

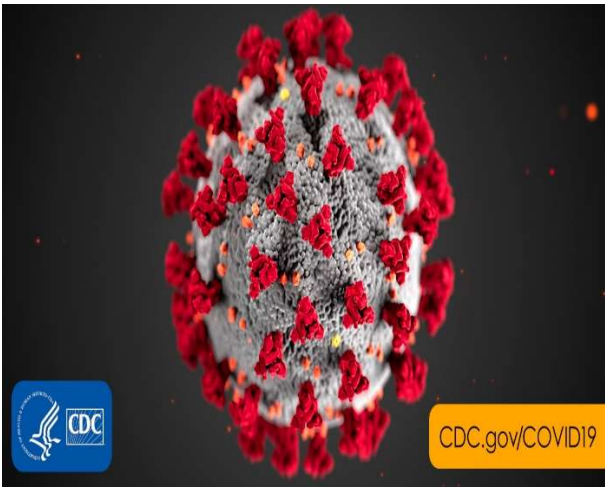
SCHOOL NURSE NEWSLETTER

COVID-19 UPDATES



Helping Children Cope

Even though you may be concerned yourself, it is important to model calmness when talking about the virus. Children will look to you as role models for their behavior.



Source: CDC.GOV

	Reactions 😊	How to Help ❤️
 Preschool	• Fear of being alone, nightmares • Speech difficulties • Loss of bladder/bowel control, constipation, bed-wetting • Change in appetite • Increased temper tantrums, whining, or clinging behaviors • Sleep pattern changes	• Patience and tolerance • Provide reassurance (verbal and physical) • Encourage expression through play, reenactment, storytelling • Allow short-term changes in sleep arrangements • Plan calming, comforting activities before bedtime • Maintain regular family routines • Avoid media exposure • Plan calming, comforting activities before bed time
 School-age (Ages 6-12)	• Irritability, whining, aggressive behavior • Clinging, nightmares • Sleep/appetite disturbance • Physical symptoms (headaches, stomach aches, etc.) • Withdrawal from peers, loss of interest • Competition for parents' attention • Forgetfulness • Increased statements of worry or fear	• Patience, tolerance, and reassurance • Play sessions and staying in touch with friends. • Regular exercise and stretching • Engage in educational activities (workbooks, educational games) • Participate in structured household chores • Set gentle but firm limits • Follow the child's lead and need for information when discussing current outbreak. Encourage child to ask questions. Provide short answers and allow child to ask further questions if necessary. Do not bombard with information. • Encourage expression through play and conversation • Maintain family routines • Limit media exposure, talking about what they have seen/heard including at school • Address any stigma or discrimination occurring and clarify misinformation • Reward positive behaviors often
 Adolescent (13-18)	• Physical symptoms (headaches, rashes, etc.) • Sleep/appetite disturbance • Agitation or decrease in energy • Ignoring health promotion behaviors • Isolating from peers and loved ones • Avoiding/cutting school	• Patience, tolerance, and reassurance • Encourage continuation of routines • Encourage discussion of outbreak experience with peers and family • Stay in touch with friends • Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors • Limit media exposure, talking about what they have seen/heard including at school • Address any stigma or discrimination occurring and clarify misinformation
 Children with special needs	• Reactions will likely be based on the child's developmental level and may include a combination of the symptoms above depending on your child's developmental age. Most, if not all of these symptoms should respond to the strategies above.	• Provide increased access to comforting measures and sensory needs • Offer factual information and short clear answers to questions within child's scope of understanding • Limit preoccupation with becoming ill by introducing factual information ('children are not at high risk, it is very unlikely you will get ill, school is out to continue to protect kids')

Source: The National Child Traumatic Stress Network

How do I talk to my child about COVID-19?

Provide just enough information about the new coronavirus. Try to think about what your child absolutely needs to know to understand what the virus is and what to do about it. If you have your own questions about the coronavirus, check reliable sources, such as the **Centers for Disease Control and Prevention**. The **World Health Organization's myth busters page** can help you give correct answers to some surprising questions and misinformation that is spreading. Try to limit news exposure on the new coronavirus. Often times news stories can be scary and overwhelming for children. Children may respond differently to an outbreak depending on their age. Even if you believe your child is not listening, they probably are. Limit expressing one's fears and concerns with other adults to times when children are not around. Above are some reactions according to age group and the best ways you can respond from the National Child Traumatic Stress Network.

IN THIS ISSUE

COVID-19

PLEASE CONTACT YOUR SCHOOL NURSE WITH CONCERNS. **WE** ARE HERE FOR OUR STUDENTS!

Stay home. Save lives.

DO'S AND DON'TS

Do

- Stay home as much as possible (Kids too).
- Stay at least 6 feet away from others any time you are out.
- Go out only for essentials (groceries, medical care).
- Exercise outside only if you can stay 6 feet apart from others.
- Have video and phone chats.
- Drop food off to neighbors who can't go out.

Don't

- Gather in groups.
- Get together with friends.
- Have play dates for kids.
- Make unnecessary trips.



Cancel the Playdates

Please do not continue to plan playdates for your children. Now is the time to practice social distancing. Children may be asymptomatic carriers.

SOCIAL DISTANCING

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases.

Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

AVOID

- Group gatherings
- Sleepovers
- Playdates
- Concerts
- Theater outings
- Traveling
- Athletic events
- Crowded retail stores
- Malls
- Workouts in gyms
- Church Services
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems

KEEP YOUR DISTANCE

- Visit a local restaurant to get take out
- Visit grocery store
- Pick up medications
- Play tennis in a park

SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Play in your yard
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Stream a favorite show
- Call or email a friend or elderly neighbor to check in
- Group video chats

EVITE

- Reuniones en grupo
- Ir a dormir a otras casas
- Citas para jugar
- Conciertos
- Salidas al teatro
- Viajes
- Eventos atléticos
- Tiendas con muchas personas
- Centros comerciales
- Entrenamientos en gimnasios
- Ceremonias o servicios de la Iglesia
- Visitantes en su casa
- Trabajadores no esenciales en su casa
- Sistemas de transporte masivo

MANTENGA SU DISTANCIA

- Al visitar un restaurante local para ir a recoger comida para llevar
- Al ir a la tienda de comestibles
- Al ir a recoger medicamentos
- Al ir a un parque a jugar tenis

ES SEGURO

- Ir a caminar
- Salir a caminar por un sendero
- Trabajar en el jardín
- Limpiar un armario/ropero
- Leer un buen libro
- Escuchar música
- Preparar una comida/cocinar
- Una noche de juegos en familia
- Chats de video en grupo
- Ver la transmisión de uno de sus programas favoritos
- Salir a un paseo en el auto/carro
- Jugar en su patio
- Llamar o enviar un correo electrónico a un amigo o vecino de edad avanzada para saber cómo está

Source: Camden County Department of Health

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