

Wenonah School

Nurse's Note

Dear Wenonah Families,

At the tail end of a very bad cold and flu season, we now find ourselves faced with a new Coronavirus traveling around the globe. All of us are gearing up to face this new challenge in our families, schools and communities. We at Wenonah School are again reviewing our practices and making adjustments to eliminate or reduce opportunities for viruses to spread as much as possible. I'm reaching out to let you know the steps we have been taking, to ask you to please reinforce these healthy practices with your children and families at home, and to ask for your suggestions and input moving forward.

All classrooms have received instructional reviews and demonstration on proper hand washing and ways to avoid spreading germs and illnesses. The topics covered include:

- The 5 steps of hand washing - water, soap, scrub, rinse, dry.
- Scrub outside of the water stream for 20 to 30 seconds, as long as it takes to sing Happy Birthday two times through, or Baby Shark up to Daddy shark.
- Wash your hands often, especially before and after using the bathroom, after coughing or sneezing, before and after eating, after playing with pets or animals, after touching door handles, and after playing outside, shopping, or attending social gatherings.
- Cover your cough or sneeze with a tissue, throw the tissue in the trash and wash your hands. If you don't have a tissue, use your sleeve or elbow.
- Don't touch your face, especially your eyes, nose, or mouth. Use a tissue, or first wash your hands, when you must, and wash your hands afterwards, too.
- If you don't have access to soap and water, alcohol based hand sanitizer, 60% or higher, is the next best choice.
- Keep your hands to yourself as much as possible.
- Don't share forks, spoons, straws or drinks.
- Don't touch other people's belongings, like food, pencils, laptops, or books.
- Don't touch other people. We know you like your friends, but save hugs and kisses for family members at home. Wave high with a smile, or elbow bump to say "Hi".
- Let a parent or adult know if you feel sick. Stay in your home, away from school and activities, if you are sick.
- Keep doing all the good things you do to stay healthy. Eat healthy foods, drink plenty of water, get at least an hour of exercise each day, and get plenty of sleep. These activities will help you beat any colds or viruses you do pick up!

Currently, there is no treatment or vaccine for Covid-19. The best course of action is to follow the above advice and avoid contracting or transmitting the virus. Additional steps to take include:

- Avoid close contact with people who are sick.
- Stand 3 to 6 feet away from other people to best avoid spreading viruses.
- Make sure your, and your children's, immunizations and flu shot are up to date. People with co-occurring illness may have worse outcomes.

The practices described above will help prevent you and your family members from getting or spreading any illness, including colds, flu, or Covid-19. Take this opportunity to make sure they are a standard part of your everyday lives now to keep your family as healthy as possible moving forward.

The school is taking steps to ensure we have soap and paper towels at all sinks, and all hand sanitizer dispensers are supplied with 60% alcohol based hand sanitizer. You may send individual hand sanitizer and tissue boxes into the school for your child's use, if you wish.

Please keep your children home from school for any suspected illness. Call or email the school at any time to report if your child will be absent. Please let us know symptoms or any test results, so we may be prepared with any reporting the state or county may require. Please carefully consider alternative care for your children in case of illness or school closure.

Attached find links to educational videos and materials on hand washing and discussing Novel Coronavirus with your children. It is highly recommended you watch the first short video on hand washing. Most students have viewed this video. As a family, you may want to decide on a favorite song to wash your hands to. Time out 20 to 30 seconds to sing while you scrub.

As always, please let me or Mrs. Height know of any questions or suggestions you may have as we all face this new challenging situation together.

Linda Collazo, RN, CSN
Wenonah School Nurse

Videos and Resources

Proper Hand Washing video

<https://www.youtube.com/watch?v=T98gqC-yanU>

Child Mind Institute, Talking to Kids About the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Talking to Children About Covid-19: A Parent Resource

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

Flu Prevention Song video

<https://www.youtube.com/watch?v=mQ2UkgAFaEw>

Global Hand Washing Day

<https://www.youtube.com/watch?v=3t4rlPkqzEc>

Just For Kids: A Comic Exploring the New Coronavirus

https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?ck_subscriber_id=573217744