



## Nurse's Corner for November



### **Flu - Don't Waste Fall By Being Sick. Get A Flu Shot! It's Super Quick.**

Handwashing is so important! Don't forget to get your flu shot and stay protected. Contact your healthcare provider or make an appointment at our **Brickie Clinic 219-945-9383**

### **Sick students-**

PLEASE KEEP ALL SICK OR SUSPECTED SICK STUDENTS HOME FROM SCHOOL. PLEASE MARK THEM OFF IN SKYWARD. **SYMPTOMS INCLUDE: fever greater than 100.4 degrees, CHILLS, SORE THROAT, COUGH( especially new onset, uncontrolled cough), DIARRHEA, VOMITING, HEADACHE( particularly new onset of severe headache, especially with a fever) , NEW LOSS OF TASTE OR SMELL, MUSCLE OR BODY ACHES OR FATIGUE, CONGESTION OR RUNNY NOSE, SHORTNESS OF BREATH OR DIFFICULTY BREATHING.** If you are unsure, please call your healthcare provider or school nurse for advice. Please do not send your student to school and instruct them to go directly to the nurse before the school day begins. Again, if you have any questions or concerns please contact your school nurse. For more information, please visit our website:

<https://www.hobart.k12.in.us/protectbrickies>

#### **▪ SKYWARD INFORMATION FOR PARENTS/GUARDIANS**

ABSENT REQUESTS IN SKYWARD FOR PARENT/GUARDIANS- SEE VIDEO BELOW

<https://drive.google.com/file/d/1UVUSq5USyAh-AwDoDXVhZl-nP83REUqB/view?usp=sharing>

### **COVID-19 INFORMATION- SYMPTOMS/SICK AND RETURN SCHOOL POLICY**

Notify your school immediately of COVID-19 symptoms or any exposure to a COVID-19 positive test: [nurse@hobart.k12.in.us](mailto:nurse@hobart.k12.in.us)

[COVID-19: When a student, faculty, or staff member can return to school](#) (Indiana Department of Health) Updated 8.25.20

Indiana COVID-19 Testing Sites - Added July 18, 2020

[Click Here to access the Indiana State Department of Health's Indiana COVID-19 Testing Sites](#)

*Note: For each testing site, the following information is provided: Location, Scheduling Options,*

*Hours, Requirements to be Tested, Payment Options, Phone Number, Days/Hours of Operation, Format of Testing Reporting.*

**Current Testing Sites in Lake County (As of July 18, 2020):**

- Methodist Hospital-Southlake Campus - 8701 Broadway, Merrillville, IN 46410
- Family Urgent Care - 1217 US HWY 41, Schererville, IN 46375
- Methodist Hospitals-Northlake Campus - 600 Grant St, Gary, IN 46402
- NW Indiana ER & Hospital - 7904 Cabela Dr, Hammond, IN 46324
- Physicians Urgent Care Indianapolis - 10343 Indianapolis Blvd, Highland, IN 46322
- HealthLinc Community Health Center - 1313 W Chicago Ave, East Chicago, IN 46312
- ISDH Drive-Thru at Ivy Tech CC - 410 E Columbus Dr, East Chicago, IN 46312
- ISDH Drive-Thru at Oliver P. Morton High School - 6915 Grand Ave, Hammond, IN 46323

[COVID-19: When to Isolate](#) (ISDH Resources) - Added 8/12/2020

[COVID-19: When to Quarantine](#) (ISDH resource) - Added 8/12/2020

## What is One Thing That Will Make This Plan Work?





## Don't Touch Your Face

To help prevent infections, keep your hands away from your eyes, nose, and mouth. **WHY?** Touching the mucous membranes on your face with your dirty hands allows germs that cause respiratory infections to enter the body.

## Why Is Not Touching Your Face SO Important?

It is estimated that people touch their faces about 23 times per hour! Respiratory infections can be caused by many different bacterial, viruses, and other disease-causing germs. When you touch your face with dirty, unwashed hands, germs can take up residence in your mucous membranes which can lead to an infection.

## How Are Respiratory Infections Spread?

Respiratory infections, like pneumonia or the flu, can spread through droplets in the air when a sick person coughs, sneezes, or talks near you. Respiratory infections can also be spread by direct contact with bacteria, viruses, and other disease-causing germs. When we touch people who are sick, or touch dirty surfaces, we contaminate our hands with germs. We can then infect ourselves with those germs by touching our face.

## How Can I Protect Myself From Respiratory Infections?

There are several ways that you can protect yourself from getting a respiratory infection:

- **Avoid touching your eyes, nose, and mouth. Never touch your face with dirty hands.**
- **Wash your hands frequently. Washing hands with soap and water is the best way to get rid of germs in most situations.**
- **Use an alcohol-based hand sanitizer to clean your hands if soap and water are not available.**
- **Get a flu shot every year. Encourage your family and friends to get a flu shot too!**
- **Ask your healthcare provider if the pneumonia vaccine is right for you.**
- **Avoid being close to people who are coughing and sneezing.**

# **Handwashing**

**Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.**

## **How Germs Spread**

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

## **Key Times to Wash Hands**

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After [changing diapers or cleaning up a child who has used the toilet](#)
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

## **During the COVID-19 Pandemic, you should also wash your hands**

- After you have been in a public place and touched an item or surface that may have been frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cash registers/screens, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.

## **Follow Five Steps to Wash Your Hands the Right Way**

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospital

**Follow these five steps every time.**

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

[Why? Read the science behind the recommendations.](#)

Use Hand Sanitizer When You Can't Use Soap and Water



You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

### **How to use hand sanitizer**

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds

### **CDC's Handwashing Campaign: *Life is Better with Clean Hands***

CDC's *Life is Better with Clean Hands* campaign encourages adults to make handwashing part of their everyday life and encourages parents to wash their hands to set a good example for their kids. Visit the [Life is Better with Clean Hands](#) campaign page to download resources to help promote handwashing in your community.

**For more information on handwashing, visit CDC's [Handwashing website](#) or call 1-800-CDC-INFO.**



**Vaccinations-** All students SHOULD be up to date on their vaccinations. Indiana state law requires you to have up to date immunizations. If you have any questions or concerns about the new school year 2020-21 requirements, please contact your school nurse.

**Health Conditions-** If your student has a specific health condition or needs special care during the school day such as medication, treatments, or monitoring, please inform your school nurse and provide your nurse with a care plan. Individual health care plans help keep your student safe and healthy.

**Head Lice-** It's that time of year where our students break out their coats, scarves and hats. Please encourage your child not to share such items as hats, scarves, brushes or any personal items. Lice is not a danger to your child's health, it is simply an annoying problem that comes around this time of year, so no need to panic. Please know that anyone and everyone can get lice. Getting lice has nothing to do with you being clean or dirty, it only has to do with the fact that you are human. It is very important to check your family for lice this time of year regularly. If you find any live lice or eggs, it is absolutely necessary to treat each "infected" person, but more importantly, you must notify the school so that we can effectively and confidentially assist you with monitoring. The school nurse can assist you with proper treatment options as well as identify and demonstrate for you what to do.

**CLOTHING-** Please make sure your student has an extra change of clothing in his/her backpack incase needed for unseen circumstances that may arise during the school day.

If you have any questions, please call your school nurse or visit our school web page at <http://www.hobart.k12.in.us> for more information on student health, school forms, and other helpful links