



School Nurse UPDATE

#3 November 12, 2020

FEATURED STORIES

Greetings!

DPI's Interim COVID-19 Infection Control and Mitigation Measures for Schools has been updated (11/6/2020). Changes include a **clarifying statement** when a face covering is able to be removed by an individual giving an educational, artistic, cultural, musical, or theatrical presentation for an audience. **DHS does not recommend playing wind instruments indoors**, nor the **use of bell covers**, so those statements are also included in this version of the guidance document.

Three pages of this Update are devoted to **vaccine information and updates from the Immunization Action Coalition and the Advisory Committee on Immunization Practices' (ACIP) recent meeting**. It is important as we move forward through our COVID response, that school nurses stay informed regarding vaccine science. PRACTICE POINTS takes a look at what school nurses need to know and do now.

Recently, research was published on **the effect of COVID-19 on persons with down syndrome**. Here are links to two such articles.

<https://www.cidrap.umn.edu/news-perspective/2020/10/down-syndrome-tied-10-times-risk-covid-19-death> and
<https://www.acpjournals.org/doi/10.7326/M20-4986>

The next Update will be published on December 10th. I will be using my acquired vacation time before and after Thanksgiving and winter break. I truly will "not work" on vacation as my first grandchild is expected soon! Should you try to reach me while I am on vacation, my out of office message will provide specifics on resources and when you can expect a response.

Happy Thanksgiving! Though your gatherings may be small, may they be GRAND.

Louise

PRACTICE POINTS -
What now?

Updated Medication
Quizzes (DPI News p. 2)

Diabetes Month (NASN
News p. 5)

WNA Resiliency Webinar
(p. 9)

CDC Current Screening
Guidelines (p. 4)

WI Asthma Action Plan (p.
9)

SAVE THE DATES

December 2-4, 2020

**Building the Heart of
Successful Schools Conference**

DPI supports best practices/evidence-based resources, but does not vet or endorse products/services. User is responsible to evaluate the resource and how it meets local needs.

DPI News



Updated Medication Quizzes Online

Along with the recently updated glucagon, emergency epinephrine, and rescue inhaler medication training videos, the online quizzes have been updated. These online quizzes are posted to the [medication training website](#) under the appropriate section.

Reminder How to Use Health Office Visit During COVID-19 Pandemic Protocol

The protocol in the COVID-19 school health services “toolkit” was updated on August 23, 2020. It is not a flow chart representing the DHS quarantine/isolation guidance. Instead, it is a flowchart indicating when to send ill students home and should be used in conjunction with the recommendations in the DHS “outbreak” guidance. Fever, diarrhea, or vomiting are not primary symptoms of COVID-19 per the DHS outbreak guidance, but are symptoms that warrant being sent home from school.

2020 Building the Heart of Successful Schools Conference December 3-4, 2020

Can't get a sub? Need to participate after the kids go to bed? No problem! Register now to receive access to conference materials in both live/recorded and pre-recorded formats for an asynchronous conference experience. You can find a summary of content and a link to registration here: <https://www.wishschools.org/resources/BHSS.cfm>.

Pre-Conference: DPI Anti-Human Trafficking Video Facilitation Guide and Lessons - Training for School Staff Dec. 2nd - Agenda – 11:30 am – 3:30 pm (with breaks each hour)

This session will provide school staff, such as pupil service staff, training on using the DPI Anti-Human Trafficking Video Facilitation Guide and accompanying videos with students. While not restricted to pupil service staff, staff should have some training and experience handling difficult topics, handling student disclosures, and the ability to assess risk and safety concerns. Participants will gain access to the video series, as well as the facilitator guide and related resources. Participants will be able to lead lessons for students grades 7-12 to help them understand what human trafficking is, some of the dynamics involved, and to recognize warning signs and unsafe situations, how to get help, and where to find additional resources.

DPI Hiring School-Based Mental Health Professional Consultant

DPI is recruiting for a school-based mental health professional consultant. The school-based mental health professional consultant is responsible for providing leadership in increasing recruitment and retention of school-based mental health professionals throughout the state. This position will work with institutes of higher education, pupil services associations, and the Student Services/Prevention and Wellness team to improve upon the student-to-pupil services staff ratio in the state's priority areas. This person will also work with local educational agencies, inter- and intra-agency teams, and other organizations. [Click here for the consultant posting in WiscJobs](#). The deadline to apply is November 17, 2020.

DPI News



Peer-to-Peer Suicide Prevention Grant - Deadline Extension

The Wisconsin Department of Public Instruction is happy to announce the Peer-to-Peer Suicide Prevention Grants will continue to be accepted until December 15, 2020. Young people are most likely to reach out to peers in times of need, and these grants can support programs to address this dynamic. Reaching out to all students during stressful times, the COVID-19 pandemic has become incredibly important. More information can be found on the [Peer to Peer Suicide Prevention Grant webpage](#).

Train Your Staff in the Foundations of Social and Emotional Learning!

We are excited to offer a virtual SEL Training of Trainers. This ToT is being offered as a preconference for the Building the Heart of Successful Schools conference. This training, presented through Canvas and including three two-hour virtual sessions, will provide you with the knowledge and materials to train your staff in the foundational knowledge of SEL.

Registration is available as a part of the Building the Heart of Successful Schools conference registration - the first session in this series is offered on the pre-conference day (December 2). **When you [click here to register for the SEL TOT on December 2](#), you will automatically be registered for the additional sessions in this series. (January 14, 9am-11am; February 18, 9am-11am)**

Superintendent Carolyn Stanford Taylor Announces K-12 Budget Requests

The DPI's budget request is grounded in equity and is designed to meet the unique funding needs of schools while focusing on supporting the whole student.

Priority areas outlined in the DPI's budget request include: funding two-thirds of school costs, increasing mental health funding and services in schools, boosting the ability for schools to better serve students with the greatest needs, removing GED testing fees and improving access to credentialing, and further supporting the state's public library services. The budget request submitted today completes the DPI's proposal, with the first piece submitted in September. Included in the budget request is funding to increase all Pupil Services staffing, including school nurses.

For a full news release on Stanford Taylor's budget request, visit <https://dpi.wi.gov/news/releases/2020/stanford-taylor-dpi-biennial-budget-request>

Included in the budget request is funding to increase all Pupil Services staffing, including school nurses.

DHS News

Respiratory Report

[The Weekly Respiratory Report](#) (detailing influenza data) is available and updated bi-weekly.



DHS - Tobacco Prevention and Control Program

The Tobacco Prevention and Control Program (TPCP) shares two new resources. Both resources were created by our partners at the UW Center for Tobacco Research and Intervention (UW-CTRI). The first is an article perfect for e-newsletters or listservs. The article focuses on the health risks of vaping and its connection to COVID-19. The article ends by promoting two free cessation programs teens can use to quit their nicotine addiction.

The second resource is a flyer targeting teens who want to quit nicotine products. The resource describes what a young person will experience when they call the WI Tobacco QuitLine. There are three ways for young people to reach the QuitLine (call, text, web). Both of these resources are attached to this Update.

CDC

[Screening K-12 Students for Symptoms of COVID-19: Limitations and Considerations](#)

This document provides guidance for administrators, staff, and nurses in K-12 schools on COVID-19 symptom screening for schools opening for in-person learning. The guidance detailed here relates only to **students in K-12** school settings and is unique for two reasons:

Children and adolescents with COVID-19 might experience different symptoms and varying symptom severity compared to adults. See "[Information for Pediatric Healthcare Providers](#)" for more information. K-12 schools provide essential educational, developmental, and support services to students and families. Therefore, excluding students from school has different consequences from excluding individuals from other settings. This makes the considerations for symptom screening in students in K-12 schools different from those for other settings or populations.

Revisions made on November 3, 2020

- Added a flowchart and scenarios to provide clarity for what to do when a student has symptoms of COVID-19
- Incorporates updated guidance for schools and when to quarantine

NASN News

November is National Diabetes Awareness Month.

Share the [Warning Signs of Type 1 diabetes](#) with your school community in your school newsletter and on social media using #T1DWarningSigns. (P.S. Want to know more about our partnership with Beyond Type 1 to highlight the importance of recognizing the signs? Find resources, including downloadable posters and more information [here](#).

NASN Resources: NASN is proud to collaborate with the Association of Diabetes Care and Education Specialists (ADCES) to make Danatech available to [NASN members](#). Danatech is a website resource that allows school nurses working with students with diabetes to access best-in-class information about diabetes technology.

Learn Legal Principles of Safe and Effective Delegation through New Learning Center Course

Delegation is an important part of care coordination under NASN's *Framework for 21st Century Nursing Practice*[™]. However, the delegation of nursing tasks to unlicensed assistive personnel (UAPs) is a complicated and challenging process for school nurses. Learn how delegation of nursing tasks in the school setting can serve to help meet these students' healthcare needs. This course was originally presented at Virtual NASN2020 and is now available in the NASN Learning Center. Learn more or enroll in *School Nursing Delegation: Do's and Don'ts of the D-Word*. [Learn more](#).

New Resources for Schools Focused on Classroom Physical Activity During COVID-19

The goal of these two new resources developed by the Springboard to Active Schools team is to help school staff and caregivers easily integrate physical activity with a safety, inclusion, and equity lens in different learning settings:

[Considerations for Classroom Physical Activity during COVID-19](#)

This resource provides district and school administrators, teachers, and parents/caregivers and families with practical ideas and considerations to safely and equitably incorporate physical activity into the school day in order to promote a culture of active engagement and learning.

[Classroom Physical Activity Ideas and Tips](#)

Tips for teachers on how to effectively engage students in active learning and printable sheets of easy-to-use and adaptable activity/energizer cards for different grade levels and learning settings (in-person or virtual).



The delegation of nursing tasks to unlicensed assistive personnel (UAPs) is a complicated and challenging process for school nurses.

Immunization Action Coalition



IAC summarizes October 2020 ACIP Virtual Meeting

The [Advisory Committee on Immunization Practices \(ACIP\)](#) conducted a three-day virtual meeting on [October 28-30, 2020](#). Routinely recommended and travel vaccines were discussed during the first two days of the session, and one vote was taken. The final day was devoted to continuing discussions of COVID-19 vaccines and their implementation. [Presentation slides](#) for all topic areas are available on the ACIP website.

During the regular session, ACIP received updates on seasonal influenza vaccines, disease burden, and estimates of influenza vaccine effectiveness during the 2019–2020 season. The group also reviewed information on orthopoxvirus vaccines, as well as vaccines against dengue, pneumococcal disease, cholera, and tick-borne encephalitis. Safety-monitoring data for recombinant zoster vaccine was reviewed. An extensive discussion on rabies vaccine prepared the members for a potential vote at the February 2021 ACIP meeting.

In the meeting's single vote, ACIP members unanimously approved adoption of edits to the 2021 recommended child/adolescent and adult immunization schedules. The modifications do not provide new guidance; rather, the schedule changes will reflect votes taken during 2020 meetings. In general, these edits involved applying new wording or formatting to improve readability and to better harmonize the two schedules. A comprehensive list of the updates will be available in February 2021 when CDC releases the 2021 immunization schedules for children/teens and adults in the *MMWR* and on CDC web pages.

COVID-19 Vaccines – The final day of the meeting focused on updates related to COVID-19 vaccine development and discussion of plans for vaccination. Highlights of this session are provided below.

Vaccine Development – ACIP heard a synopsis of the [October 22 meeting of the Vaccine and Related Biological Products Advisory Committee \(VRBPAC\)](#), which provides input to FDA on investigational vaccines. ACIP members were particularly interested in VRBPAC's discussion on [clinical considerations for use of COVID-19 vaccines under Emergency Use Authorization \(EUA\)](#). At their meeting, VRBPAC members emphasized the critical importance of maintaining public confidence in licensed vaccines by remaining transparent on clinical evidence in decision-making. VRBPAC will re-convene before any FDA regulatory action is taken.

[Over 320 COVID-19 vaccines are currently under development](#), five of which have proceeded to phase 3 clinical trials in Europe or the U.S. ACIP received reports on two candidate vaccines (BioNTech/Pfizer and Moderna) during the [August meeting](#). Details about two additional vaccines were provided at the October meeting.

Immunization Action Coalition (continued)



[Novavax \(NVX-CoV2373\)](#) – This vaccine candidate exhibited a robust neutralizing antibody response in early trials, and the preliminary safety profile is reassuring. Up to 30,000 adults are expected to be enrolled in the phase 3 trial.

- **Dosage and Administration:** 0.5 mL dose, 2 IM doses given 21 days apart
- **Packaging:** Multidose vials, 10 doses per vial, without preservative
- **Storage:** Shipped and stored at 2° to 8° C (36° to 46° F), no reconstitution required

[Janssen, a subsidiary of Johnson & Johnson \(Ad26.COV2.S\)](#) – This vaccine candidate also elicited robust neutralizing antibody responses and was generally well tolerated. Although the trial was paused to assess one serious adverse event that occurred in a trial participant, subsequent review by the independent Data Safety and Monitoring Board (DSMB) allowed the trial to resume. An estimated 60,000 persons will be enrolled in the phase 3 clinical trial.

- **Dosage and Administration:** 0.5 mL dose, 1 IM dose
- **Packaging:** Multidose vials, 5 doses per vial, without preservative
- **Storage:** Shipped and stored at 2° to 8° C (36° to 46° F) for up to 3 months, no reconstitution required

Plans for COVID-19 Vaccination – [All 64 CDC jurisdictions have submitted their plans](#) for a phased approach to COVID-19 vaccination. Executive summaries of these plans will be posted to the CDC website as soon as possible. Although no vaccine currently has been authorized or licensed for use, CDC is currently working with states to establish a “readiness date” of November 15. CDC emphasized the importance of partnering with pharmacies to help increase access to vaccines, noting that 90 percent of Americans live within 10 miles of a pharmacy. Several ACIP members stressed the importance of adequate funding for vaccine implementation. ACIP member Grace Lee, MD, MPH, emphasized that “while the country has invested heavily in vaccine development, implementation is where we will have an impact.”

New resources for the public and healthcare providers are frequently added to CDC’s [COVID-19 Vaccines](#) website. The agency’s [Vaccinate with Confidence](#) strategy provides a national framework for reinforcing confidence in COVID-19 vaccines. ACIP members emphasized special attention should be given to the importance of addressing vaccine confidence among healthcare workers and within communities of color.

Although no vaccine currently has been authorized or licensed for use, CDC is currently working with states to establish a “readiness date”...

Immunization Action Coalition (continued)

Vaccine Safety Monitoring – Two presenters reviewed how vaccine safety monitoring will be conducted. In addition to the passive surveillance conducted through the Vaccine Adverse Event Reporting System (VAERS), the [FDA will monitor vaccine safety](#) through its Biologics Effectiveness and Safety (BEST) System. Plans are being coordinated for near real-time surveillance (i.e., rapid-cycle analysis) based on 10 to 20 outcomes of interest reported by multiple federal government agencies, including FDA, CDC, Centers for Medicare and Medicaid Services (CMS), Veterans Administration (VA), and the Department of Defense (DoD). [CDC-specific monitoring efforts](#) include its existing Vaccine Safety Datalink (VSD) and Clinical Immunization Safety Assessment (CISA) projects. In addition, CDC will support the *v-safe* smartphone-based active surveillance of vaccine recipients who agree to post-vaccination follow-up via text messaging. CDC is developing a one-page information sheet about the *v-safe* program that can be shared with vaccine recipients to aid in recruitment. Committee members also received an update on the activities of the [ACIP COVID-19 Vaccine Safety Technical Sub-Group \(VaST\)](#). The group is transitioning to a smaller data review group that will provide frequent technical reports for internal ACIP and partner use, as well as data summaries for public release.

Allocation Strategies – Scientists [modeled the relative impact](#) on infections and deaths resulting from vaccination of adults aged 65+, adults with high-risk medical conditions, and essential workers. The modelers assumed two doses of vaccine would be given 28 days apart. Based on vaccinating 10 million people per week, modelers noted it would take nine months to fully vaccinate all people currently included in the proposed phase 1 and phase 2 priority groups. The model found that vaccinating adults in the 65+ age group would avert the greatest percentage of *deaths*, while vaccinating essential workers or high-risk adults would avert the greatest percentage of *infections*. However, model results were highly influenced by the timing of vaccine introduction (i.e., whether it was introduced before disease incidence rose, as incidence rose, or as incidence fell).

ACIP revisited its [ethical principles for phased allocation of COVID-19 vaccines](#) (i.e., maximizing benefits and minimizing harms, equity, justice, fairness, and transparency). Key questions have now been developed to assist ACIP in “translating” these principles when considering vaccine allocation strategies.

COVID-19 Immunity and Epidemiology – CDC scientists [reviewed the current epidemiology](#) of COVID-19 and what is known about post-infection immunity, COVID-19 reinfection, and disease in pregnant women. Although data on post-infection immunity is limited, it suggests naturally induced antibodies wane over time. Similarly, limited data suggest reinfection is unlikely within three months of infection. Pregnancy data demonstrate increased risks of severe maternal illness and preterm birth due to COVID-19 infection, but there is no evidence that breastfeeding is an important risk for transmission.

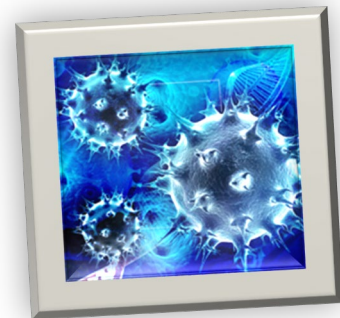
Next Steps – The meeting concluded with a [summary of the COVID-19 Workgroup’s interpretations of the data](#) presented during the day’s sessions and an [outline of policy questions facing ACIP and the decision-making framework](#) that will be used to answer those questions.

The next regularly scheduled ACIP meeting will be February 24–25, 2021. However, it is likely that ACIP will meet before that date to address recommendations for use of any FDA-authorized COVID-19 vaccine(s). Information about past and future [ACIP meetings](#) may be found on the ACIP website.

Medscape CE Nurses

[CDC Reveals Vaping Up Among Teenagers](#) CE / CME / ABIM MOC

[COVID-19: What Is the Primary Route of Transmission?](#) CE / CME / ABIM MOC



Medscape

[Common SARS-CoV-2 Mutation May Be Making COVID-19 More Contagious](#)

Wisconsin Asthma Coalition

Wisconsin Asthma Coalition Releases New Asthma Plan

All Wisconsinites deserve to live healthy lives no matter where they call home. To make this happen, we need to devote more resources to communities that are facing the greatest threats and improve our responses in all communities to ensure everyone has the opportunity for optimum health. The Wisconsin Asthma Coalition (WAC) created the [Wisconsin Asthma Plan 2021-2025](#) to address these priorities as well as the components necessary for quality asthma care.

Noted in the Asthma Plan are infographics indicating that 1 in 12 Wisconsin children have asthma, that children have a three times higher asthma emergency department rate compared to adults, and that one in three children miss school due to asthma. [View the full Asthma Plan](#)

WNA

Caring During COVID - Focus on Resiliency

Wednesday, November 18, 2020
7:00 - 8:15 PM

[Registration is FREE - REGISTER NOW!](#)

You must register to receive the link to join the webinar on Zoom.

Registration will remain open until the webinar begins. Instructions and a link to join the webinar will be sent in a confirmation email immediately following your registration.

1.25 contact hours will be awarded to participants who complete the online evaluation by **Wednesday, November 25, 2020.**

Miscellaneous



2019 National Survey of Children's Health Data

The Health Resources and Services Administration's Maternal and Child Health Bureau released the latest data from the 2019 National Survey of Children's Health (NSCH) on October 5. The NSCH provides annual national and state-level data on the health and health care needs of children, as well as information about their families and communities. The NSCH covers a broad array of health-related topics impacting children and families such as mental and behavioral health.

The survey data reveals that 13.2 percent of children aged 3-17 years in the U.S. (about 8 million children) had a current diagnosed mental or behavioral health condition. The most common condition was anxiety, which affected 8.5 percent of children, followed by behavior disorder at 6.8 percent and depression at 3.8 percent.

The data also shows that 66.5 percent of children aged 6-17 years met all criteria for *flourishing*, a term describing children who have positive health and are thriving.

Learn more about the 2019 [National Survey of Children's Health](#) data and how it can provide information for program and policy decision-making, implementation, and evaluation.

[Newest Iris the Dragon Book to Help Children Navigate Conversations Around Mental Health and COVID-19](#)

Iris the Dragon is back. This time with a special edition e-book aimed at helping children and their support networks explore the impact of the pandemic on children's mental health. *Project: Kids, Let's Be Superheroes* — is the newest addition to the Iris the Dragon storybook collection. In her most recent adventure, Iris and friends are off on a special mission to reduce the mental health impact of COVID-19 on children.

School Ventilation Hacks

From an international school nurse email list I follow, I noted a recent discussion on increasing classroom ventilation and air circulation. Seems American schools are not the only ones with outdated ventilation systems. In Switzerland they apparently have national guidance that every 90 minutes the windows are fully opened for 20 minutes. In Rotterdam (Netherlands) teachers are ventilating the classrooms between classes and during breaks.

In her most recent adventure, Iris and friends are off on a special mission to reduce the mental health impact of COVID-19 on children.

Prevent Blindness



We have launched the **Small Steps for Big Vision: An Eye Health Information Tool Kit for Parents and Caregivers**. You can find the tool kit at nationalcenter.preventblindness.org/small-steps-for-big-vision in English and Spanish.

Please register now for two upcoming webinars - in English and Spanish - to introduce you to the: Small Steps for Big Vision tool kit.

The National Center for Children’s Vision and Eye Health at Prevent Blindness and the National Head Start Association present:
Small Steps for Big Vision: A Walk Through the Parent/Caregiver Resource Tool Kit

Tuesday, November 10, 2020

3:00 p.m. – 4:30 p.m. EST

[REGISTER TODAY!](#)

Pequeños pasos para una Gran Visión: un kit de herramientas de información sobre la salud ocular para padres y cuidadores

Lunes, 16 de Noviembre, 2020

2:00 – 3:00 p.m. ET

[¡Regístrese en línea ahora para este seminario web nacional!](#)

The tool kit was designed for use by Head Start and Early Head Start programs, as well as any early childhood education and care program.

CDC

Celebrating Thanksgiving

Traditional Thanksgiving gatherings with family and friends are fun but can increase the chances of getting or spreading COVID-19 or the flu. The safest way to celebrate Thanksgiving this year is to celebrate with people in your household. If you do plan to attend a gathering, bring your own food, drinks, plates, cups, and utensils; wear a mask, and safely store your mask while eating and drinking; avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen; and use single-use options, like salad dressing and condiment packets. [Read more.](#)

Practice Points

By Louise Wilson

What Now?

Fall is upon us. As predicted, COVID-19 infection rates are increasing. The number of new cases are not just increasing, they are skyrocketing here in Wisconsin! The message is slowly sinking in to some (not all) that the entire 2020/21 school year will be affected by outbreaks, teacher shortages, and disagreements about mitigation measures in schools.

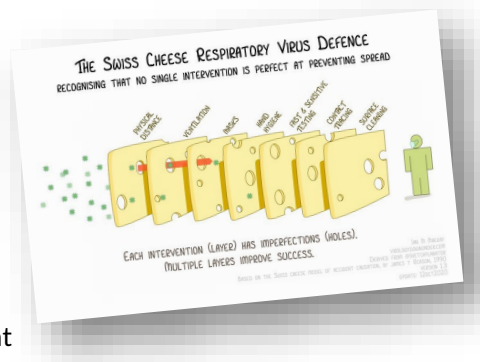
What do school nurses need to know and what must school nurses continue to do as we move forward through a very COVID winter? If you have not already done so, promote influenza vaccination among your staff, students, and their families. Learn as much as you can about potential COVID-19 vaccines. School nurses will be looked to, to provide trusted information about the COVID-19 vaccines. School nurses have great potential to affect vaccine acceptance and ultimate vaccine coverage rates in their communities.

This week's news about the high efficacy of Pfizer's vaccine is definitely encouraging. As noted in the Immunization Action Coalition article, initial vaccine distribution will be prioritized. Each state has now submitted plans for vaccine distribution to the CDC. Wisconsin DHS has indicated school nurses would be included when prioritizing healthcare workers for receiving the vaccine(s) as they become available.

Recently I've heard about the "Swiss Cheese" model and how it can be used to explain the layering of mitigation measures necessary to protect against COVID-19. I've included a sample flyer one school nurse used to explain this layered approach to students, staff and parents.

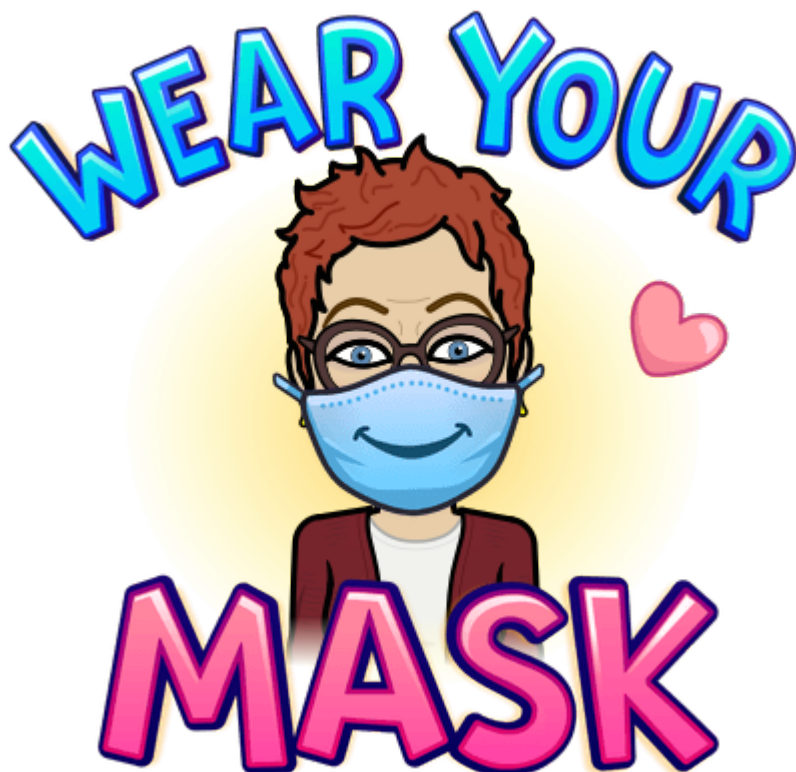
The mitigation measures that we have all been practicing and using will not change. One possible strategy/layer to add, now that test kits and test materials are becoming more available and affordable, is COVID testing. Keep informed about COVID-19 testing, the various forms of testing, and the requirements that must be met if a testing program is instituted. I will continue to compile guidance and best practices from other states, public health departments, and other sources. My intent is to provide a toolkit of recommendations if school districts choose this as a mitigation strategy.

The epidemiology and the data say we have much yet to do to "control" or end this SARS-CoV2 pandemic. There are measures we can continue to do now, and strategies that will be added as the resources become available.



Public health officials are asking Wisconsinites to limit our interactions with others, maintain physical distancing, practice good hand and cough hygiene, and wear a face covering. Will we wash our hands? Will we limit our gatherings? Will we wear our masks?

Public health officials are asking Wisconsinites to limit our interactions with others, maintain physical distancing, practice good hand and cough hygiene, and wear a face covering. I am reminded of a Dr. Seuss book. Will we wash our hands? Will we limit our gatherings? Will we wear our masks? I hope the answer is YES, we will!



This publication is available from:
Learning and Support
Student Services Prevention and Wellness Team
(608) 266-8857
<https://dpi.wi.gov/sspw/pupil-services/school-nurse>

November 2020 Wisconsin Department of Public Instruction

The Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation or disability.



Health Risks of Vaping and COVID-19 October 29, 2020

In 2020, more than 3 million youth (19.6%) in the United States reported current use of e-cigarettes and vaping devices.¹ Among high school students in Wisconsin, 20.1% reported current use and 32.6% reported ever use of e-cigarettes in 2018.² Vaping devices use battery power to heat a liquid to an aerosol that is inhaled. E-cigarette aerosol contains many harmful substances such as nicotine (a highly addictive substance), ultrafine particles that can get deep into the lungs, volatile organic compounds, heavy metals, and cancer-causing chemicals.

Long-term health impacts of e-cigarette use are still being studied; however, research shows e-cigarettes damage the respiratory systems and inflame the lungs, making them more susceptible to respiratory infections,³ such as COVID-19. Ever-users of e-cigarettes were 5 times more likely to be diagnosed with COVID-19 than those who have never used e-cigarettes.⁴ Moreover, ever-dual-users (used cigarettes and e-cigarettes) were 7 times more likely to be diagnosed with COVID-19 than those who have never used e-cigarettes.⁴

The best way to protect lung health is to quit vaping and using tobacco. Effective tools for youth are available and increase chances of quitting successfully. The Wisconsin Tobacco Quit Line offers tailored services for youth over age 13 to help quit using cigarettes, e-cigarettes, and smokeless tobacco. Youth can call 1-800-QUIT-NOW (800-784-8669) or text READY to 200-400 to participate in a Quit Coach call, interact online with a Web Coach, or receive a mailed Quit Kit. In addition, the National Cancer Institute's SmokefreeTeen (www.smokefree.gov) offers daily texting support with tailored and responsive messages for youth ages 13-17 by texting QUIT to 47848.

For training and technical assistance related to youth cessation, please contact a University of Wisconsin Center for Tobacco Research and Intervention (UW-CTRI) Outreach Specialist. To find the Outreach Specialist near you, please visit: <https://ctri.wisc.edu/providers/contact-specialist/>.

The UW-CTRI website (www.ctri.wisc.edu) has many tobacco cessation resources, including fact sheets, videos, archived webinars, and toolkits.

You can find **Youth-Specific Tobacco Cessation Resources** at www.ctri.wisc.edu/youth

References

1. Teresa W. Wang, P., Linda J. Neff, P., Eunice Park-Lee, P., Chunfeng Ren, P., Karen A. Cullen, P., & Brian A. King, P. (2020). E-cigarette Use Among Middle and High School Students - United States, 2020. *MMWR Morb Mortality Weekly Report*, 1310-1312.
2. Wisconsin Department of Health Services. (2018). *High School Snapshot, Youth Tobacco Survey 2018*. DHS, Division of Public Health, Tobacco Prevention and Control Program.
3. U.S. Department of Health and Human Services. (2014). *The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General*. CDC, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, U.S. Department of Health and Human Services, Atlanta, GA.
4. Shivani Mathur Gaiha, P., Jing Cheng, P., & Bonnie Halpern-Felsher, P. (2020). Association Between Youth Smoking, Electronic Cigarette Use, and COVID-19. *Journal of Adolescent Health*, 519-523. doi:<https://doi.org/10.1016/j.jadohealth.2020.07.002>



The Quit Line welcomes all callers age 13 and older who want to quit any nicotine product - including cigarettes, vapes (e-cigarettes, Juul, Suorin), hookah, and smokeless tobacco (chew, dissolvables).

When they call, friendly quit coaches will:



Text **READY** to 200-400 or visit WiQuitLine.org



Join these SEL ToTs trainings
to build local capacity for
SEL professional development!



SOCIAL EMOTIONAL LEARNING TRAINING OF TRAINERS



DATES/TIMES

THREE VIRTUAL ZOOM SESSIONS WILL BE OFFERED—PARTICIPANTS MUST ATTEND ALL SESSIONS

- December 2, 2020—9:00 am-11:00 am
- January 14, 2021—9:00 am-11:00 am
- February 18, 2021—9:00 am-11:00 am

ONLINE REGISTRATION:

<https://login.myquickreg.com/register/event/event.cfm?eventid=25541>

EVENT FEE: \$50.00 (payable to CESA #4)

MIN/MAX # PARTICIPANTS: 10/40

WISH CONTACT/TRAINING QUESTIONS:

Alie Hubing, CESA #4
Phone: (608) 786-4807
ahubing@cesa4.org

REGISTRATION QUESTIONS:

Mary Devine (608) 786-4800
mdevine@cesa4.org

SEND PAYMENT TO: CESA #4, ATTN: Mary Devine, 923 East Garland St., West Salem WI, 54669

PLEASE INCLUDE AND CLEARLY DEFINE:

Participant name, exact name of workshop, and date, with all checks or purchase orders. Thank you!

TRAINING DETAILS

Building the Social and Emotional Learning (SEL) expertise of your staff can be challenging, however, it is not impossible. Developing SEL trainers in your district is a sustainable way to ensure that all staff receive the necessary training to support your SEL efforts moving forward.

In this Training of Trainers, participants will expand their SEL expertise, learn how to train staff in the fundamentals of Social and Emotional Learning and will receive all the materials needed to do so.

The training materials are provided in these core modules:

- Why SEL?
- What is SEL?
- SEL Frameworks
- SEL and Equity
- School/District Implementation
- Building Adult SEL Competence
- Classroom Implementation
- Assessing SEL

These modules can be implemented as one whole day of training, or divided up over time.

Additional Information:

Registration is available as a part of the Building the Heart of Successful Schools conference registration - the first session in this series is offered on the pre-conference day (December 2). **When you register for the SEL TOT on December 2, you will automatically be registered for the additional sessions in this series.**

Reminders, required pre-work and the link for the Zoom session will be emailed to you approximately 1-2 weeks before each session.

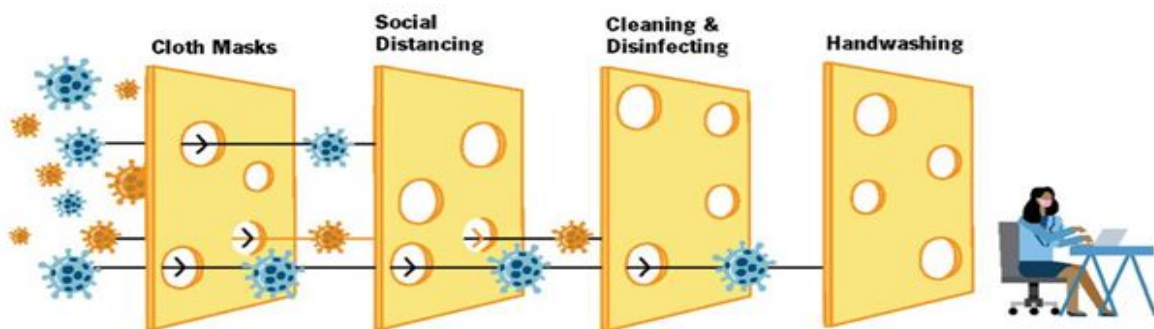
Wilburton Public Schools COVID-19 Update

October 28, 2020

WPS NEEDS YOUR HELP!

As we move into Flu Season and activities are moving indoors we need your help to keep everyone safe. Although our school has remained COVID-free, *****COVID-19 cases are increasing in our community.***** Please consider the following when attending school events:

- ★ Stay home when appropriate - fever, cough, been exposed to COVID-19, or are awaiting COVID-19 test results.
- ★ Wear a mask and social distance at school events
- ★ Practice frequent hand hygiene
- ★ Don't mix with other school communities at school events.



James Reason, Ph.D.'s "Swiss Cheese Model"
from the Cleveland Clinic's Return to Work Amid COVID-19 Paper

- ★ **FIRST LAYER OF DEFENSE IS STAYING HOME WHEN APPROPRIATE!**
- ★ **IT TAKES MULTIPLE LAYERS TO PROTECT AGAINST COVID-19.**



Next Steps:

I tested positive for COVID-19.
What can I do to help notify my
close contacts of their exposure?

Notifying your own close contacts of their exposure to COVID-19 can help limit the spread in your community.

Who should I notify?

First, you need to determine the time period during which you could have exposed others.

- ◆ If you have symptoms, you were able to spread COVID-19 starting **two days before your first symptoms started**.
- ◆ If you have not had any symptoms, you were able to spread COVID-19 starting **two days before your positive COVID-19 test was taken**.
- ◆ You should notify anyone with whom you had **close contact while able to spread COVID-19**.

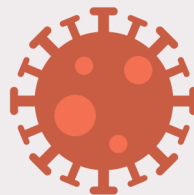
Close contact is defined as any of the following interactions:



Having direct physical contact with someone.
(e.g. hug, kiss, handshake)



Being within 6 feet of someone for 15 minutes total in a day.



Having contact with your respiratory secretions.
(e.g. coughed/sneezed on, contact with dirty tissue, sharing a drinking glass, food, towels, or other personal items)



Living with or spent the night with someone.

What do I tell my close contacts?

CDC and Wisconsin Department of Health Services (DHS) recommends that close contacts **quarantine in their home for 14 days**, beginning the last day they were exposed to you. *This should be done regardless of whether your contact receives a negative test during their quarantine period* because they could develop symptoms 2 to 14 days after being exposed.

- ◆ Your contact may receive a call from Public Health who will ask your contact some questions and provide additional information. **Please ask your contact to answer the phone call.**
- ◆ The DHS fact sheet called **“Next steps: close contacts of someone with COVID-19”** will provide more details for what to do to protect others.
- ◆ If your contact has additional questions, they can contact their primary care provider, local health agency, or visit the Wisconsin DHS **COVID-19 Website**.

What if I want to remain anonymous but still notify my close contacts?

There is an online tool called **“Tell Your Contacts”** which allows for **anonymous text or email notifications**.

To send notifications from this tool:

1. Visit **tellyourcontacts.org**.
2. Select **email** or **text** notification.
3. Enter your contacts' information and exposure date.
4. Select either the pre-written message or customize your own. You do not need to enter your name.
5. Send your message.





Próximos pasos:

He dado positivo a la prueba de COVID-19. ¿Qué puedo hacer para ayudar a notificar a mis contactos cercanos de su exposición al COVID-19?

Notificar a sus propios contactos cercanos de su exposición al COVID-19 puede ayudar a limitar la propagación en su comunidad.

¿A quién debo notificar?

Primero, debe determinar el período de tiempo durante el cual podría haber expuesto a otros al COVID-19.

- ◆ Si tiene síntomas, pudo comenzar a propagar el COVID-19 **dos días antes de que aparecieran sus primeros síntomas.**
- ◆ Si no ha tenido ningún síntoma, pudo comenzar a propagar el COVID-19 **dos días antes de que su prueba de COVID-19 fuera positiva.**
- ◆ Usted debe notificar a cualquier persona con quien hubiera tenido **contacto cercano mientras pudo propagar el COVID-19.**

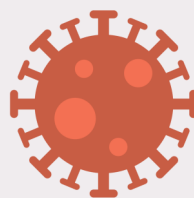
El contacto cercano se define como tener cualquiera de las siguientes interacciones con una persona:



Tener contacto físico directo con alguien
(por ejemplo, abrazo, beso, apretón de manos)



Estar a menos de 6 pies (2 metros) de alguien por un total de 15 minutos en un



Tener contacto con sus secreciones respiratorias.
(por ejemplo, toser/estornudar, tocar un pañuelo sucio, compartir un vaso, alimentos, toallas u otros artículos personales)



Vivir o pasar la noche con alguien.

¿Qué le digo a mis contactos cercanos?

Los CDC y el Department of Health Services (DHS) de Wisconsin recomiendan que los contactos cercanos **se pongan en cuarentena en sus casas por 14 días**, a partir del último día en que estuvieron expuestos a una persona infectada. *Esto debe hacerse independientemente de si el contacto cercano recibe una prueba negativa durante su período de cuarentena* ya que podría desarrollar síntomas entre 2 a 14 días después de haber estado expuesta.

- ◆ Su contacto puede recibir una llamada de salud pública, quien le hará algunas preguntas y le brindará información adicional. **Pídale a su contacto que conteste la llamada telefónica de salud pública.**
- ◆ La hoja de datos del DHS llamada **“Las próximas medidas: Las personas que tuvieron contacto cercano con alguien con COVID-19”** proporcionará más detalles sobre qué hacer para proteger a los demás.
- ◆ Si su contacto tiene preguntas adicionales, puede comunicarse con su proveedor de atención primaria, agencia de salud local o visitar la página web de Wisconsin DHS **COVID-19**.

Nota: La siguiente herramienta sólo está disponible en inglés.

¿Qué pasa si quiero permanecer en el anonimato y aún así notificar a mis contactos cercanos?

Hay una herramienta en línea llamada **“Informe a sus contactos” (“Tell Your Contacts”)** que le permite enviar notificaciones anónimas por correo electrónico o texto.

Para enviar notificaciones por medio a esta herramienta:

1. Visite **tellyourcontacts.org**.
2. Seleccione el tipo de notificación por correo electrónico (**email**) o texto (**text**).
3. Ingrese la información de sus contactos y la fecha de exposición al COVID-19.
4. Seleccione el mensaje prescrito o personalice el suyo. No es necesario que ingrese su nombre.

