

RBB HEALTH



WELLNESS WEDNESDAY

September 16, 2020

Dear RBB Parents and Students,

As we slowly transition into in-person instruction for those that have chosen that option, we will focus this Wednesdays Wellness tip on masks. Masks have become part of our new normal, but children do not always understand the reasons for needing to wear a mask while in public. Below is a link to some great tips on how to acclimate your child to wearing a mask.

<https://kidshealth.org/en/parents/coronavirus-masks.html>

Below is the link to a fun read aloud called "Lucy's Mask" Book by Lisa Sirkis Thompson

<https://www.youtube.com/watch?v=7IAcNzTVbTA>



Email: priscilla.gomez@sfd-r-cisd.org
Direct Phone number : (830) 778-4115



The Nurse's Corner



stay 
healthy
helpful
& calm



IMPORTANT

- ⇒ **If your child has been exposed to Covid-19**
- ⇒ **If your child has symptoms of Covid-19**
- ⇒ **If someone in your household has tested positive for Covid-19**
- ⇒ **If you are unsure of your situation related to Covid-19**

Please make sure to keep your child home and contact the School Nurse for further information at

(830) 778-4115

NURSES OFFICE Q & A

Q: WHEN SHOULD I KEEP MY CHILD AT HOME?

A: Your child may need to stay home to prevent the spread of illness if any of the following are present:

fever of 100.0 or greater	impetigo or scabies
earaches or sore throat	unexplained rash (rashes need a doctors note to return to school)
vomiting	severe toothaches
diarrhea	red irritated eyes or yellow "crusty" discharge
open sores on the body (scratches, cuts and bruises not included)	Or if any symptoms of Covid are present. See page 3

Q: WHAT IF MY CHILD MUST TAKE MEDICATION AT SCHOOL?

A: This year is unique due to our current situation with covid and the need for social distancing. When needing to drop off medication please contact the school nurse at **(830) 778-4115** to make an appointment for drop-off.

- * Medication given during school hours will ONLY be administered by the school nurse, a substitute nurse or trained personnel
- * All medication to be given at school MUST be in its original container (prescription or over the counter)
- * All prescription medication MUST have a current pharmacy label for that student with an order from the Doctor (pharmacy label must match the Doctors order)
- * All over-the-counter medication given during school hours MUST be accompanied with a permission note from the parent/legal guardian with a date and time to be given.
- * **SCHOOL PERSONNEL CANNOT GIVE MEDICATIONS FROM MEXICO OR ANY OTHER COUNTRY.**

Q: DOES MY CHILD NEED TO HAVE HIS/HER IMMUNIZATIONS UP TO DATE:

A: In order to remain enrolled, your child must have his/her immunizations up to date, contact the school nurse if you have questions regarding your child's status. <https://www.dshs.texas.gov/immunize/school/default.shtm>

Q: WHO SHOULD BE AWARE THAT MY CHILD HAS A MEDICAL CONDITION?

A: If your child has been diagnosed with a chronic medical condition, please contact the school nurse since you may be asked to provide further documentation from your child's doctor in order to provide the best care possible for your child. If your child has an established medical condition with the school please provide an annual update to the school nurse.

Q: WHAT HEALTH SCREENING WILL BE CONDUCTED ON MY CHILD?

The State of Texas requires that vision, hearing, height, weight, scoliosis and acanthosis nigricans at certain grade levels. You will be notified if a problem is detected. Due to the current Covid-19 pandemic there may be changes to screenings.



COVID-19 SYMPTOM CHECKER!

SYMPTOMS OF CORONAVIRUS (COVID-19)

Know the symptoms of **COVID-19**, which can include the following:



Cough, shortness of breath, or difficulty breathing



Fever or chills



Muscle or body aches



Vomiting or diarrhea



New loss of taste or smell



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

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>



**KEEP YOUR
DISTANCE**

Helping Children Cope With Changes Resulting From COVID-19

STAY CALM, LISTEN, AND OFFER REASSURANCE

- Be a role model. Children will react to and follow your reactions. They learn from your example.
- Demonstrate deep breathing. Deep breathing is a valuable tool for calming the nervous system. Do breathing exercises with your children.
- Focus on the positive. Celebrate having more time to spend as a family. Make it as fun as possible. Do family projects. Organize belongings, create masterpieces. Sing, laugh, and go outside, if possible, to connect with nature and get needed exercise. Allow older children to connect with their friends virtually.
- Create an environment full of love and affection.

MONITOR TELEVISION VIEWING AND SOCIAL MEDIA

- Parents/guardians should monitor television, internet, and social media viewing—both for themselves and their children. Watching continual updates on COVID-19 may increase fear and anxiety.
- Explain to your child that many stories about COVID-19 on the internet may include rumors and inaccurate information. Older children, in particular, may be accessing a great deal of information online and from friends that contains inaccuracies. Talk to your child about factual disease information.
- Engage your child in games or other exciting activities instead of allowing too much time on social media.
- Stay up-to-date on the facts.
Go to <https://www.cdc.gov/coronavirus/2019-ncov/index.html> for additional factual information.

How do I start a conversation with my child about Coronavirus?

1. First, identify how you are feeling. Take a deep breath. How you discuss coronavirus will influence your child's reaction.
2. Inquire about your child's feelings and acknowledge ("I can tell that you are feeling a little scared. Everyone is talking about this illness because it is new, which is a little scary.")
3. Provide facts and reassurance, if necessary ("Very few kids have gotten the coronavirus." "Usually coronavirus in kids is mild." "We are here to support you." "We are doing everything we can to make sure we are safe.")
4. Reinforce what is in your child's control ("You are doing a great job singing ABCs when you wash your hands." "Let's keep talking!")

KEEP EXPLANATIONS AGE-APPROPRIATE - BE HONEST AND ACCURATE

- For early elementary school children, provide brief, simple information that balances COVID-19 facts with appropriate reassurances that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people make every day to stop germs and stay healthy, such as washing hands. Use language such as "adults are working hard to keep you safe."

BUILDING NEW ROUTINES

Keeping a regular schedule provides a sense of control, predictability, calm, and well-being. It also helps children and other family members respect others' need for quiet or uninterrupted time for schoolwork (designated work space area) and when they can connect with friends virtually.

1. Remember: Even if your family is isolated or quarantined, realize this will be temporary.
2. Establish and maintain a daily routine for home-learning and activities during school and work closures. Explore your local library website for digital resources you may check-out online.
3. Help your family engage in fun and meaningful activities consistent with your family and cultural values.
4. Make time to do things at home that have made you and your family feel better in other stressful situations, such as reading, watching movies, listening to music, playing games, or exercising.
5. Keep your family's schedule consistent when it comes to bedtimes, meals, and exercise.



6. Develop a daily chore schedule that includes cleaning high use surfaces and objects, including tables, countertops, light switches, doorknobs, and cabinet handles.
7. Have children participate in distance learning opportunities that may be offered by their schools or other institutions/organizations.
8. Continue having family dinners together where you can maintain an open communication channel.
9. Teach your child about social distancing (staying 6ft away from each other) and the appropriate use of a facial covering/mask.
10. Recognize that feelings such as loneliness, boredom, fear of contracting disease, anxiety, stress, and panic are normal reactions to a stressful situation such as a disease outbreak.

BASIC HYGIENE AND HEALTHY LIFESTYLE PRACTICES

According to the CDC, symptoms of fever, cough, and/or shortness of breath appear within 14 days after being exposed to the disease. For some people, the symptoms are similar to having a cold; for others, they are more severe or even life threatening.

Practice daily good hygiene. Encourage your child to practice these simple steps to prevent spreading the virus.

- Wash your hands multiple times a day for 20 seconds. Singing "Twinkle, Twinkle Little Star" or "Happy Birthday" twice is about 20 seconds.
- Compliment your children when they use a tissue or sneeze or cough into the bend of their elbow. Teach them the importance of throwing away used tissues immediately after sneezing or coughing.
- Remind them not to touch their face or face covering.
- Sadly, handshakes and hugs need to be limited to immediate family members, at least for now. Teach your child about **AIR HUGS!**
- Build the immune system. Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a robust immune system to fight off illness.



Cloth Face Coverings for Children During COVID-19

Here are a few ideas to help make them seem less scary for children:

- Look in the mirror with the face coverings on and talk about them.
- Put a cloth face covering on a favorite stuffed animal.
- Decorate them so they're more personalized and fun.
- Show your child pictures of other children wearing them.
- Draw one on their favorite book character.
- Practice wearing the face covering at home to help your child get used to it.

