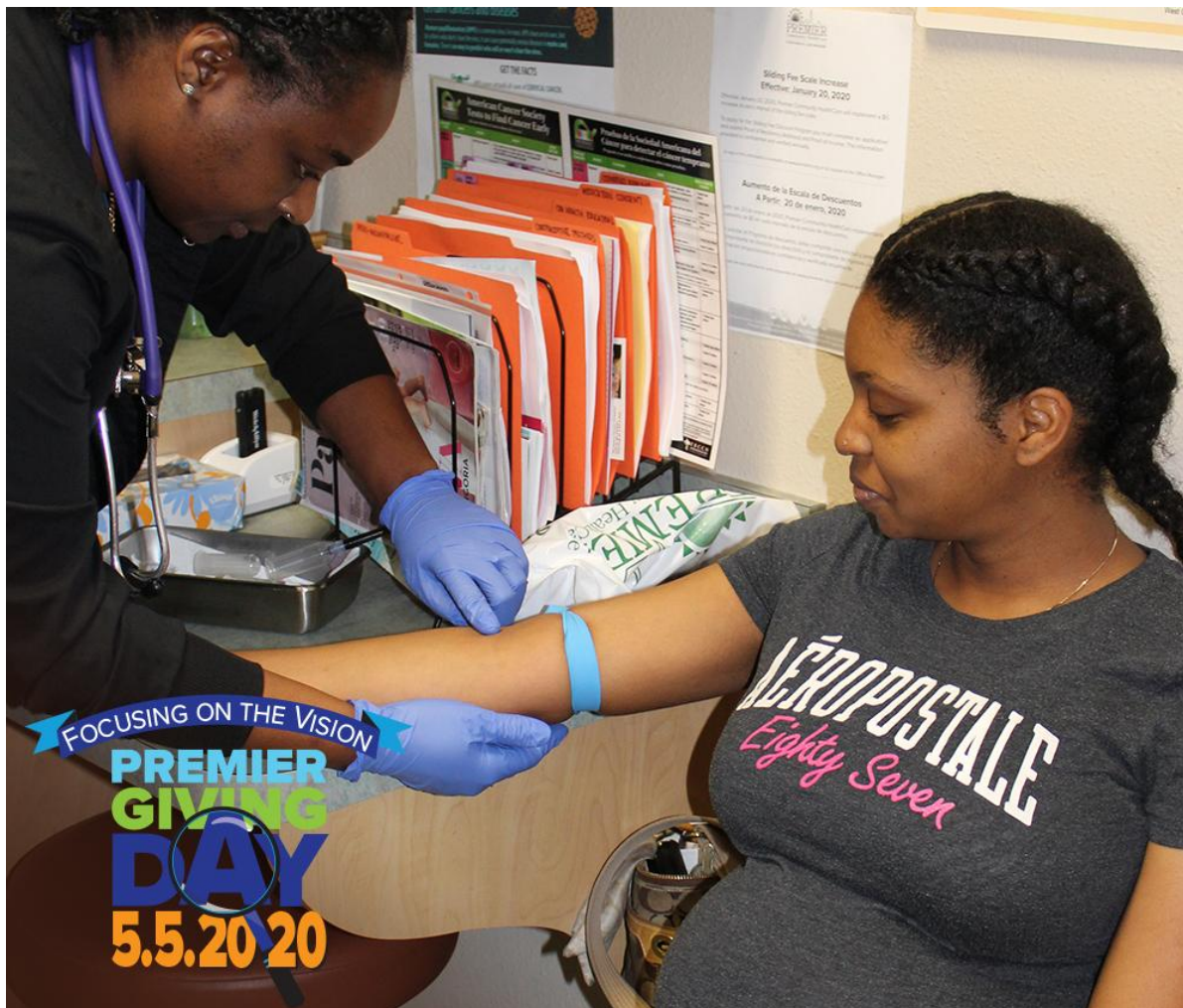
Noteworthy News

- [HHS Awards 1.4 Million to Premier](#)
- [CARES Act Provides Lifeline for Pasco/Hernando Safety Net](#)
- [Telehealth Launch](#)

How You Can Help

Now more than ever Premier needs your help to reduce barriers to care for those in greatest need. Due to COVID-19, the number of those without income or benefits is steadily increasing, and there is an urgent demand for affordable healthcare services. Premier needs your support to continue accessible care for everyone. Your donation of \$1 or more goes directly toward patient care and making a difference.

Join your community, partners and friends and consider a meaningful gift that can change a life today. Click [HERE](#) to give.





HELP US PROTECT OUR COMMUNITY
BY DONATING FACE COVERINGS.

MASK DONATION DRIVE

In addition to frequent hand washing and social distancing, the Centers for Disease Control and Prevention (CDC) recommends the use of a cloth face covering in public places.

HELP PREVENT THE SPREAD OF COVID-19 IN OUR COMMUNITY

Donations for face coverings such as new/packaged N95 masks, hand-made cloth masks, and bandanas are needed for community health center patients of Pasco and Hernando Counties. Premier will distribute donated masks along with hygiene resources to patients to help reduce the spread of COVID-19.

Any quantity is accepted. Donations can be delivered to any Premier location during normal business hours. *In-kind donations will be acknowledged.*

Questions? Contact Resource Development Specialist, Lisa DeMello at ljdemello@hcnetwork.org or 352-518-2000 ext. 9032



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Premier Community HealthCare, 37912 Church Avenue, Dade City, FL 33525

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