



## Families with Vaccinated and Unvaccinated Members

### What You Need to Know

- If you've been vaccinated against COVID-19, you've taken the first step toward protecting yourself and your family and returning to activities you did before the pandemic.
- Some family members may still need to take steps to protect themselves against COVID-19, such as children too young to get vaccinated or people with weakened immune systems.

### How can I protect my unvaccinated child?

These are the best ways to protect your child, or a child you care for, who cannot get vaccinated yet:

- Get vaccinated yourself. COVID-19 vaccines reduce the risk of people getting and spreading COVID-19.
- If your child is 2 years and older, make sure that your child wears a mask in public settings and takes other actions to protect themselves. To set an example, you also might choose to wear a mask.
- If your child is younger than 2 years or cannot wear a mask, limit visits with people who are not vaccinated or whose vaccination status is unknown and keep distance between your child and other people in public.

### How do I protect a family member with a weakened immune system?

- Get vaccinated yourself. COVID-19 vaccines reduce the risk of people getting and spreading COVID-19.
- People who have a condition or are taking medications that weaken their immune system

may NOT be protected even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask, until advised otherwise by their healthcare provider.

### My family members aren't vaccinated. How do I protect them?

- Get vaccinated yourself. COVID-19 vaccines reduce the risk of people getting and spreading COVID-19.
- Any family member who is not fully vaccinated should keep taking steps to protect themselves and others, like wearing a well-fitted mask and staying 6 feet from others in public.

### Are some activities safer than others?

- If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.
- In general, you do not need to wear a mask in outdoor settings. In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.
- People who have a condition or are taking medications that weaken their immune system may NOT be protected even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask, until advised otherwise by their healthcare provider.

Information provided by: [www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

## News & Events

### • Facebook Live Event

We are going live on our VIVA Facebook on Friday 8/6/2021 for our drawings for iPads and Air Pod Pro ear buds. All those who attended our Trach Vent trainings were entered.

### • VIVA 2022 Calendar Nominations

We are preparing for the photo shoots for the VIVA 2022 calendar! Families or Nurses please contact [hr@vivaped.com](mailto:hr@vivaped.com) to nominate a child to be featured!

### • Tax Free Weekend!

Friday, August 6 - Sunday, August 8  
For a list of qualifying items visit: <https://comptroller.texas.gov/taxes/publications/98-490/>

### • The Contemporary Austin - Second Saturdays are for families: ICE PAINTING

11A-3P, Aug 14, 2021  
3809 W 35th St, Austin, TX 78703  
Free Event

Beat the heat with this cool ice workshop! Experiment with color mixing using dye and ice cubes, then watch a professional ice sculptor create a one-of-a-kind frozen work of art before your eyes.

This is an in-person event (indoors + outdoors). Reserve a socially-distanced art making table! One family per table seating up to six people. Table availability is limited. For more information visit: <https://thecontemporaryaustin.org/event/second-saturdays-are-for-families-ice-painting-3/>

## Resources

### • **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: [www.vivaped.com/resources](http://www.vivaped.com/resources)

For current events visit us on Facebook. [www.facebook.com/VIVAPeds](http://www.facebook.com/VIVAPeds)

### • **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! [www.carestarter.co/connectionsapp](http://www.carestarter.co/connectionsapp)



### • **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the necessary supplies & equipment, education, and support they need. While most supplies are covered by insurance, some are not, or not enough supplies are provided. If you have a need for medical supplies or have supplies to donate, please visit their website at [www.theparkerleeproject.org](http://www.theparkerleeproject.org)

### • **Texas Star Kids**

The Texas' Star Kids mandate threatens the lives of our weakest and most vulnerable little citizens. Join us in standing up for those who have no voice. Click this link to sign up: [www.facebook.com/ProtectTXFragileKids](http://www.facebook.com/ProtectTXFragileKids)  
For more info visit: [www.protecttxfragilekids.org](http://www.protecttxfragilekids.org)

### • **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. [www.dfwchild.com/thrive/directory](http://www.dfwchild.com/thrive/directory)

### • **Recognize a VIVA Star**

Viva Pediatrics has an Employee Rewards and Recognition Program to thank and recognize employees that go "above and beyond". Both employees and patient families are welcome to recognize a VIVA employee! Call one of our offices and let us know if a VIVA employee has gone above and beyond!



## Get Healthy with Giggles

### Back to School during a Pandemic

Back to school means scrambling to coordinate schedules, rides, and bus routes. We purchase clothes, shoes, and supplies, preparing for the return to school, but this year it means so much more than that. Many kids have had extended amounts of distance learning. Some 1st graders will go to in person school for the very first time, or for the first time in over a year for others. Back to school has always caused feelings of anxiety and excitement, but these days, those feelings could be much stronger. With uncertainty of what the future holds for our children with Covid 19 variants, it's difficult to know what to do. From masks, to vaccines, there seem to be more questions than answers. So what's a parent to do? Talk with your child about how school will look different (e.g., desks spaced apart, teachers maintaining physical distance, etc). Once school is in session, speak with your child about how school is going and about interactions with classmates and teachers. Find out how they're feeling and communicate that what they are feeling is normal, but anticipate behavior changes. Parents should expect interruptions to in-person school when Covid cases surge. Studies have shown that risk to students increases as community transmission rates rise and when schools relax Covid restrictions. Fortunately, schools haven't been a major cause of Covid spreading, particularly when prevention measures are in place. Although parents are questioning whether they can safely send their kids back to school, public health experts say that, in most cases, risks associated with keeping kids home appears to be higher than the risk of complications from Covid-19 in young people.

- Kristine Dodge

## Food for Thought



### Gluten Free Baked Mac and Cheese Cups

#### Ingredients

- 1 cup Gluten-Free Macaroni, dry
- 1 large egg
- 3/4 cup 1% milk
- 2 cups shredded cheddar cheese

#### Directions

- In a medium pot over medium high heat, cook macaroni in boiling, salted water for 5 minutes or just until al dente (don't overcook!). Drain and set aside.

- Preheat oven to 375 degrees F and lightly grease 8 muffin cups (or use a silicone muffin pan, no greasing needed).

- In a large bowl, whisk together egg and milk. Stir in cooked macaroni and shredded cheese.

- Divide evenly between 8 muffin cups and bake for 20-22 minutes, until golden brown on top and completely set.

- Let sit for 5-10 minutes before running a knife carefully around the edge of the cup and removing. Serve.

[www.thereciper rebel.com](http://www.thereciper rebel.com)

## Why did the teacher wear sunglasses to school?



Because her students were so bright.



Just for Giggles!