

Information from your school nurse on COVID-19:

With the recent news of some cases of COVID-19 being found in Columbia County, I wanted to take some time to reach out to you about some of the feelings and common questions you may be having right now regarding the rapid unfolding of the events in the past few days.

It is normal to:

- Have feelings of anxiety about the drastic changes in routine.
- Be fearful about not knowing what will happen with your job.
- Worry about your family's health.
- Be resentful about being exposed to COVID-19 and having to be in isolation.

These are just a few of the feelings you may be having about the current situation. Just remember there are some steps that you can take to help protect your mental health.

1. If you are not in isolation or being quarantined because you have COVID-19, get some fresh air outside.
2. Plan a routine for your day and a list of tasks to accomplish.
3. Keep in touch with friends and family via phone, webcasts or talking outside using proper social distancing, 6 feet from each other.
4. Talk to your employer about any questions or concerns you have. Then take the next steps as needed.
5. Keep updated on the events in the news with credible information, but limit how much time you spend listening to the news, since it can increase anxiety in both you and your children.
6. Find some fun activities that you can do by yourself or with your family during this time. I know that some of our school counselors are working on some great ideas for the Primary and Elementary age kiddos.
7. Capture any negative thoughts and turn to a positive thought instead. Keep a running list of the positives.

Sometimes even when taking steps in a positive direction people may continue to feel overwhelmed. If you or a loved one experience symptoms of hopelessness, loss of sleep, feeling the need to use drugs or alcohol to cope, have concerns about effectively caring for your children or others in your care for a period of 2 to 4 weeks or more, contact your health care provider or one of the resources listed on this sheet.

How can I prevent myself and my family from getting COVID-19?

There are some of the things that we can all do to prevent the spread of COVID-19 such as:

HELPFUL RESOURCES:

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and Española)

24-Hour Emergency Crisis Hotline

888-552-6642 immediate crisis services for people having thoughts of suicide
Crisis Text line: 741741

SAMHSA's National Helpline/Referral Service

1- 800-662-HELP (4357)
www.samhsa.gov Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Can link the caller to a variety of hotlines that provide treatment referrals 24 hours a day.

- Washing your hands for 20 seconds (singing Happy Birthday or the ABC's twice) with soap and water, or using hand sanitizer if soap and water are not available. Wash your hands after using the bathroom, before eating, and before touching your face, etc.
- Covering your cough or sneeze with a tissue or the crook of your elbow.
- Practice social distancing (keeping a distance of 6 feet between you and another person).
- Staying home if you are sick.
- Stop all non-essential travel.
- Use the phone to call instead of visiting grandparents and other senior citizens. But do reach out to them frequently.

Even if you are careful to do all of these things there is no guarantee that you will not get sick, but you will help slow down the spread of COVID-19 and help protect those who are more vulnerable.

What will happen if I get COVID-19?

The majority of people who do get sick with COVID-19 will get better on their own at home. The symptoms can be very mild like a cold, but may also feel like the flu. Monitor for symptoms of a fever over 100.4 degrees and a cough. Most people will not even need to be tested. Take care of yourself using common sense measures.

- If you have a fever, drink plenty of fluids and rest.
- Stay home, keep yourself in a room or at least 6 feet from others in your household.
- Take fever reducing and cough medications as permitted by your healthcare provider.
- You must stay home until you do not have a fever for 72 hours (without fever reducing medications), **AND** your other symptoms have improved, **AND**, it has been at least 7 days since the symptoms first appeared.
- If symptoms worsen (difficulty breathing, dehydration (tea or dark colored urine), or other more concerning symptoms develop call your health care provider and let them know you may have COVID-19 before going to the clinic.
- Call 911 if you have if you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Let 911 know that you may have COVID-19.
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

- FEVER**
- COUGH**
- SHORTNESS OF BREATH**

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: www.cdc.gov/COVID19-symptoms

- This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.
- [Link to CDC: What to do if you are sick?](#)

What if you or your loved ones have a pre-existing lung condition like asthma, COPD, emphysema, lung cancer, etc or are immunosuppressed?

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

- 1. Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis. 
- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately. 
- 3. Get rest and stay hydrated.** 
- 4. If you have a medical appointment, call the healthcare provider** ahead of time and tell them that you have or may have COVID-19. 
- 5. For medical emergencies, call 911 and notify the dispatch personnel** that you have or may have COVID-19. 
- 6. Cover your cough and sneezes.** 
- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. 
- 8. As much as possible, stay in a specific room and away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask. 
- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding. 
- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions. 



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For more information: www.cdc.gov/COVID19

Call your healthcare provider for guidance for what to do if you do get sick.

What if my child gets COVID-19?

In most cases COVID-19 symptoms are mild in children. If they have a fever, be sure they are getting enough fluids and follow the general guidance for common sense measures above. If your child has any other medical issues or has symptoms of shortness of breath, dehydration or other more severe symptoms call your child's health care provider.

What if I have been in contact with someone with suspected or confirmed COVID-19?

Monitor for symptoms of a fever (temperature of 100.4) and cough for 14 days. Maintain social distancing during this time.

Remember we are the Lodi community, a

community of people who take care of each other. Please feel free to contact me on weekdays from 8:00-4:00 at (608)438-3100 if you have any questions. I will be home with my family too during this time so if I do not answer please leave a message and I will get back to you as soon as I can.

Take care,
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