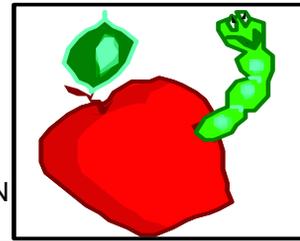


HEALTHBEAT

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LEAAD

“The Bundle”

LEAAD (Loveland Educating Against Alcohol and Drugs) is carrying on to continue our mission of education and prevention. Here is some information to keep you in the loop:

- We really need community members and parents to make this committee truly a community committee like it should be- we need your voices and enthusiasm! Call 677-7973
- October 26-30 is **Red Ribbon Week** is where we help amplify the campaign’s mission to encourage children, families, and communities to live healthy, happy and drug-free lives. It also serves as a reminder that we are all empowered to shape the communities around us through positivity, bravery and strength. Watch for more information on this as we get closer to the dates.
- Remember to **Start Talking** with our youth so their stripes remain bright. Check out the website <https://starttalking.ohio.gov/>
- The theme this year is **Be Happy. Be Safe. Be Brave**. Check out the festivities each day that week and encourage your child to participate to show their support. Together we can make a difference!
- Support a drug-free life by lighting up houses, buildings, landmarks, businesses & bridges in **RED**

As we move to full capacity, “The Bundle” needs to be our mantra done well. All of us **MUST** be committed to do these things consistently at home and school:

“The Bundle”

1. **Social distancing-** 3ft is some protection, 6 ft is twice as much and prevents quarantining when contact tracing
2. **Masking-** universal masking is key: everyone, all day, every day
3. **Hand hygiene-** wash your hands for 20 seconds or use a hand sanitizer that’s at least 60% alcohol
4. **Cleaning-** use your routine cleaners as you usually do, but increase frequency of high touch areas if concerns of an exposure or positive case

#Tigers Together

Health Resources, etc.

- There are many resources on this website: <https://sites.google.com/lovelandschools.org/lovelandcommunityresources/home?scrlbrkr=75805484>
- If you need a primary care health provider, go to : <https://www.healthsourceofohio.org/> Having a Health Home is so important!
- **Uninsured?** Learn and understand your health care options including Marketplace Insurance and Medicaid. Call 513-707-9901 and there is a live person who can walk you through what you need to do.
- **Life Pantry-** new location (Shopper’s Haven Shopping Center), new hours!! Visit their website at <https://lifefoodpantry.org/> ****Very important:** You have to until October 31 to sign up for a Thanksgiving meal, holiday basket and Giving Shop (much reduced presents for the family). Call 513-583-8222.

Testing Resources

We’ve had questions on COVID testing so we wanted to give you some resources. Here they are:

- **CincyKids Health Connect App-** download the app through your app store (free), set up your account, and connect with a pediatric expert if you do not a physician or cannot get into yours (free)
- **Test and Protect-** check out this website for pop up sites as well as scheduled weekly testing sites: <https://healthcollab.org/testandprotect/> They accept insurance and no insurance- results in 24-48 hours.
- **Health Source of Ohio-** <https://www.healthsourceofohio.org/coronavirus-updates>