



# School Nurse UPDATE

#13/ February 25, 2020

## FEATURED STORIES

## Greetings!

The big news in school nursing is not 2019-nCoV but, rather that registrations are now ongoing for two of the major professional development opportunities specific to school nurses! Under **SAVE THE DATES** the registration links are given for both the Wisconsin Association of School Nurses and the National Association of School Nurses annual conferences. This year I am excited as I will also be attending the National Association of State School Nurse Consultants' conference. Dates for the School Nurse Summer Institute and New School Nurse Orientation have also been set. More information about those school nurse specific opportunities will be shared this spring.

Not that 2019-nCoV has not been an issue these past two weeks. As I prepare this Update I am awaiting joining a COVID-2019 CDC situational update phone conference call. Under **DPI News** you can find information about the website and how to keep up-to-date.

This Update highlights action not taken by a Wisconsin school nurse, but by a student on behalf of the school nurse! South Milwaukee High School student Zachary Allison wrote a blog and started a petition to support school nurse Trish Heller's position at the high school.

I included in this Update a particularly poignant blog from *The Relentless School Nurse*. Along those lines is this [blog An American Teenager Living in 2020](#).

**PRACTICE POINTS** – Be Intentional in Definition of Fever

**2019-nCoV Webpage** (DPI News)

**Talking About Vaccines** (DHS News)

## SAVE THE DATES

**APRIL 20-22, 2020**

**Wisconsin Association of School Nurses Annual Conference**

**Chula Vista, Wisconsin Dells**

**[REGISTRATION IS NOW OPEN.](#)**

**JUNE 29–JULY 3, 2020**

**National Association of School Nurses Annual Conference**

**Las Vegas, NV [REGISTRATION IS NOW OPEN](#)**

**AUGUST 4, 2020**

**DPI School Nurse Summer Institute – Record Keeping**

**OCTOBER 1-2, 2020**

**DPI New School Nurse Orientation**

# DPI News

## 2019-nCoV Webpage

The DPI 2019 Novel Coronavirus webpage is updated as needed to reflect the current situation with 2019-nCoV. On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the current outbreak of coronavirus disease, COVID-19. Imported cases of COVID-19 in travelers have been detected in the United States. Person-to-person spread of COVID-19 also has been seen among close contacts of returned travelers from Wuhan, but at this time, this virus is NOT currently spreading in the community in the United States. The CDC school specific guidance was removed from the CDC website after being posted. Therefore, that link was removed from the DPI webpage on February 20, 2020. A Frequently Asked Question document was created by the Wisconsin Department of Health Services and is available on the DPI website and as an attachment to this Update.

## Aid for Mental Health Programs

It is time for your school to submit a claim form to obtain reimbursement for increasing social worker expenditures from the 17-18 school year to the 18-19 school year!

Claim forms are due a few weeks earlier this year than last year to ensure smooth processing. Please LET YOUR BUSINESS STAFF KNOW CLAIM FORMS ARE DUE MARCH 6, 2020! More information about the program and the claim form can be found here: <https://dpi.wi.gov/sspw/mental-health/aid-school-mental-health-programs>

### Program Basics:

Eligible school districts, private schools, and independent charter schools may receive partial reimbursement for salary and fringe benefits paid to employ, hire, or retain social workers or the costs to contract for the services of a social worker when the eligible entity increased its expenditures in the prior school year compared to the immediately preceding school year.

**Contact:** Julie Incitti, School Social Work Consultant, (608) 266-0963, [julie.incitti@dpi.wi.gov](mailto:julie.incitti@dpi.wi.gov)

## AODA Grants Awarded

The Wisconsin Department of Public Instruction announced that it awarded \$65,430 in grants to student groups from across the state for their leadership roles in addressing alcohol, drugs, and vaping challenges in their local schools. The 78 student-led groups were each awarded funds totaling up to \$1,000 through the DPI's Student Alcohol and Other Drug Abuse Mini-grant Program.

For a full news release, and for the full list of grant recipients, visit <https://dpi.wi.gov/news/releases/2020/more-65000-awarded-student-led-programs-aiming-tackle-alcohol-drug-vaping>



*The DPI 2019 Novel Coronavirus webpage is updated as needed to reflect the current situation with 2019-nCoV. At this time, this virus is NOT currently spreading in the community in the United States.*

# DPI NEWS CONT.

The DPI and the Wisconsin Safe & Healthy Schools Center are inviting Wisconsin school districts, colleges, community-based organizations, and other partners to submit proposals to present at the **Building the Heart of Successful Schools Conference at the Wilderness Resort in Wisconsin Dells on December 3-4, 2020**. *Note: Sectional presentations will ONLY be held on Thursday, December 3, 2020.*



Topics typically addressed at the conference are: Preventing ATOD (Alcohol, Tobacco, and Other Drugs), Mental Health, Creating a Positive School Climate, Health, School Safety and Violence Prevention, Trauma Sensitive Schools, Social Emotional Learning, etc.

The 500+ attendees of this conference include school counselors, school social workers, health teachers, AODA Coordinators, and principals, among others.

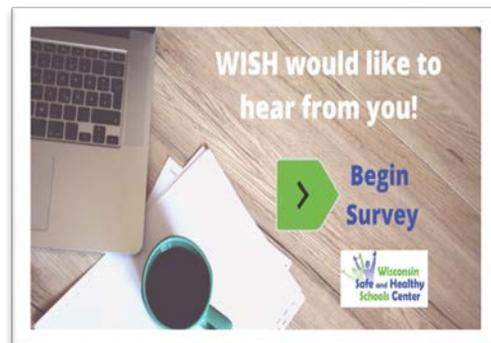
Click on the following link to submit an application: <https://forms.gle/4YGfJCIQCHKptvqs5>

## DPI PARTNERS

### Wisconsin Safe and Healthy Schools Need Assessment

Results from this survey will be used to create the WISH Center professional development calendar for 2020-21. Please take five minutes to share your professional development needs.

<https://www.surveymonkey.com/r/WISH2020Survey>



## Action for Healthy Kids

Ryan Monroe is the WI State Coordinator with Action for Healthy Kids. Action for Healthy Kids has two grants available for schools to apply. Ryan can be contacted at (56) .419-1931 or

[actionforhealthykids.org](http://actionforhealthykids.org)

- Application deadline: April 3, 2020
- Apply at [www.actionforhealthykids.org/grants](http://www.actionforhealthykids.org/grants)
- For more information, and for promotional blurbs, see the flyer attached to this Update.

# DHS News

## Respiratory Report

[The Weekly Respiratory Report](#) for the week ending February 15, 2020 is now available.

### 2019-2020 Influenza Season

The Centers for Disease Control and Prevention estimates that more than 15 million people in the U.S. have gotten sick with flu. More than 150,000 Americans have been hospitalized, and more than 8,000 people have died from their infection.

- Flu vaccines are still the best way to protect yourself and loved ones. And it is not too late to get one.
- Handwashing continues to be one of the best strategies for avoiding infections. Many diseases and conditions are spread by not washing hands with soap and clean, running water. CDC has a great new section on their website about hand washing ([Clean Hands Save Lives](#))
- Practice social distancing when you need to—yes, that means **staying home when you are sick!** Keep your children home from school and activities if they are ill. We get it, it can be difficult. Think of keeping your co-workers and their families healthy the way you want them to think about keeping you and yours in good health. Employers can help too by looking at what they can do to make it easier for people to stay healthy, such as providing onsite influenza vaccination clinics, flexible work schedules, working from home, paid leave, etc.

### But shouldn't I be worried about coronavirus?

The risk of contracting the 2019 novel coronavirus (COVID-19) remains low in Wisconsin. COVID-19 symptoms are similar to those of influenza (e.g., fever, cough, or sore throat), and the outbreak is occurring during a time of year when respiratory illnesses from influenza, respiratory syncytial virus, and other respiratory viruses are highly prevalent.

While this international outbreak is rapidly changing, we want to make sure our communities are reminded about the existing risks that influenza presents right now in the United States and the simple steps that can assist with avoiding many respiratory illnesses as outlined above. To prevent influenza, all persons aged 6 months or older should receive an annual influenza vaccine, and vaccination is still available and effective in helping to prevent influenza.

You can learn more about COVID-19 on our [webpage](#).

See our latest [Wisconsin Respiratory Report](#).



*The risk of contracting the 2019 novel coronavirus (COVID-19) remains low in Wisconsin. COVID-19 symptoms are similar to those of influenza (e.g., fever, cough, or sore throat)*

# DHS News (continued)

## Talking about Vaccines with Dr. Stanley Plotkin

A series of videos have been posted on YouTube. In each one- to two-minute video, Dr. Plotkin from the Children's Hospital of Philadelphia (CHOP) answers a question about vaccine science:

- [What is an adjuvant, and why are they used in vaccines?](#)
- [How can we still use a fetal cell line from the 1960s to make vaccines today?](#)
- [How is a vaccine processed by the body when it is given as a shot?](#)
- [What does it mean if a vaccine trial is double-blinded?](#)
- [How do clinical trials work?](#)
- [What does the FDA monitor during vaccine clinical trials?](#)

## Collaborative Assessment and Management of Suicidality Training

A training on Collaborative Assessment and Management of Suicidality (CAMS) is being offered by Mental Health America of Wisconsin and the Behavioral Health Training Partnership at UW-Green Bay. The CAMS training series includes two full-day courses:

- **Introduction to Suicidality and CAMS Care** – 6.5 continuing education hours  
Eau Claire, WI - April 15, 2020
- **Experiential Role Play** – 7.0 continuing education hours  
Eau Claire, WI - April 16, 2020 OR  
Brookfield, WI - April 17, 2020

CAMS is an evidence-based, flexible approach to suicide care that can be used across theoretical orientations and disciplines. It has been shown to be effective in use with adults, adolescents, and children.

[View more information on this training series.](#)

This training series is being provided under a grant from the Division of Care and Treatment Services.



# NASN News

## NASN2020: Register Now and Get the Early Bird Rates

Emotions matter. What we do with our emotions is especially important.

Join [Marc Brackett](#), author of "Permission to Feel," for the opening keynote at [NASN2020](#).

The goal of this presentation is to inspire a new mindset around the power of emotions to transform our lives, describe the five key underlying skills of emotional intelligence, known as the "RULER" skills, and provide innovative strategies and tools for developing emotional intelligence so that our emotions help, rather than hinder, our well-being and success at home, in school, at work, and in everyday life.

[REGISTER NOW](#)

## LiveStream Registration Open Too

Unable to attend the conference in person this year? Don't miss your chance to hear about top trending topics and issues impacting students and school nurses across the globe. The NASN2020 Livestream event includes admittance to seven general sessions, including opening and closing keynotes, and two breakout sessions.

[LEARN MORE](#)

## Emotion Management K-6

March 3, 2020 3:30 pm ET  
1 CNE. Free to NASN Members

This webinar will present an interdisciplinary approach to managing somatization in our schools. Given the attention of emotional health in children leading to academic success and the importance of attending to the whole child, this program has been developed to increase K-6 students' abilities to cope with school stress in healthy and effective ways.

The participant will leave with a better understanding of the frequent flyer, and tools to utilize in their health suites to assist the students they serve.

[REGISTER](#)



*The theme for NASN2020 is **A Seat at the Table: Winning Together for Student Health**. The annual conference will highlight emerging trends in student health, evidence-based practices, and crucial partnerships to support student success.*

# Center for Disease Control

In conjunction with CDC Healthy Schools and other partners, the National Collaborative on Childhood Obesity Research (NCCOR) has just released a [new fact sheet](#) for teachers to help keep students active during the school day. Pass this resource along to the teachers in your schools to demonstrate how you want to partner to keep students healthy, safe, & ready to learn.



## Wisconsin School Nurses in the News

This Update highlights action not taken by a Wisconsin school nurse, but by a student on behalf of the school nurse! South Milwaukee High School student Zachary Allison wrote a blog and started a petition to support school nurse Trish Heller's position at the high school. It is interesting that Zachary understands the role of the school nurse is to help all students with physical and mental health needs. Read the petition at [change.org](http://chnng.it/tvnSrmPLNL) <http://chnng.it/tvnSrmPLNL>

More media coverage can be read here: <https://www.jsonline.com/story/communities/south/new/s/south-milwaukee/2020/02/20/south-milwaukee-high-school-cuts-could-cost-beloved-nurse-trish-heller-her-job/4812271002/>

*As a student I believe our health should be a top priority, especially in the school system, and that we shouldn't have to sacrifice it.*

## School Nurse Blog

The Relentless School Nurse Blog <https://relentlesschoolnurse.com/therelentlessblog/>  
by Robin Cogan, MEd, RN, NCSN

[The Relentless School Nurse: A Message From a Parkland Parent on the Second Anniversary](#)

# American Academy of Pediatrics - HealthyChildren.Org



## Featured Article of the Month: 2019 Novel Coronavirus

The coronavirus outbreak in China continues to be a top story in the news, leaving many people unsure of how worried they should be about the risk of contagion. This article explains the origin and symptoms of this disease, and how best to help prevent it from spreading. Read the full article in [English](#) and [Spanish](#).

## When to Keep Your Child Home from Child Care

<https://healthychildren.org/English/family-life/work-play/Pages/When-to-Keep-Your-Child-Home-from-Child-Care.aspx>

## Breaking News: FDA Approves Palforzia, a Ground-Breaking Peanut Allergy Oral Immunotherapy Treatment

On Jan. 31, 2020, the U.S. Food and Drug Administration (FDA) announced its approval of Aimmune Therapeutics' peanut treatment, Palforzia, for children ages 4 to 17. This is big news for the food allergy community. Food allergies put a significant mental, social and financial burden on families.

[View this on Kids With Food Allergies](#)

## Medtronic Recalls MiniMed Insulin Pumps

The FDA has identified this as a Class I recall, the most serious type of recall. Use of these devices may cause serious injuries or death.

<https://www.fda.gov/medical-devices/medical-device-recalls/medtronic-recalls-minimed-insulin-pumps-incorrect-insulin-dosing>

## Unsolicited Continuing Education Opportunity

From Elite Healthcare [www.elitecme.com](http://www.elitecme.com)

[Vaping and E-Cigarettes: Health Care's Response to a New Epidemic in Teens and Young Adults](#)

*Food allergies put a significant mental, social and financial burden on families. Until now, strict avoidance has been the only way to avoid allergic reactions.*

# Medscape NURSES

## Are Drug Expiration Dates a Myth?

All drugs are required by law to have an expiration date. Replacing them is expensive. Is it unnecessary? [Read now.](#)

## Prevent Blindness Wisconsin

Prevent Blindness Wisconsin is currently looking for volunteers in the Fox Cities, Dane County, Greater Milwaukee, Lake Country and Union Grove. If you are interested in becoming a certified vision screener in your community or are a current volunteer looking to refresh your sight-saving skills, please sign up for a training this month. Contact Breanna at [Breanna@pbwi.org](mailto:Breanna@pbwi.org) to find out more.



### Upcoming Trainings

Sign up for one of our upcoming Children's Vision Screener Trainings. If you have questions, or if you would like to schedule a training, please contact Shelby at [Shelby@pbwi.org](mailto:Shelby@pbwi.org).

**Saturday, February 22, 2020**

**27-A2 Lions Certified Children's Vision Screener Training + Plusoptix**

7:30 AM - 9:00 AM

Country Inn & Suites - Port Washington

350 East Seven Hills Road

Port Washington, WI 53074

[REGISTER NOW!](#)

**Friday, March 13, 2020**

**27-D1 Lions Certified Vision Screener Training**

3:00 PM - 6:00 PM

Chula Vista Resort

2501 River Road

Wisconsin Dells, WI 53965

[REGISTER NOW!](#)

**Friday, March 20, 2020**

**27-E2 Lions Certified Vision Screener Training & SPOT**

5:00 PM - 8:00 PM

The Lismore Hotel

333 Gibson Street

Eau Claire, WI 54701

[REGISTER NOW!](#)

*Sign up for one of Prevent Blindness Wisconsin's upcoming Children's Vision Screener Trainings. If you have questions, or if you would like to schedule a training, please contact Shelby at [Shelby@pbwi.org](mailto:Shelby@pbwi.org).*

# Children's Hospital of Pittsburgh

## Webinar

Electronic Nicotine Delivery Systems (ENDs) – for pediatric healthcare providers. Friday February 28<sup>th</sup> 12:00-1:00 PM (CST) [Click this link to be directly guided to the registration site.](#)

## Practice Points

By Louise Wilson

### What is your definition of “fever?”

A significant portion of my time over the past two weeks has been spent responding to inquiries regarding 2019-nCoV and providing timely factual information in an ever-changing and evolving situation. One thing is clear, the risk of illness from influenza is much higher in Wisconsin and throughout the United States. It is very likely that school nurses will be monitoring their students and staff for signs of influenza and other non-COVID-19 (the official name for the disease caused by 2019-nCoV) respiratory illnesses.

Often what distinguishes a respiratory illness as one that requires exclusion or sending the ill student or staff member home, is the presence of a fever. So, I thought it might be a good PRACTICE POINT for school nurses to evaluate their current definition of fever. If you have been a school nurse for a few years you know that definition is steeped in tradition. The definition also varies even among credible professional medical organizations.

### How do professional medical organizations define “fever?”

According to the American Association of Pediatrics (AAP) a fever is 100.4°F

(<https://www.healthychildren.org/English/health-issues/conditions/fever/Pages/When-to-Call-the-Pediatrician.aspx>).

According to Johns Hopkins Medicine a fever is defined by most healthcare providers as a temperature of 100.4°F (38°C) and higher when taken rectally.

(<https://www.hopkinsmedicine.org/health/conditions-and-diseases/fever-in-children>). This site goes on to remind us that you have a fever when your temperature rises above its normal range. What's normal for you may be a little higher or lower than the average normal temperature of 98.6 F (37 C).



*Definition of “fever” is steeped in tradition and varies among medical professionals.*

## Use of either 100.0° F or 100.4°F evidence based

The Center for Disease Control (CDC) in its *Guidance for School Administrators to Help Reduce the Spread of Seasonal Influenza in K-12 Schools* (<https://www.cdc.gov/flu/school/guidance.htm>) has this statement:

*\*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number actually can range depending on factors such as the method of measurement and the age of the person, so other values for fever could be appropriate. CDC has public health recommendations that are based on the presence (or absence) of fever. What is meant by this is that the person's temperature is not elevated beyond their norm.*

So what is the correct temperature at which to send students or staff home from school? As so much of what school nurses must decide, it depends on individual circumstances, other symptoms that may be present, and the standards and protocols your district has (intentionally) set. The point being that school districts should evaluate why they have chosen a certain value and not just base the decision on tradition. The attached flyer from the CDC gives districts support for either choosing 100.0° F or 100.4°F.

What is agreed upon is that it is not accurate to estimate a child's temperature by feeling the child's skin! This is called a tactile temperature, and it is highly dependent upon the temperature of the person who is feeling the child's skin. Also, I found several references from both the AAP and CDC supporting students and staff staying home for at least 24 hours after their fever is gone. The fever should be gone without the use of a fever-reducing medicine.

## How long should I stay home if I'm sick?

Here is a helpful statement taken from the CDC website:

<https://www.cdc.gov/flu/treatment/takingcare.htm>.

*CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the need to use a fever-reducing medicine, such as Tylenol®. Until then, you should stay home from work, school, travel, shopping, social events, and public gatherings.*

*CDC also recommends that children and teenagers (anyone aged 18 years and younger) who have flu or are suspected to have flu should not be given Aspirin (acetylsalicylic acid) or any salicylate containing products (e.g. Pepto Bismol); this can cause a rare, very serious complication called Reye's syndrome.*

Here is a short video that school nurses could link to on their district websites. The video engages parents in helping to prevent the spread of communicable diseases in schools, including picking up ill children from school when notified by the school nurse! <https://youtu.be/8msgeGj13xU>

As always practice intentionally using 21<sup>st</sup> Century principles of school nursing.

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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>

February 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.



Schools need resources to implement health and wellness practices that help students eat better, be physically active, and improve their social-emotional health. Thanks to our partners, Action for Healthy Kids has provided over \$8.7 million in grants to schools since 2009. Our school grants program can help your school achieve its goal to make every kid healthy, active and ready to learn.

**Grant applications take less than 60 minutes to complete!**

**Application portal opens:**  
February 3, 2020

**Applications due:**  
April 3, 2020

To learn more and apply for a grant, please visit [actionforhealthykids.org/grants](http://actionforhealthykids.org/grants).

## Questions?

Contact your state coordinator:

or email [contactus@actionforhealthykids.org](mailto:contactus@actionforhealthykids.org)

## Help Your Local School Earn a Grant for the 2020–2021 School Year!

**Grant funding helps schools Pre-K – 12 with a variety of wellness initiatives, including:**

- » Playgrounds and play-spaces
- » Classroom energizers
- » Healthy cooking classes
- » School gardens
- » Before/after-school programs

### Game On Grants

- » Provide funding and support to increase physical activity and nutrition initiatives while promoting students' social emotional learning
- » Funding starting at \$1,000 for physical activity and/or nutrition projects
- » Available in all states

### Parents for Healthy Kids Grants

- » Provide funding and support to increase physical activity and nutrition initiatives while promoting students' social emotional learning and engaging parents in school wellness
- » Parents or parent groups apply for grant (either for physical activity or nutrition) and lead projects in partnership with the school
- » Funding begins at \$1,000
- » Available in select states: AL, AR, CA, CT, DC, DE, FL, GA, IA, IL, IN, KS, KY, MA, MD, MI, MN, MO, MS, NC, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, TX, VA, VT, WI, WV



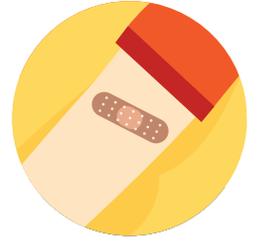
Every kid healthy, active and ready to learn

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# The Flu:

## A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

## What parents should know

### How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

### How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

### What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



## Protect your child

### How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

### Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

### What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- **Flu vaccine can prevent your child from dying from flu.**  
A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

## What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

## If your child is sick

### What can I do if my child gets sick?

**Talk to your doctor early if you are worried about your child's illness.**

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

### What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face

- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

### Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

### How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

### Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

### When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)\* or higher.

\*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

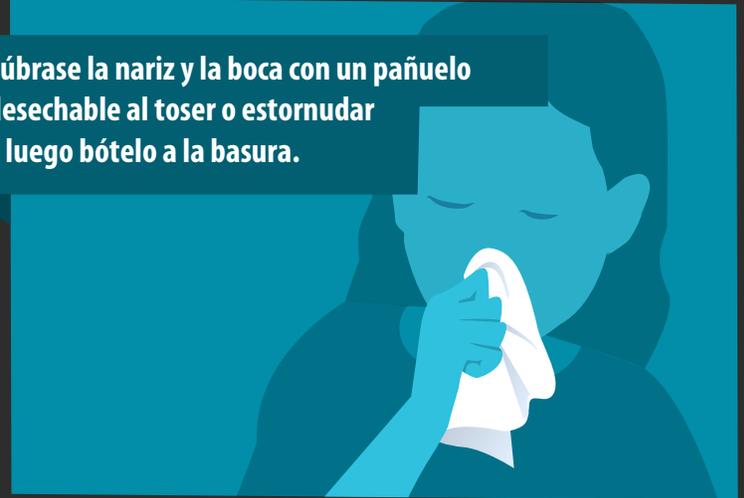
# DETENGA LA PROPAGACIÓN DE MICROBIOS

Ayude a prevenir la propagación de virus respiratorios como el nuevo coronavirus 2019

Evite el contacto cercano con las personas enfermas.



Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.



Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.



Evite tocarse los ojos, la nariz y la boca.



Quédese en casa si está enfermo, excepto para buscar atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



# Creating Safe & Supportive School Communities

*Save the date!*



## June 15 – 16, 2020

### Featured Topics:

- Social and emotional learning
- Bullying prevention
- Trauma sensitive schools
- School-based mental health
- School safety

### Schedule:

- June 15: Pre-conference events
- June 16: Conference breakout sessions

### Location:

Kalahari Resorts and Conventions  
Wisconsin Dells, WI

### Registration and Additional Information:

<https://dpi.wi.gov/sspw/mental-health/social-emotional-learning/conference>



WISCONSIN DEPARTMENT OF  
**PUBLIC INSTRUCTION**  
Carolyn Stanford Taylor, State Superintendent

## 2nd Annual Tourette Connections Conference

Friday, March 20th, 2020 ~ 7:30am-6:00pm

Radisson Hotel & Conference Center Green Bay  
2040 Airport Drive, Green Bay, WI 54313

This **FREE** event is designed to expose you to new ideas about managing tics and tools to help someone with Tourette Syndrome to thrive. This conference is appropriate for those with tics, family members, professionals and friends.

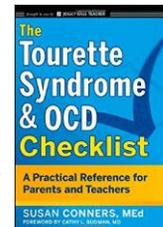
**(Social Workers Earn up to 7.5 CEH's, NASW-WI Approved!)**

Choose from two tracks: an adult track, suitable for those who are interested in learning in a lecture format, or a youth track which will include swimming, games and organized activities guided by Tourette Syndrome Camp USA Staff.

### March 20th, 2020 Adult Track Schedule

**7:30 am - 8:30 am:** Registration & Breakfast

**8:30 am - 10:00 am: Keynote: Dare to Dream** - Presented by Susan Conners, MEd (1.5 CEHs) Author of "The Tourette Syndrome & OCD Checklist". Susan will be available for a book signing at the Conference!



**10:00 am - 10:15 am:** Break

**10:15 am - 11:30 am:** Breakout Session 1

Option A: **Habit Reversal for Children with Tic Disorders** - Presented by Dr. Doug Woods Ph.D. Vice Provost for Graduate and Professional Studies and Dean of the Graduate School, Professor of Psychology, Marquette University (1.25 CEHs)

Option B: **Youth Panel** - Presented by Rising Leaders (1.25 CEHs)

**11:30 am - 12:30 pm:** Lunch

**12:30 pm - 1:45 pm:** Breakout Session 2

Option A: **Workplace Accommodations and Disability Rights** - Presented by Ellie Jarvie, MSW, LCSW, Disability Rights Wisconsin and Steven Corfman, Esq, Disability Rights Wisconsin (1.25 CEHs) **(continued on back)**

Option B: **Parents Mixer** - Facilitated by Shari Meserve, Tourette Connect Chicagoland group facilitator (0 CEHs)

**2:00 pm - 3:15 pm: Breakout Session 3**

Option A: **Treatment of Tic Disorders and Other Repetitive Behaviors** - Presented by: John T. Walkup, M.D. Head of the Department of Child and Adolescent Psychiatry at Ann & Robert H. Lurie Children's Hospital of Chicago (1.25 CEHs)

Option B: **An Overview of Statewide Suicide Prevention; Applications for those with Tourette Syndrome or Tic Disorders** - Presented by Leah Rolando, MSW; Suicide Prevention Program Coordinator, Mental Health America of Wisconsin (1.25 CEHs)

**3:15 pm - 3:30 pm: Break**

**3:30 pm - 4:45 pm: Breakout Session 4**

Option A: **Successful Relationships with the School** - Presented by Brian T. Lane, M.A.E., B.M.E., C.A.A. (1.25 CEHs)

Opt B: **Adults with TS Meet and Greet** (0 CEHs)

**5:00 pm - 6:00 pm: Movie "Unstuck" - An OCD kids movie** - Discussion facilitated by Dr. Jason Gibbs, PhD, Clinical Supervisor at Rogers Behavioral Health's Appleton Clinic (1.00 CEHs)

**Online Registration available at :** <https://www.eventbrite.com/e/2020-tourette-connections-conference-registration-89507177377>

Registration Deadline: **Wednesday, March 12th, 2020.**

Need a room Thursday or Friday evening? Stay at the Radisson Hotel & Conference Center Green Bay. Make sure to mention you are with the Tourette Connections Conference to receive a room rate of \$89/night. Call 1-800-333-3333 for reservations.

Questions? Email Amy Gile, TAA-WI Conference Planner [taawiconference@gmail.com](mailto:taawiconference@gmail.com).

Pre-registration required. Beginning in early March, a **conference staff member will call to confirm your registration**. We MUST receive verbal confirmation to secure your registration. The CDC measures the success of this event by the number of attendees so please let us know if you are no longer able to attend.

Please consider supporting the work of the Tourette Association of America through a donation. [www.tourette.org/chapter/wi/](http://www.tourette.org/chapter/wi/)

*Funding for this workshop is made possible in part by the Centers for Disease Control and Prevention. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government*



COVID-19

## **Wisconsin Department of Health Services (DHS)**

### *Information for School Nurses*

As you're probably well aware, a new coronavirus called 2019 Novel Coronavirus (COVID-19) was detected in Wuhan, Hubei Province, China. This virus has not been previously found in humans. There are thousands of cases in China, and additional cases are being identified in the United States, but only one confirmed case in Wisconsin.

We know many parents are concerned about their children being exposed to the virus, and we first want to assure everyone the risk of getting the virus remains low.

To assist you with talking to parents and students about this virus, we are providing a list of frequently asked questions.

#### **What are the chances of my child getting this coronavirus?**

The risk is remains low.

#### **What about students or staff who have visited China?**

- If a student or staff member is supposed to be isolated, the local health department will make those arrangements with them.
- Healthy students and staff who visited China and were in the United States before February 2, 2020 can go to school as they normally would.
- Students and staff returning from China after February 2, 2020, will be contacted by their local health department on an individual basis and will be advised if they can go to school or not.
- Any students and staff who are sick should stay home from school.

#### **What are the symptoms of 2019 Novel-Coronavirus?**

The symptoms are fever, cough, and difficulty breathing.

#### **Should my child be wearing a mask to avoid catching coronavirus?**

It's not necessary for anyone to wear a mask during the normal course of their day. The best way to avoid COVID-19, or any virus, is to practice good health hygiene habits. These include:

Frequent and thorough handwashing with soap and water. Use hand sanitizer when soap and water aren't available.

Cough and sneeze into tissues, or into your arm.

Stay home when you're sick.

Flu is very active in Wisconsin and families should be taking precautions to avoid influenza by following the instructions listed above and by getting flu shots.

**Learning opportunity:**

COVID 19 presents a good opportunity to teach students about avoiding stigma. Be sure to tell students and parents that it is travel and contact, not ethnicity that can cause someone to get this virus.

The COVID-19 investigation changes virtually every day, but there is reliable, factual, and clear information available from your local and state health departments and the U.S. Center for Disease Control and Prevention (CDC).

DHS updates its [information on the state's investigation of COVID-19](#) Monday through Friday at 2:00 p.m. We encourage you to monitor the page frequently for new information about this virus and investigation.