



April/May 2020

## Happy Spring!

Wow! What a crazy time it has been this past month (or so)! With the announcement that students will not be returning to school in May please remember we are still available to help with medical questions or possibly with needs a student may have.

With Spring upon us we will see more seasonal allergy symptoms showing up. To be sure it's just allergies and nothing more here is a link to a great chart from the Allergy and Asthma Network <https://www.allergyasthmanetwork.org/coronavirus-what-you-need-know/>. Scroll down the homepage about half way and you can click on the chart that shows you the difference between Allergy Symptoms vs COVID-19 vs The Flu.

Washington County School District has created a website with helpful resources for families during this time at home, <https://www.washk12wellness.org/covid-19-resources.html>. If your family is in need of local community resources please contact us or you can call 211 or go to <https://211utah.org/>.

We know that there are multiple resources available to keep you updated on the current pandemic, please be sure to use reliable resources when gathering information. Please follow public health advice to help ensure you and your family stay healthy and safe.

We look forward to seeing our students in August and have included a Back to School checklist for that time at the end of this newsletter! We hope everyone stays healthy!



Please remember to pick up any medications your student had at school. Please contact the school or your school nurse to coordinate a time to pick these up.

Thank You!

# Talking to your Children about COVID19 (Coronavirus)

By now, your children have heard about Coronavirus or COVID19. There may be a lot of fear or anxiety for them surrounding this illness and the happenings going on around them. Our children need us during this time for reassurance and to feel safe. It is important we use facts that are short and simple to understand to explain to them about this new respiratory (lung) virus illness. Teach them that this is a very contagious disease, the severity differs from person to person, and that there are actions we can take to prevent the spread of infection. Children respond and react to adults' anxiety which can cause their anxiety to rise. Here are some specific guidelines we can utilize in teaching our children about COVID19, prevention measures, and things to help stay mentally and physically healthy.

- **Remain calm and reassuring**
  - **Remind them there are so many people helping each other.**
  - **Allow children to discuss their feelings.**
- **Make yourself available**
  - **Children may need extra attention from you to talk and feel safe.**
  - **Let them know you love them.**
- **Monitor television viewing and social media**
  - **Limit TV viewing/social media for information. Inform them it may be inaccurate.**
  - **Engage your children in games or other activities.**
- **Maintain a normal routine to the extent possible**
  - **Encourage your children to keep up with their school work and physical activities.**
  - **Try to keep to a regular schedule. This is reassuring to children.**
- **Be honest and accurate**
  - **Children are imaginative and take bits of information to make their reality.**
  - **For factual information, check with your healthcare provider or follow <https://cdc.gov>**
- **Know the symptoms of COVID19**
  - **Educate children that the symptoms of COVID19 are: Fever, Cough, Shortness of Breath.**
  - **Educate them that you can be contagious without having symptoms and that is why social distancing is important.**
- **Review and model basic hygiene and healthy lifestyle practices for protection**
  - **Encourage your child to practice every day good hygiene—simple steps to prevent spread of illness:**
    - 1- **Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds).**
    - 2- **Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow.**
    - 3- **Do not share food or drinks.**
    - 4- **Practice giving fist or elbow bumps instead of handshakes.**
  - **Encourage your child to eat a balanced diet, get enough sleep, and exercise.**

Keep the loop of communication open with your schools. They will guide you and your family on safe practices come time to return to school after the school dismissal. They will set standards on what is appropriate or not in sending a child to school if sick. Talk to your school nurse, school psychologist, school counselor if your child is having difficulties as a result of anxiety or stress related to COVID-19. They can give guidance and support to your child at school or while home. Remember above all else, you know your child best! You can direct how much information is discussed with them. Right now, they need your love and attention more than ever.



## For All Parents/Caregivers

- Make sure required and recommended immunizations are up-to-date including an annual flu vaccine.
- Review hygiene tips to prevent the spread of infections.
- Establish a bedtime and wake-up time to ensure adequate and consistent sleep.
- Develop a routine for homework and after-school activities.
- Eat breakfast each day at home or at school.
- Help make appropriate clothing choices, e.g., wear comfortable and safe shoes.
- Keep an open line of communication with your child to ensure that he/she remains safe at school. If a concern arises, e.g., bullying, contact the appropriate school officials immediately.
- Get involved! Sign up for the parent organization (PTA/PTO), school Wellness Committee, and mark events such as back-to-school night and parent/teacher meetings on your calendar.
- Ask about the school or district's wellness policy, e.g., how are nutrition, activity, stress and/or mental health concerns addressed?
- Know the specialized instructional support personnel available to your child including the school nurse and school counselor.
- Know your school's policy regarding when to keep a sick child home and make arrangements for sick child care.

## If Your Student Has a Health Concern

- Make your child's health concern known to the school and school nurse.
- Bring current, signed healthcare provider orders for treatments and all medications to be given at school. Bring the medical supplies and medication in the original container.
- Together with the school nurse and other appropriate school officials, develop an individualized healthcare plan or other educational plan as needed, e.g., 504 and IEP.
- Give permission for the school nurse to communicate with your family's healthcare provider.
- Provide parent/caregiver contact information and update the school with any changes.
- Ask if non-nurses will be providing care and how these authorized individuals will be supervised, e.g., verify who will administer medication.
- Confirm the school's disaster and/or emergency plan. Make sure your child's medication and/or medical devices, e.g., epinephrine auto-injectors, asthma inhalers, and insulin, will be readily available in an emergency.
- Let the school know how important it is to have a full-time registered school nurse in the building all day, every day.
- Introduce yourself and your child to the school nurse.

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