

Your Child's Doctor Can Help You During COVID-19—You're Not Alone!

Call your doctor's office to...

- Stay on schedule with childhood **vaccines**. If vaccines are delayed, we could face an outbreak of preventable diseases, like measles.
- Get help with your **child or teen's behavior** or **mood changes**.
- Help identify **resources** for food, housing, and other needs.
- Ask questions about **eating, sleep, peeing, or pooping**.
- Figure out if your child needs an **appointment**.

Clinics have made changes to keep you safe:

- Visits by phone or video
- Separate entrance or dedicated rooms for well-child visits
- Deep cleaning between patients
- Little or no time in waiting rooms
- Fewer people in the clinic
- "Drive through" options



Call your child's clinic to make an appointment. If you need help finding a doctor or clinic, call the Help Me Grow Washington Hotline at 1-800-322-2588