

# Coping with COVID resources

- Managing COVID-19 Symptoms and Exposure in Schools: <https://www.childrenscolorado.org/4a1be5/globalassets/community/managing-covid-19-symptoms-and-exposure-in-schools.pdf>
- Q&A: Back-to-School Safety During the Coronavirus: <https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/back-to-school-coronavirus-FAQ/>
- COVID Vaccine Tracker: <https://www.nytimes.com/interactive/2020/science/coronavirus-vaccine-tracker.html>
- Vaccine Testing and Approval Process: <https://www.cdc.gov/vaccines/basics/test-approve.html>
- CDC recommendations of minimizing risk when going out: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html>
- Mayo clinic recommendations on safe outdoor activities: <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/safe-activities-during-covid19/art-20489385>
- <https://www.nytimes.com/2020/07/29/parenting/schools-reopening-parents-decision-kids.html>
- <https://emilyoster.substack.com/p/grandparents-and-day-care>
- The idea of "hot spots" is a bit arbitrary since there is community spread all over the country and really the act of traveling anywhere (particularly via airplane) can increase your risk to catch the virus. The CDC has a nice COVID travel page (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>) that probably has the most up to date and reliable information. There is a link on that page to a "COVID data tracker" (<https://www.cdc.gov/covid-data-tracker/index.html#cases>) that includes a map with "Cases in the last 7 days" that may give an indication where viral spread is most active across the country.
- <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

In general, I would say that PCR testing is more reliable than antigen testing. The blood antibody testing is still not generally recommended for most people, particularly for testing for acute illness. Collection method is really important because if a nasal swab is not done correctly there can be invalid or inaccurate results. I send all my pediatric patients to the CHCO mobile testing site for PCR testing. Adult parents can also be tested at CHCO. These tests all require orders from their PCP and require a scheduled appointment. CHCO has a 24-hour turn around for results. I am not sure about the availability and reliability of adult testing sites.

- Colorado Department of Health  
<https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6> <https://covid19.colorado.gov/are-you-sick/testing-for-covid-19>
- Johns Hopkins  
<https://coronavirus.jhu.edu/data>