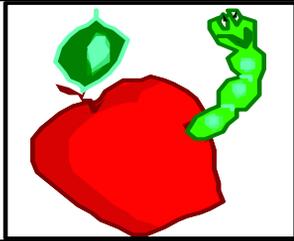


Health Beat

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COVID-19: Things to Know and Do

End of Year To Do List

Here are some COVID-19 (Coronavirus) things for you to know and do:

- Due to COVID's ability to rapidly spread, Ohio is under a **stay at home statewide order**. You should only go to essential places (such as the grocery store/ get food, necessary MD appts) or outside for exercise staying at least 6 feet apart.
- **Physical distancing**- again stay 6 feet apart and do not gather in groups. Per the Health Departments request, do not allow your kids to go play with your neighbors- we know this is easier said than done! Stay in your immediate household circle.
- Model and reinforce **proper handwashing** for at least 20 seconds. Wash them often!
- **Stay away from the T-zone** (eyes, nose, mouth)
- Some people with COVID-19 do not have symptoms so take precautions like all people have it. It is **spread by respiratory droplets**.
- **Wear a face mask** (cloth ones are great!) in public if possible. It does not block viruses, but does prevent those with COVID-19 from passing it along to others. You still need to physical distance!!
- **Cough or sneeze into your elbow/sleeve**. If you use a tissue, throw it away immediately and wash your hands.
- Older adults and those with chronic medical conditions are at higher risk for serious illness, but anyone (even young people) can get COVID-19 which can be mild to severe.
- People of **all races, ethnicities, backgrounds, all ages and genders** can get COVID-19
- **Clean high touch areas often** (doorknobs, counter tops, etc).

As we wind down the year, here's a few reminders from the health services:

- If your child is on a health plan of any kind, you should have received a copy of your child's plan. Please review them ASAP and send back to your child's building-so IMPORTANT!
- If your child has **medication of any kind at school**, make sure to **pick these up by the last day of school** otherwise they will be disposed of. Look for reminders in May.
- Over the summer, check in with your child's doctor (better yet, get a physical if able to!) and find out what immunizations they may need. Many middle and high school students need vaccinations also. The **Tdap and Meningococcal vaccines** are both required for students **entering 7th grade**. The **meningococcal vaccine** is due for students **entering 12th grade**. Provide documentation of immunizations to the health clinics by mail, scan/ email or text (200-2914) as soon as you get it. Call 200-2914 if need assistance.

COVID-19 Medical Care

When to get help and who to call:

- There are a wide range of symptoms including fever, cough and harder to breath (typical for COVID), but you can have GI ones (vomiting, diarrhea, etc) along with such things as pink eye. Call your medical provider and seek advise for next steps.
- If you do not have a medical provider, call your local county health department or Ohio Department of Health (ODH) at 1-833-427-5634
- If you develop early emergency warning signs such as shortness of breath/ difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face- seek prompt, immediate medical attention/ call 911.

Important Numbers!!

- At the local level if you have a need, call the Loveland Community Resources one call # at **513-781-6345 7a-10p** if you have a need.
- At the state level, call **1-833-427-5634** for questions on COVID-19 every day 9am-8pm