

# School Nurse UPDATE



#14 March 10, 2020

## FEATURED STORIES

PRACTICE POINTS –  
Levels of Prevention

March is National Nutrition  
Month® (DPI News)

COVID-19 School Nurse  
Resources  
(NASN 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

## Greetings!

For these past two weeks 99.9% of my time has been spent on COVID-19 issues. I suspect from my volume of calls and emails, responding to concerns from staff, parents, and students have occupied much of practicing school nurses' time as well. In addition school nurses are being asked to review, revise, or create a communicable disease pandemic plan for your school districts. Remember, you are not alone and should not be doing this planning in isolation. There are many pieces and subsystems involved in communicating with parents, staff and students, determining if and when schools might be asked to close or exclude students, how educational programming will continue in the event of a school closure, what to do about field trips, travel and large events, recommended cleaning procedures, and what supplies to purchase, use or store. This doesn't even include plans for our most medically fragile students or those with certain chronic health conditions, how to address the emotional needs of our students (and staff), and how to meet nutritional needs of students whom we know count on school meals as their primary source of food. My head spins thinking about it all!

We have learned a lot over the past month, yet so much about SARS-CoV2 remains unknown. On behalf of the DPI I attend daily COVID-19 response planning meetings with the Department of Health Services and other agencies and organizations. The first day I attended—after introducing myself—there were actually cheers in the room! This is because “school nurses are and will be critical to our efforts.” Know and believe that! In Update #3, I shared with you my thoughts on how the vaping crisis created an opportunity for school nurses to utilize the 21<sup>st</sup> Century School Nursing component of Community Public Health. COVID-19 is not just an opportunity, but requires that school nurses use all of the components of our framework. A copy of the Framework for 21<sup>st</sup> Century Schools Nursing Practice™ is attached for your reference. More thoughts in PRACTICE POINTS.

# DPI News



## **Publications and Resources Webpage**

The School Nursing [Publications and Resources webpage](#) has a new look. The intent is to make it easier to locate the information you are seeking. Note the addition of resources on bedbugs.

## **2019 Wisconsin Act 118 – Pupil Restraint**

2019 Wis. [Act 118](#), which revises Wisconsin state law on addressing the use of seclusion and restraint in schools, went into effect on Wednesday, March 5, 2020. Some of the changes include requiring parents to be provided with a copy of the written incident report, clarifying that the notice and reporting requirements apply to incidents involving law enforcement officers, prohibiting the use of prone restraint, revising the required training components, requiring school staff to hold a meeting after each incident of seclusion or restraint to discuss topics specified in the Act, conducting an IEP team meeting within ten school days of the second time seclusion or restraint is used on a student with a disability within the same school year, and requiring each governing body to submit an annual report to DPI by December 1. The department will also be developing a document that provides more detailed information about these changes. As a reminder, this law applies to both students with and without disabilities.

## **Act 116 and Act 117**

In addition to Act 118 mentioned above, Governor Evers also signed Act 116 and Act 117 this week. [Act 116](#) requires student identification cards to include contact information for suicide prevention hotlines. [Act 117](#) creates a school-based mental health consultation pilot program and makes an appropriation. DPI will share more information on both of these acts as it becomes available.

## **Creating Safe and Supportive School Communities Summer Institute**

The Student Services Prevention and Wellness team is excited to invite you to the 2020 Summer Institute. This year, the pre-conference and breakout sessions will include multiple approaches to supporting student wellness and mental health. The conference will be held June 15-16, 2020, at the Kalahari Resort, Wisconsin Dells. Please see this [webpage](#) for [lodging information](#), a [save the date flyer](#), and we will post registration information as it becomes available.

*The School Nursing Publications and Resources webpage has a new look. Information on bedbugs has been added. New resources have been added to the DPI 2019 Novel Coronavirus webpage since the last DPI School Nurse Update newsletter.*

# DPI News



## March is National Nutrition Month®

Registered Dietitian Nutritionists at DPI & the DPI Wellness Committee shared nutritional hints with DPI staff. How much water do you think you need in a day? It depends on factors such as your activity level and the weather, but the Academy of Nutrition and Dietetics estimates that for women, the amount of total water is about 11.5 cups per day and for men about 15.5 cups.

Keep in mind, other beverages and the [water in fruits and vegetables](#) contribute to this daily need. That's why fruits and vegetables are great choices – high water content means low in calories and packed with nutrients! Some people find plain water too boring. Is your friend obsessed with coconut water? [Click here to find out if coconut water is all it's cracked up to be!](#)

## Creating Safe and Supportive School Communities Conference

The Wisconsin Department of Public Instruction Student Services/Prevention and Wellness Team invites a wide range of stakeholders to the Creating Safe and Supportive School Communities Summer Institute June 15 – June 16, 2020 at the Kalahari in Wisconsin Dells, Wisconsin. Dive into universal strategies to support student wellness and mental health. June 15th will include full day pre-conference sessions on bullying prevention, anti-human trafficking, school-based mental health, SEL, trauma informed schools, and SEL and IEP supports. June 16th will include a rich variety of informative and engaging breakout sessions. A detailed agenda and registration information will be available soon. In the meantime, [download the save the date here!](#)

If you are interested in attending the event and want to reserve a hotel room, you can do so online by using this [room reservation link](#).

Be sure to also visit the [Expanding School-Based Mental Health in Wisconsin Schools website](#) for more information on the 2020 School Mental Health Summit on Wednesday, June 17, 2020 at the Chula Vista Resort in Wisconsin Dells.

*How much water do you think you need in a day? It depends on factors such as your activity level and the weather, but the Academy of Nutrition and Dietetics estimates that for women, the amount of total water is about 11.5 cups per day and for men about 15.5 cups.*

# Win \$500 for Applying

5 lucky **WI School Health/WSCC Award** applicants will be randomly selected to win \$500 to support policy, system and environmental changes in your school.

## Deadline March 31st!

### Is your school working on...

- Addressing health and wellness efforts?
- Promoting healthy nutrition choices?
- Getting students active?
- Creating a strong social & emotional climate?
- Actively involving parents and community?
- Improving policies to address & promote staff wellness?

If you answered YES, then you should apply to see if your school is eligible to receive a platinum, gold, silver or bronze award and be entered into the drawing to win one of five (5) \$500 awards.

### Registration

Go to <https://bit.ly/3byJReV> for details and to apply  
For questions, contact [sally.jones@dpi.wi.gov](mailto:sally.jones@dpi.wi.gov)



# DHS News

## Respiratory Report

[The Weekly Respiratory Report](#) for the week ending February 29, 2020 is now available.

## COVID-19 Resources

New COVID-19 information flyers are available in multiple languages. <https://www.dhs.wisconsin.gov/library/p-02592.htm>

## Communicable Disease Update Webinar Series

Next webinar: March 10, 2020, 1–2 p.m.

[Join the webinar.](#) (No registration is required to attend.)

Topic: Tick and Mosquito updates

We will provide updates on tick-borne disease reporting requirements, dead bird surveillance for West Nile Virus, and recent increases in Jamestown Canyon virus activity in Wisconsin. We will also address common misinformation regarding tick-borne disease risk, transmission, diagnosis, and treatment.

Presenters:

Rebecca Osborn, MPH, Epidemiologist and Christine Muganda, PhD, Epidemiologist

Previous webinar recordings:

All webinars and corresponding slides will be archived on the new Communicable Disease Webinar Archives webpage for future viewing.

Future webinars: Legionella

Date: Tuesday, April 14th, 2020, from 1–2 p.m.

## [Wisconsin Diabetes Weekly](#)

Click the link above to go directly to this week's publication of the *Wisconsin Diabetes Weekly* for news and resources compiled by the Wisconsin Chronic Disease Prevention Program.

The Wisconsin

Department of

Health Services

(DHS) has placed

Guidance for School

Districts on its

[COVID-19 webpage.](#)

The DHS [Outbreaks](#)

[in Wisconsin](#) is

another resource for

school districts.

Additionally, the DHS

has provided this

[FAQ](#) for school

nurses.



# NASN News

## National Association of School Nurses Coronavirus Disease 2019 Resources Webpage

<https://www.nasn.org/nasn/nasn-resources/practice-topics/covid19?CLK=89ed89c7-aef9-46a5-9614-8d61242e6b19>

## [Talking to Children About COVID-19 \(Coronavirus\) - A Parent Resource](#)

This resource was developed collaboratively by NASN and the National Association of School Psychologists. Please see [www.nasn.org/covid19](http://www.nasn.org/covid19)

## [Guidance for School Principals and Superintendents:](#)

A two-page document that school nurses can share with their principals and superintendents to keep them informed about the virus and how their school can prepare.

Read the article of 3/2/2020 from CNN "How US schools are preparing for the coronavirus" with interview of our NASN Executive Director [@Donna Mazyck, MS, RN, NCSN, CAE](#). [Click here](#)

## **School Nurse Administrator Virtual Summit**

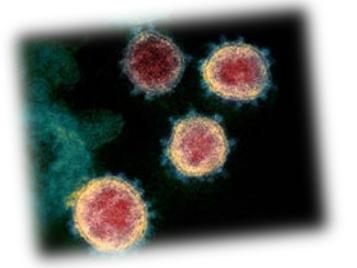
NASN is excited for the first School Nurse Administrator Virtual Summit this April. The summit will be online so you can participate from wherever you are. The purpose of the summit is to provide professional development specifically to meet your needs as a school nurse administrator/lead. To help us set the date(s) and choose the topics for the summit, please fill out this short survey. Thank you!

Please click [here](#) to provide input.  
(if the hyperlink doesn't work, click and paste:  
[nasn.qualtrics.com/jfe/form/SV\\_4YrAsKaVTvd1Guh](https://nasn.qualtrics.com/jfe/form/SV_4YrAsKaVTvd1Guh))

Please feel free to share this email link with fellow school nurse administrators. All are welcome.

## **World Hearing Day Is First Week in March**

World Hearing Day aims to spread the word and raise the profile of ear and hearing care. This year's theme was "Don't Let Hearing Loss Limit You. Hearing for Life." School nurses can play a role by identifying hearing loss early, and making the appropriate referrals and follow-ups. In addition, as an advocate for our students, we can also ensure they have appropriate educational accommodations. [Read NASN's position statements](#) to learn more.



*The NASN has a webpage devoted to resources for school nurses to use as they practice 21<sup>st</sup> Century School Nursing and address COVID-19. These resources include talking points.*

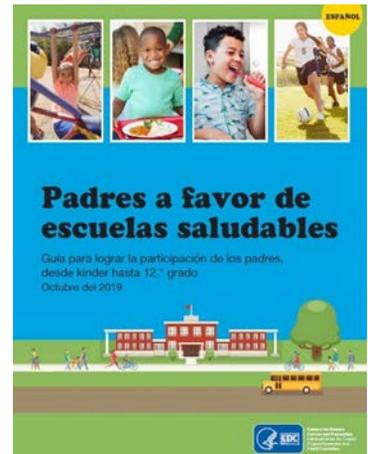
# CDC Healthy Schools

## Parents for Healthy Schools Resources Now Available in Spanish!

CDC's [Parents for Healthy Schools](#) is a set of resources and tools that school groups—such as the PTA, PTO, and school wellness committees—can use to encourage [parent engagement](#) in school health. These tools can also be used by others interested in working with parents, such as

- School nutrition directors
- School administrators
- School nurses
- Teachers
- Community members or organizations.

Many of these resources are available in Spanish and include fact sheets, training materials, and an e-Learning course.



# Immunization Action Coalition

*Many school nurses, teachers, school staff and parents may not be familiar how some vaccine-preventable diseases appear. The IAC slide set provides images and descriptions of 23 diseases.*

## IAC updates its PowerPoint slide set “A Photo Collection of Vaccine-Preventable Diseases” to use “as is” or modify to fit your needs

IAC recently posted a revised edition of its PowerPoint slide presentation for healthcare professionals titled [A Photo Collection of Vaccine-Preventable Diseases](#). This slide set provides images and descriptions of 23 diseases. The content on several slides has been updated.

You can download the six-slide-per-page handout of 44 slides ([PDF format](#)) or request the slide set for your own use with audiences. To request the PowerPoint file from IAC, go to [IAC's PowerPoint Slide Sets](#) web page. Just below the presentation's title and description, click on "Request the PowerPoint slide set" and IAC will email the request form for the PowerPoint presentation. Once you have submitted your request, we will send you the presentation. You can edit and use it as you see fit.

# Prevent Blindness Wisconsin

## 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).

**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**

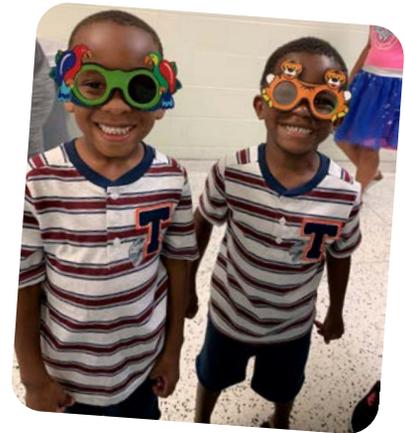
5:00 PM - 8:00 PM

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).*

[The Office of Children's Mental Health](#) recently released a new 2020 Child Well-Being Fact Sheet in regards to healthy usage of screen time for Wisconsin students, based off results from the Wisconsin Youth Risk Behavior Survey (YRBS) as well as the Survey of the Health of Wisconsin (SHOW). The infographic can be found [here](#). Upcoming topics will include bullying and suicide.

# Practice Points

By Louise Wilson

Levels of Prevention

## Public Health Prevention Strategies

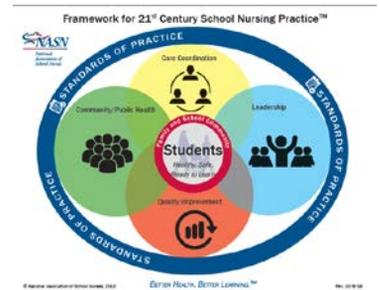
As Department of Public Instruction (DPI) staff have approached or involved me in conversations regarding our agency's response I emphasize two points: 1) whatever I suggest will be evidenced and epidemiologically based, and 2) I will use this opportunity to promote the role of school nurses in schools. I see my role as state consultant to encourage school nurses to practice at their full potential. This means using the components of our professional framework and practicing according to our scope and standards.

I realize there are registered nurses working in schools who do not have much experience or training in community health, population-based nursing, leadership, or policy development. COVID-19 provides an opportunity to develop these skills. While the current COVID-19 situation requires school nurses to provide leadership, quality improvement, and care coordination, I am going to direct my comments to the component of community/public health and the skills of risk reduction, health education, and surveillance.

School nursing practice is grounded in community/public health and is consistent with the core functions of public health. There are three levels of prevention in public health. In public health, interventions are not only individually based but are directed to an entire community—however that community is defined.

Primary prevention occurs before the health issue occurs. Secondary prevention occurs when a health issue has begun, but before signs, symptoms, or complications occur. The public health focus in secondary prevention is on risk reduction and disease prevention. After a health issue has occurred tertiary prevention includes strategies that limit further negative effects from that existing health problem and promote optimal functioning and recovery.

As I sit in on meetings, scour the Centers for Disease Control and Prevention's (CDC) websites, listen to the news media, and determine what resources school districts need, I think about these various levels of prevention. What level is the nation, the state, your district demonstrating?



*School nursing practice is grounded in community/public health and is consistent with the core functions of public health.*

*What level of prevention do you find your district, the state, the nation demonstrating?*

## School Nurse Role

School nurses make assessments all the time. If you are monitoring attendance rates you are practicing the primary prevention strategy of surveillance. Surveillance is closely aligned with nursing assessment and is a key school nursing and community/public health practice component. If you are monitoring attendance rates you should be looking for trends.

Surveillance is usually proactive and includes disseminating the data to those who need it to prevent or control health conditions. This means you share that information with administrators and possibly the public health department. The DPI Pandemic Planning webpage contains some examples of surveillance collection tools school districts could use to collect data.

Education is a primary intervention strategy. All the flyers, letters home, and website additions are intended to educate the public and prepare them before SARS-CoV2 spreads to your community. When more Wisconsinites test positive for COVID-19 school nurses need to be prepared to practice secondary prevention. The interventions school nurses are doing such as disseminating exclusion criteria, speaking to groups of students traveling over spring break, and assuring schools have supplies of hand sanitizer and have defined cleaning procedures, are aimed at risk reduction and disease prevention.

Schools' proactive work on pandemic plans will assist in limiting the negative effects once COVID-19 hits a community/school. This is tertiary prevention. Make sure you have a copy of the plan. If it is under review make sure you are one of the reviewers. The pandemic plan framework shared by the DPI is intentionally vague and generic. It gives school districts a starting point to think about all the issues involved when a communicable disease affects large numbers of students and staff. It does not give all the answers. School districts will need to fill in the "meat" of the plan according to their district's situation. I welcome any examples of revised or updated plans that I can share with schools if asked for examples.

Much is yet to be learned and experienced. It truly is an evolving situation. DPI is working on more specific information on school closures in anticipation this may be ordered by (some) local health departments. I plan to provide some vetted exclusion criteria for ill students. This should be helpful not only in our current situation, but throughout the school year and next influenza season. In the meantime embrace the opportunities to be a "critical" part of this public health response. Do practice your own self care and do stay home if you get sick! School nurses can take sick days!

*What is the role of school nurses in all three levels of prevention? What is your role?*

*When more Wisconsinites test positive for COVID-19 school nurses need to be prepared to practice secondary prevention.*

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>

March 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.



# COVID-19

A guide for district and school leaders  
if coronavirus emerges in your communities.  
([CDC's full list of guidelines for schools.](#))

## 6 Steps for Schools to Respond to an Outbreak

### 1. Defer to health department protocols.

The Centers for Disease Control and Prevention says “schools are not expected to make decisions about dismissal or canceling events on their own,” nor to screen students or staff to determine a COVID-19 diagnosis. Those tasks are the responsibility of state and local health departments, which have liaisons who will work with school districts as cases arise.

When making contact with health department officials, schools should have data ready to support their initial findings, said Em Stephens, a respiratory disease coordinator for the Virginia Department of Health. That includes: total number of students and staff; number of students and staff who are ill or have been diagnosed with COVID-19; and number of COVID-19 cases from the same classroom.

### 2. Develop a tentative plan for how school closures will work.

Closing schools as a preventative measure at the first sign of outbreak could have “downstream” negative effects that school leaders need to consider, says Rachel Orscheln, associate professor of pediatrics and infectious diseases at Washington University School of Medicine in St. Louis.

“It disrupts [students’] normal routine, likely causes anxiety in the children, disrupts their educational process, and certainly impacts parents who now need to offer alternative child care which may not be readily available.” That move could also sideline parents who are healthcare workers and other emergency personnel, leaving them unable to contribute in their communities. Health officials will help schools make decisions about when to close and for how long.

### 3. Monitor absenteeism patterns.

Abnormal spikes in absences over a short period can be an indication that disease of some kind is quickly spreading in the school. Health departments will be interested in finding out how many of those absences appear to be connected to respiratory illnesses like the common cold or “the flu,” which share symptoms with COVID-19 including fever, cough, and shortness of breath. During this period, the CDC recommends, “perfect attendance awards and initiatives” should be actively discouraged.

### 4. Clean routinely.

“Viruses can live on surfaces for a long time after they’ve been touched,” Orscheln said. It’s important for schools to routinely clean high-touch surfaces—the CDC says doorknobs, light switches, and countertops. The American Chemistry Council’s Center for Biocide Chemistries [has put together a list of products](#) that have been pre-approved by the U.S. Environmental Protection Agency for use in situations like this.

### 5. Create communications plans.

Providing staff, parents, and students with as much information as possible will help prevent misconceptions. At the same time, districts must follow privacy restrictions on sharing details about people who have the disease and clear all correspondence with health officials.

Check with local and state health authorities to see if they have documentation that school districts may use as models rather than starting from scratch, said Stephens from the Virginia health department. “Any information they put together is always a great resource,” she said.

### 6. Consider limiting big-group gatherings.

As COVID-19 spreads, it may be best to limit people’s exposure to large groups of people. To that effect, the CDC recommends putting together grab-and-go bagged lunches or meal delivery options for students, rather than having everyone congregate in a cafeteria. The CDC has previously recommended [spacing out students’ desks](#) by at least three feet as a mitigation measure.

—Reporting by Mark Lieberman

For the most relevant news, information, and resources about how schools should prepare and respond, visit: [www.edweek.org/go/coronavirus](http://www.edweek.org/go/coronavirus)



## Novel Coronavirus (COVID-19)—Fighting Products<sup>i</sup>

The American Chemistry Council's (ACC) Center for Biocide Chemistries (CBC) has compiled a list of products that have been pre-approved by the U.S. Environmental Protection Agency (EPA) for use against emerging enveloped viral pathogens and can be used during the 2019 novel coronavirus (COVID-19) outbreak. This product list is not exhaustive but can be used by business owners, health professionals, and the public to identify products suitable for use against COVID-19.

The information in this document is being provided as a public service. All efforts have been made to ensure the information is accurate, but ACC and CBC make no representations or warranties as to the completeness or accuracy of the information. ACC, CBC, and the product manufacturers listed in this document reserve the right to change, delete, or otherwise modify the information without any prior notice. Persons receiving this information must make their own determination as to a product's suitability prior to use based on the product labeling. ACC and CBC do not guarantee or warrant the standard of any product referenced or imply approval of the product to the exclusion of others that may be available. All products listed are registered for labeled uses in accordance with federal laws and regulations as of the date this document is being made available. State regulations may vary. In no event will ACC or CBC be responsible for damages of any nature whatsoever resulting from the use of or reliance upon products to which the information refers.

**For use of the product,** please contact the company/distributor to confirm use directions, or consult the EPA approved label at <https://www.epa.gov/pesticide-labels/pesticide-product-label-system-ppls-more-information>.

Ready to Use Products			
Commercially Available Product Name	Company/Distributor	EPA REG No.	
PURELL Foodservice Surface Sanitizer	GOJO Industries, Inc.	84368-1-84150	
PURELL Professional Surface Disinfectant	GOJO Industries, Inc.	84368-1-84150	
PURELL Healthcare Surface Disinfectant	GOJO Industries, Inc.	84368-1-84150	
PURELL Multi Surface Disinfectant	GOJO Industries, Inc.	84368-1-84150	
PURELL Food Processing Surface Sanitizer	GOJO Industries, Inc.	84368-1-84150	
Sani-Prime Germicidal Spray	Professional Disposables International, Inc.	9480-10	
Sani-HyPerCide Germicidal Spray	Professional Disposables International, Inc.	9480-14	
Sani-24 Germicidal Spray	Professional Disposables International, Inc.	42182-9-9480	
DETERGENT DISINFECTANT PUMP SPRAY	Stepan Company	1839-83	
SC-RTU DISINFECTANT CLEANER	Stepan Company	1839-220	
Sanicare TBX	Buckeye International, Inc.	1839-83-559	
Clorox Healthcare® Bleach Germicidal Cleaner Spray	Clorox Professional Products Company	56392-7	
Clorox Healthcare® Fuzion® Cleaner Disinfectant	Clorox Professional Products Company	67619-30	
Clorox Commercial Solutions® Clorox® Clean-Up Disinfectant Cleaner with Bleach <sub>1</sub>	Clorox Professional Products Company	67619-17	
Clorox Commercial Solutions® Clorox® Disinfecting Spray	Clorox Professional Products Company	67619-21	
Clorox Commercial Solutions® Clorox® 4-in-One Disinfectant & Sanitizer	Clorox Professional Products Company	67619-29	
Clorox 4 In One Disinfecting Spray	Clorox Professional Products Company	67619-29	
CloroxPro™ Clorox Total 360® Disinfecting Cleaner1	Clorox Professional Products Company	67619-38	
Clorox Commercial Solutions® Toilet Bowl Cleaner with Bleach1	Clorox Professional Products Company	67619-16	
Clorox Commercial Solutions® Clorox® Disinfecting Biostain & Odor Remover	Clorox Professional Products Company	67619-33	
Clorox Commercial Solutions® Clorox® Disinfecting Bathroom Cleaner	Clorox Professional Products Company	5813-40-67619	
Clorox Commercial Solutions® Tilex Soap Scum Remover	Clorox Professional Products Company	5813-40-67619	
Clorox Commercial Solutions® Hydrogen Peroxide Cleaner Disinfectant	Clorox Professional Products Company	67619-24	
Clorox Healthcare® Hydrogen Peroxide Cleaner Disinfectant	Clorox Professional Products Company	67619-24	
Clorox Clean Up Cleaner + Bleach	The Clorox Company	5813-21	
Clorox Disinfecting Bathroom Cleaner	The Clorox Company	5813-40	
Clorox Scentiva Bathroom Disinfectant Foamer	The Clorox Company	5813-40	
Clorox Toilet Bowl Cleaner with Bleach	The Clorox Company	5813-89	
Clorox Toilet Bowl Cleaner Clinging Bleach Gel	The Clorox Company	5813-89	
Clorox Multi Surface Cleaner + Bleach	The Clorox Company	5813-105	
Clorox Pet Solutions Advanced Formula Disinfecting Stain & Odor Remover	The Clorox Company	5813-110	
Clorox Scentiva Bathroom Disinfecting Foam Cleaner	The Clorox Company	5813-115	
LYSOL BRAND CLING & FRESH TOILET BOWL CLEANER	RB	777-70	
LYSOL BRAND POWER TOILET BOWL CLEANER	RB		
LYSOL BRAND LIME & RUST TOILET BOWL CLEANER		777-81	
LYSOL BRAND BLEACH MULTI-PURPOSE CLEANER	RB		
LYSOL BRAND BLEACH MOLD AND MILDEW REMOVER		777-83	
LYSOL BRAND POWER PLUS TOILET BOWL CLEANER	RB	777-132	
LYSOL® DISINFECTANT SPRAY	RB		
PROFESSIONAL LYSOL® DISINFECTANT SPRAY		777-99	
LYSOL® DISINFECTANT MAX COVER MIST	RB	777-127	
BLEACH DISINFECTANT CLEANER	Ecolab Inc	1677-235	
KLERCIDE 70/30 IPA	Ecolab Inc	1677-249	
PEROXIDE DISINFECTANT AND GLASS CLEANER RTU	Ecolab Inc/Kay Chemical Co.	1677-251	
TB DISINFECTANT CLEANER READY-TO-USE	Ecolab Inc/Kay Chemical Co.	1839-83-1677	
VIRASEPT	Ecolab Inc	1677-226	
PEROXIDE MULTI SURFACE CLEANER AND DISINFECTANT RTU	Ecolab Inc/Kay Chemical Co.	1677-251	
TB Quat	Gordon Food Service	70627-2-45133	
RTU Disinfectant Cleaner	U S Chemical	70627-2-7546	
Protection that Lives on Microban 24 Hour Keeps Killing 99.9% of Bacteria for Up to 24 Hours Multipurpose Cleaner" (Microban 24 Hour Multi-Purpose Cleaner)	The Procter & Gamble Company	4091-21-3573	
"Protection that Lives on Microban 24 Hour Keeps Killing 99.9% of Bacteria for Up to 24 Hours Bathroom Cleaner" (Microban 24 hour Bathroom Cleaner)	The Procter & Gamble Company	4091-22-3573	
MAPS- 1 RTU	SynBionic Evolution, LLC.	6836-289-92677	
Lemon Disinfectant	American Chemical Systems	6836-152-86408	
Clear Gear Sports Spray	On Track Enterprises, Inc d/b/a Clear Gear	6836-152-89301	
Foster First Defense	HB Fuller Construction Products Inc.	6836-152-63836	
Sani-Spritz Spray	Nyco Products Company	6836-152-8370	
Don-O-Mite	Edward Don & Company	6836-152-14462	
One-Step Disinfectant Cleaner	Schultz Supply Company	6836-152-46493	
X-Ray Apron Cleaner Disinfectant	BioXco LLC / MediRedi LLC	6836-289-93240	
OXIVIR Tb	Diversey, Inc.	70627-56	
All Purpose Virex	Diversey, Inc.	1839-83-70627	
OXIVIR 1	Diversey, Inc.	70627-74	
Quat Plus TB	Rochester Midland Corporation	1839-83-527	
SaniZide Pro 1 Spray	Safetec of America, Inc.	88494-3-67161	

SaniZide Pro 1 Wipes	Safetec of America, Inc.	88494-4-67161
Maxim GSC Germicidal Spray Cleaner	Midlab	1839-83-45745
Maxim No Acid Non-Acid Bowl & Restroom Disinfectant Cleaner RB 352 Brite	Midlab	1839-83-45745
Bright Solutions Lemon Zip Disinfectant RTU	Bright Solutions	1839-83-75473
Bright Solutions RTU Bathroom Cleaner Non-Acid Bowl and Restroom Disinfectant	Bright Solutions	1839-83-75473
Disinfectant Spray Cleaner RTU Victoria Bay	Victoria Bay	1839-83-68168
Non-Acid Bathroom Cleaner Victoria Bay	Victoria Bay	1839-83-68168
Fight Bac RTU	Betco Corporation	1839-83-4170
Simple Green Clean Finish	Sunshine Makers, Inc	1839-220-56782
SC-RTU-360 DISINFECTANT	Spectral Chemical Co Inc	1839-220-33466
DIC-1 Spray Disinfectant	The Deirdre Imus Environmental Health Center®	1839-220-83908
TB Quat Disinfectant	Warsaw Chemical Holdings LLC	1839-83-2230
Bioesque Solutions Botanical Disinfectant Solution 12/1 qt	Bioesque Solutions/Natureal, LLC	87742-1-92595
Bioesque Solutions Botanical Disinfectant Solution 4/1 gal	Bioesque Solutions/Natureal, LLC	87742-1-92595
Bioesque Solutions Botanical Disinfectant Solution 5 gal	Bioesque Solutions/Natureal, LLC	87742-1-92595
Bioesque Solutions Botanical Disinfectant Solution 55 gal	Bioesque Solutions/Natureal, LLC	87742-1-92595
Af Ultra Acid Free Total Bathroom Cleaner	Ultra Chem	1839-83-57839
D-Germ TB	Wechem, Inc.	1836-83-34370
Advantage	Wechem, Inc.	1836-83-34370
Accel Tb	Virox Technologies, Inc.	74559-1
INTERvention Farm Animal Care Disinfectant Cleaner & Deodorizer Ready to Use	Virox Technologies, Inc.	74559-9
Peroxigard Ready to Use One-Step Disinfectant Cleaner and Deodorizer for Use in Life Sciences	Virox Technologies, Inc.	74559-9
PREempt RTU	Virox Technologies, Inc.	74559-1
Rejuvenate Ready to Use One Step Disinfectant Cleaner For Use in Spas, Salons & Clinics	Virox Technologies, Inc.	74559-1
REScue Ready to Use One Step Disinfectant Cleaner & Deodorizer	Virox Technologies, Inc.	74559-9
RestorOx	Virox Technologies, Inc.	74559-9
Zep Spirit II	Zep	1839-83-1270
Zep Antibacterial Disinfectant & Cleaner	Zep	1839-83-40849
Zep Quick Clean Disinfectant	Zep	1839-220-40849
Aviation RTU Cleaner	Zep	6836-152-1270
Micronex	Zep	47371-129-1270
Triton	Zep	6836-78-1270

Dilutable Products			
Commercially Available Product Name	Company/Distributor	EPA REG No.	
Stepan Spray Disinfectant Concentrate	Stepan Company	1839-248	
Buckeye Sanicare Lemon Quat	Buckeye International, Inc.	47371-131-559	
Buckeye Sanicare Mint Quat	Buckeye International, Inc.	47371-131-559	
Buckeye Sanicare Pine Quat	Buckeye International, Inc.	47371-131-559	
Buckeye Sanicare Quat 128	Buckeye International, Inc.	47371-130-559	
Buckeye Sanicare Quat 256	Buckeye International, Inc.	47371-129-559	
Buckeye Sani-Q <sup>2</sup>	Buckeye International, Inc.	6836-266-559	
Buckeye Terminator	Buckeye International, Inc.	6836-75-559	
Buckeye Eco Neutral Disinfectant	Buckeye International, Inc.	47371-129-559	
Buckeye Eco One-Step Disinfectant-Deodorizer-Cleaner	Buckeye International, Inc.	6836-78-559	
CloroxPro™ Clorox® Germicidal Bleach	Clorox Professional Products Company	67619-32	
Clorox Disinfecting Bleach2	The Clorox Company	5813-111	
Clorox Performance Bleach1	The Clorox Company	5813-114	
Clorox Germicidal Bleach3	The Clorox Company	5813-114	
PROFESSIONAL LYSOL® HEAVY DUTY BATHROOM CLEANER CONCENTRATE	RB	675-54	
LYSOL BRAND CLEAN & FRESH MULTI-SURFACE CLEANER	RB	777-89	
14 PLUS ANTIBACTERIAL ALL PURPOSE CLEANER	Ecolab Inc	6836-349-1677	
20 NEUTRAL DISINFECTANT CLEANER	Ecolab Inc	47371-129-1677	
A-456 II DISINFECTANT CLEANER	Ecolab Inc	6836-78-1677	
BOOST 3200	Ecolab Inc	63761-8-1677	
BOOST 3200 CIP	Ecolab Inc	63761-8-1677	
BOOST SURFACE TREATMENT	Ecolab Inc	63761-10-1677	
CLICKSAN DISINFECTANT/SANITIZER	Ecolab Inc/Kay Chemical Co.	6836-305-5389	
COSA OXONIA ACTIVE	Ecolab Inc	1677-129	
FOOD CONTACT QUAT SANITIZER	Ecolab Inc	6836-70-541	
KAY SURFACE SANITIZER	Ecolab Inc/Kay Chemical Co.	6836-70-5389	
KAYQUAT II	Ecolab Inc/Kay Chemical Co.	6836-266-5389	
MULTI-PURPOSE NEUTRAL PH GERMICIDAL DETERGENT	Ecolab Inc	47371-131-1677	
NEUTRAL DISINFECTANT CLEANER	Ecolab Inc	47371-129-1677	
OASIS 499 HBV DISINFECTANT	Ecolab Inc	6836-78-1677	
OXONIA ACTIVE	Ecolab Inc	1677-129	
OXYCIDE DAILY DISINFECTANT CLEANER	Ecolab Inc	1677-237	
PEROXIDE MULTI SURFACE CLEANER AND DISINFECTANT	Ecolab Inc/Kay Chemical Co.	1677-238	
QUATERNARY DISINFECTANT CLEANER	Ecolab Inc	6836-78-1677	
SANI QUAD FOOD SERVICE SANITIZER	Ecolab Inc/Kay Chemical Co.	6836-70-1677	
SANITIZER / COMMERCIAL SANITIZER	Ecolab Inc	6836-302-1677	
SUPER SAN FOOD SERVICE SANITIZER	Ecolab Inc/Kay Chemical Co.	6836-305-1677	
TRIPLE PLAY	Ecolab Inc/Kay Chemical Co.	47371-131-541	
Clean Quick Broad Range Quaternary Sanitizer	The Procter & Gamble Company	6836-278-3573	
multi-quat mega-1	Intercon Chemical Company	6836-77-48211	
TEC-QUAT 128	Getinge USA Sales, LLC	6836-77-10648	
CEN-KLEEN IV	ARJO HUNTLEIGH, INC. D/B/A ARJOHUNTLEIGH	6836-75-45556	
ACS Tornado 1 - One Step Disinfectant	American Chemical Systems	6836-75-86408	
Performex	Bruhin & Co., Inc.	6836-364-106	
Germ-A-Cide 64	Detco Industries, Inc.	47371-131-58111	
128 E-Fecticide	Multi-Clean Inc.	6836-365-5449	
256 Century Q	Multi-Clean Inc.	47371-129-5449	
Q.T.Plus	Hillyard Industries, Inc	6836-77-1658	
Q.T. 3	Hillyard Industries, Inc	6836-349-1658	
Dakil 5	Davis Manufacturing and Packaging, Inc.	47371-129-50591	
Centraz San Sol 10	Centraz Industries, Inc.	6836-266-9194	
Simple Green d Pro 5	Sunshine Makers, Inc.	6836-140-56782	
Medline Micro-Kill NQ5	Medline Industries, Inc	6836-364-37549	
Classic Whirlpool Disinfectant and Cleaner	Central Solutions, Inc.	6836-75-211	
OPI SpaComplete	OPI Products, Inc.	6836-77-70397	
CONFIDENCE PLUS 2	WALTER G LEGGE CO/MINE SAFETY APPLIANCES COMPANY	47371-130-4204	
Coastwide Professional Hepastat 256	Staples Contract & Commercial LLC	6836-78-86226	
Brighton Professional Hepastat 256	Staples Contract & Commercial LLC	6836-78-86226	
128 Disinfectant	Dalco Enterprises, Inc	6836-365-87580	
3M™ Quat Disinfectant Cleaner Concentrate	3M	6836-78-10350	
3M™ Neutral Quat Disinfectant Cleaner Concentrate	3M	47371-129-10350	
3M™ Disinfectant Cleaner RCT Concentrate	3M	6836-349-10350	
3M™ MBS Disinfectant Cleaner Fresh Scent Concentrate	3M	6836-361-10350	
3M™ MBS Disinfectant Cleaner Concentrate	3M	6836-361-10350	
GASCO Quaternary Sanitizer	GASCO INDUSTRIAL Corp.	6836-266-81974	
MixMate Germicidal Cleaner	U S Chemical	47371-131-7546	
Lemon Cleaner	U S Chemical	47371-131-7546	
Pine Cleaner Disinfectant	U S Chemical	47371-131-7546	
Extra Spearmint Germicidal Detergent and Deodorant	U S Chemical	47371-131-7546	
Sanifect Plus 1	U S Chemical	47371-131-7546	
Sanifect Plus 2 Fresh N Clean	U S Chemical	47371-131-7546	
Neutral Disinfectant Cleaner	Gordon Food Service	47371-131-45133	
Germicidal Cleaner and Disinfectant	Gordon Food Service	47371-131-45133	
MixMate Non-Acid Restroom Cleaner & Disinfectant	U S Chemical	6836-75-7546	
MixMate Microtech Non-Acid Restroom Cleaner & Disinfectant	U S Chemical	6836-75-7546	
Array Non-Acid Restroom Cleaner & Disinfectant P	Gordon Food Service	6836-75-45133	
OXY-TEAM™ DISINFECTANT CLEAENER	Diversey, Inc.	70627-58	
VIREX™ II / 256	Diversey, Inc.	70627-24	
Virex Plus	Diversey, Inc.	6836-349-70627	
G-5 Sanitizer	Diversey, Inc.	6836-266-70627	
Wide Range II Non-Acid Disinfectant Washroom Cleaner Concentrate	Diversey, Inc.	6836-75-70627	
Avert Sporicidal Disinfectant Cleaner	Diversey, Inc.	70627-72	
United 255 DISINFECT PLUS	UNITED LABORATORIES INC	47371-131-9250	
Enviro Care Neutral Disinfectant	Rochester Midland Corporation	47371-131-527	
PUR-TABS	EarthSafe Chemical Alternatives, LLC	71847-6-91524	
PUR:ONE	EarthSafe Chemical Alternatives, LLC	71847-7-91524	

Mint Disinfectant Plus	Gurtler Industries, Inc.	6836-75-47567
pH7Q	Betco Corporation	47371-131-4170
Quat Stat 5	Betco Corporation	6836-361-4170
Triforce	Betco Corporation	6836-349-4170
Symplicity Sanibet Multi-Range Sanitizer	Betco Corporation	6836-266-4170
Pine Quat	Betco Corporation	47371-192-4170
Quaternary Disinfectant Cleaner	SC Johnson Professional	6836-78-89900
TruShot Disinfectant Cleaner For Hospitals	SC Johnson Professional	6836-348-89900
TruShot Disinfectant Cleaner Restroom Cleaner & Disinfectant	SC Johnson Professional	6836-348-89900
Whizzer	Mueller Sports Medicine	6836-77-10118
Formula 17750 Wintermint	Chemsafe International	47371-131-55731
Formula 17822 Deo-Clean Multi	Chemsafe International	47371-131-55731
SUPER 60 PYM 64 FOAMER	Pioneer Chemical Co.	47371-131-151
PC-30F M-KYL 128 FOAMER	Pioneer Chemical Co.	6836-136-151
Neutra-Tec 64	Surtec, Inc.	47371-131-40714

Wipe products		
Commercially Available Product Name	Company/Distributor	EPA REG No.
PURELL Professional Surface Disinfectant Wipes	GOJO Industries, Inc.	85150-1
PURELL Foodservice Surface Sanitizing Wipes	GOJO Industries, Inc.	84150-1
Sani-Cloth Prime Germicidal Disposable Wipe	Professional Disposables International, Inc.	9480-12
Buckeye Sanicare Disinfecting Wipes	Buckeye International, Inc.	6836-313-559
Clorox Healthcare® Bleach Germicidal Wipes	Clorox Professional Products Company	67619-12
Clorox Healthcare® VersaSure® Wipes	Clorox Professional Products Company	67619-37
Clorox Commercial Solutions® Clorox® Disinfecting Wipes	Clorox Professional Products Company	67619-31
Clorox Commercial Solutions® Hydrogen Peroxide Cleaner Disinfectant Wipes	Clorox Professional Products Company	67619-25
Clorox Healthcare® Hydrogen Peroxide Cleaner Disinfectant Wipes	Clorox Professional Products Company	67619-25
Clorox Disinfecting Wipes	The Clorox Company	5813-79
I7 DISINFECTANT WIPES	Ecolab Inc/Kay Chemical Co.	6836-340-1677
MULTI PURPOSE DISINFECTING WIPES	Ecolab Inc	6836-340-1677
SCRUBS® MEDAPHENE® Plus Disinfecting Wipes	ITW Pro Brands	6836-340-11694
Wipes Plus Disinfecting Wipes 1	Progressive Products, LLC.	6836-340-75399
Handyclean™ Steridol Wipes	Diamond Wipes International, Inc.	6836-340-74058
Monk Disinfectant Wipes	Dreumex USA, Inc.	6836-313-91910
SONO Ultrasound Wipes	Advanced Ultrasound Solutions, Inc.	6836- 340-89018
SONO Disinfecting Wipes	Advanced Ultrasound Solutions, Inc.	6836- 340-89018
Oxivir 1 Wipes	Diversey, Inc.	70627-77
OXIVIR™ WIPES	Diversey, Inc.	70627-60
CLAIRE BROAD SPECTRUM GERMICIDAL & DISINFECTANT WIPE	Claire Manufacturing Company	6836-340-706
NASSCO PRO SERIES 88 BROAD SPECTRUM GERMICIDAL & DISINFECTANT WIPES	NASSCO Inc	6836-340-18166
LCP BROAD SPECTRUM GERMICIDAL & DISINFECTANT WIPES	LOR Cleaner Products	6836-340-88324
SSS TRIPLE S DISINFECTANT WIPES	Triple S	6836-340-12120
BROAD SPECTRUM GERMICIDAL DISINFECTANT HEALTH CARE WIPES	Kandel & Son Inc	6836-340-40976
Touch Point Plus Disinfectant Wipes	Innocore Sales & Marketing	6836-340-92977
Accel Tb Wipes	Virox Technologies, Inc.	74559-3
PREempt Wipes	Virox Technologies, Inc.	74559-3
Rejuvenate Ready To Use Wipes One Step Disinfectant Cleaner for Use in Spas, Salons & Clinics	Virox Technologies, Inc.	74559-3
INTERvention Farm Animal Care Disinfectant Cleaner & Deodorizer Ready to Use Wipes	Virox Technologies, Inc.	74559-10
Peroxigard Wipes One-Step Disinfectant Cleaner and Deodorizer for Use in Life Sciences	Virox Technologies, Inc.	74559-10
REScue Wipes One Step Disinfectant Cleaner & Deodorizer	Virox Technologies, Inc.	74559-10

As a public service, CBC is maintaining this list of antimicrobials that have proven to be effective against stronger pathogens, such as norovirus or ebola. By publishing and maintaining this open list, CBC relieves federal, state, and local health officials' resources in order to focus on other aspects of the important effort to limit spread of this new disease. Listing is voluntary and compliance with EPA's "emerging viral pathogen" guidance for antimicrobial products is verified by CBC. CBC will be working with federal and state officials to disseminate the list and make it accessible to all those who need to be in the know.

<sup>i</sup> To include a product on CBC's list of Coronavirus—Fighting Products, please contact Ms. Komal K. Jain at [komal\\_jain@americanchemistry.com](mailto:komal_jain@americanchemistry.com)

Updated 3/4/2020



# Are You Ready?

**ALWAYS** be prepared for a possible emergency situation.

**Have a two-week supply of food, water, and medication for each member of your family—including your pets!**



**2-week food/water supply for you and a pet  
Total Cost: \$200.18**

**If you can't get it all at once, buy a few extra supplies each week until you're stocked up!**

## Sample Shopping List (for one person)

- |                                   |                         |                                |
|-----------------------------------|-------------------------|--------------------------------|
| Cereal (2 boxes)                  | Canned meat (x 7)       | Noodles (1 package)            |
| Boxed/powdered milk (2.5 gallons) | Canned pasta (x 3)      | Saltines (2 boxes)             |
| 21 gallons of water               | 2 gallons juice         | Graham crackers (1 box)        |
| 1 box hot tea                     | Mayo (x1)               | Apple sauce (2 packages)       |
| 1 cup sugar                       | Relish (x 1)            | Granola/protein bars (2 boxes) |
| Canned fruit (x 14)               | Mustard (x 1)           | Beef Jerky (2 bags)            |
| Ramen (x 7)                       | Rice (7 boxes)          | Dried fruit and nuts (2 bags)  |
| Soup (x 7)                        | Beans (x 4)             | Raisins (1 container)          |
| Peanut butter (x 1)               | Tortillas (1 package)   | Multivitamins                  |
| Jelly (x 1)                       | Salsa (1 jar)           | Prescription Medication        |
| Bread (x 2 loaves)                | Refried beans (x 4)     | Pet Supplies                   |
| Canned vegetables (x 14)          | Spaghetti sauce (1 jar) |                                |

**For More Information:  
[www.emergency.cdc.gov](http://www.emergency.cdc.gov)  
[www.pandemicflu.gov](http://www.pandemicflu.gov)**



The use of any product names, trade names or commercial sources is for identification purposes only, and does not imply endorsement or government sanction by the U.S. Department of Health and Human Services (HHS) or the Centers for Disease Control and Prevention (CDC). CDC has no financial interests or other relationships with the manufacturers of the commercial products that may be featured as part of the checklist.





# MENTAL HEALTH WELLNESS CONFERENCE

SATURDAY, APRIL 4TH, 2020  
CRIVITZ HIGH SCHOOL

400 SOUTH AVENUE, CRIVITZ, WI

## GOAL

Mental illness impacts us all. Shining a light on this reality helps us bring mental health concerns out of the dark. There is hope for all of us to achieve better mental health for ourselves, our children and our community.

## TEENS

Teenagers today face some unique challenges. There are real things you can do to maintain and improve your mental health during this time in your life. Teens have 6 breakout sessions from which to choose. Each session offering information and tools to better mental health.

## ADULTS

Adults have 8 breakout sessions from which to choose. Each session focuses on the mental health needs of parents, families, educators, care providers and concerned community members. Something for everyone!

## FOR TEENAGERS and ADULTS



A FREE  
COMMUNITY  
EVENT

### Day Schedule

**8:00-8:30 am** Doors Open/Registration

**8:30-8:40 am** Welcome

**8:40-9:30 am** Keynote Speaker 1

**9:40-10:25 am** Breakout Session 1

**10:35-11:20 am** Keynote Speaker 2

**11:20-12:15 pm** FREE Lunch

Mental Health Provider & Wellness

Vendor Displays

**12:15-1:00 pm** Breakout Session 2

*\*Session 2D runs from 12:00-1:00pm*

**1:10-1:20 pm** Wrap Up/Prize Drawings

**1:20-2:05 pm** Keynote Speaker 3



- Door Prizes
- Wellness Basket Raffle

Proceeds from Wellness Basket Raffle to go toward wellness initiatives for the students and staff of Crivitz School District

## Keynote Speaker 1 - Jessie Benash, LCSW, Adjunct Professor at UW-Whitewater and Motivational Speaker



### Limb, Laugh, Love

I was an outgoing 15 year old cheerleader when I got in a motorcycle accident that left me with a disability. I struggled to finish high school but with the help of an alternative school I beat the odds and eventually became a licensed clinical social worker. At the age of 34 my leg had to be amputated. I have had both physical and mental health issues throughout this time. When I was younger, I had teachers who helped me and believed in me and as I have gotten older there have been others that have done the same. Now I get to repay what others have done for me by sharing my journey, teaching and helping to educate others on how to work with all different types of kids. Life will always throw us difficulties no matter how old we are. It's how we choose to live with it and how we are treated by others when we are going through the rough times that predict how resilient we can be.

## BREAKOUT SESSION 1

### 1A What Do I Do? Keynote Follow Up Forum - Jessie Benash, LSCW

Do you have kids that lose control for what seems like no reason at all? Do you know how to respond when they have outbursts or when they shut down and won't talk? We will be talking about what you can do to try to prevent these situations from happening, what to do when they do happen and how to try to move forward in a positive way.

It can be difficult to determine if kids are struggling with a mental illness, trauma or just a bad day. We will discuss what the differences are. You will learn de-escalation techniques and strategies to use and not use with kids. The more confident you feel when these circumstances happen the more you will be able to help the kids stay in control and to be a safe person for them to be with. **\*ADULT ONLY SESSION**

### 1B In Our Own Voice - Abigail Russell & Sally Terrell from the National Alliance on Mental Illness (NAMI) Brown County

This presentation is for teens and adults to learn about the signs and symptoms of mental health conditions, what to do if a loved one is showing symptoms, and listen to the personal perspective of someone with a mental illness.

The first presenter will give an informative presentation about mental health conditions and what you can do to help. The second presenter will be telling her personal story of mental illness. The session will conclude with a short Q&A time.

### 1C Breathe and Smile: Healing Happens All Around - Jody Figgins, Founder of Open Heart Mindfulness Community in Green Bay

Living deeply in the present moment, we can touch the many refreshing, healing, and nourishing elements in us and around us. Together we will cultivate mindfulness and concentration by connecting with our bodies using our breath. There will be a teaching followed by a guided meditation, along with tips for cultivating a daily mindfulness practice.

### 1D Self-Defense Basics: You are Worth Defending! - Scott Sharkey, Second Degree Black Belt

This intro class will give students a brief overview on ways to protect yourself and/or your loved ones. The student will learn how to handle stressful and dangerous scenarios, remaining calm and confident and using the body as a weapon against an attacker. We will go over simple and effective methods that can be used quickly and efficiently and regardless of size. This will be a fast paced class with many hand techniques shown and practiced with others to give the student a real life feel and understanding. All instructors are trained 1st and 2nd degree black belts in Taekwondo, a Korean form of martial arts that specializes in the use of hands and feet as weapons.

"Self-defense is not just a set of techniques, it's a state of mind, and it begins with the belief that you are worth defending."

## Keynote Speaker 2 - Ali Maresh, Advocate for Healthy Screen Time

### Staying Connected to What Matters: Advice on Establishing a Balanced Relationship with Technology



As the next generation grows up with access to social media and smartphones earlier than ever before, it's critical that we understand how spending too much time behind a screen can impact a person's well-being and the benefits of moderate use. During this presentation, audience members will learn the science behind why it's so difficult to unplug, the health implications of overusing technology, and strategies for creating balance in the digital age.

## BREAKOUT SESSION 2

### **2A Hidden in Plain Sight-Teen Bedroom Display - Stephanie Nault, Health and Well-Being Educator, UW-Extension of Marinette Cty Jon LaCombe, Detective Lieutenant with the City of Marinette Police Department**

An interactive exhibit designed to resemble a teenager's bedroom. The display contains multiple items, hidden in plain sight, which may be signs of dangerous or risky behaviors and substance use. Learn about the latest drug trends in our community and what common items are being seen in our schools. Find out where to get help, and get tips on talking to teens about substance use. **\*ADULT ONLY SESSION.**

### **2B Creative Journaling for All - Carrie Klitzke, Crivitz Elementary/Middle School Art Teacher**

Journals are a wonderful and simple way to engage your creative side! They are also a powerful tool in helping you deal with stress, anxiety, frustration, and a host of other issues. Whether you want to make a journal for writing in or for art, you are welcome to join us as we create and begin working on our own journals. \*All participants in this session will be provided a journal-\$5.00 Donation welcome (not required), to offset cost.

### **2C Let it Go...Anxiety - Michelle Brownson, MA, LSW, LPC Labor of Love Family Counseling Center**

In 2019, 19.1% of Americans were diagnosed with an anxiety disorder. 40% of Americans reported feeling anxious within the last year alone. Learn how to recognize anxiety in yourself and others. Discover treatment options and coping skills to help someone suffering overcome. You are not alone!

### **2D QPR Gatekeeper Training - Gail M. Schick, Certified QPR Gatekeeper Instructor**

QPR stands for Question, Persuade, and Refer-the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour. Book and certificate of attendance provided. **NOTE: This session runs from 12:00-1:00pm, Conference Pre-registration by April 1st, is REQUIRED for this session.**

## **Keynote Speaker 3 - Amanda Springob, Youth Speaker and Milwaukee Based Writer**

### **Finding Your Voice: Breaking the Silence on Depression & Anxiety**



Some things are hard to say. For people living with anxiety and depression, one of the biggest hurdles toward recovery is sharing their feelings with others. But to find our voice and learn to thrive with our issues, we must learn to speak up. In this talk, Amanda Springob shares her story of overcoming depression and anxiety through practice, patience and perseverance. By sharing strategies, Amanda hopes listeners will become more proactive about their mental health, and move toward a balanced happier life.



*Freedom House, in Green Bay, offers emergency shelter, food, basic hygiene items along with the support and comprehensive programming to help families get back out on their own.*

*We will be collecting donations for the Freedom House during the conference. Personal care items such as hand soap, hand sanitizer, women's deodorant, body wash, shampoo & conditioner, lotion, Chapstick, baby wash and lotion are in need. Feel free to bring in an item to donate.*



**THANK YOU** to all for participating in this event and supporting your own mental health and the mental health of our children and community!

**THANK YOU** to the Crivitz School District, Community Education, Crivitz Student Services Team, Mental Health Wellness Committee Volunteers, Student, Staff and Community Volunteers, Donors and Speakers for supporting this work!

# Mental Health Matters!

Mental Health Wellness Conference-April 4th, 2020  
Crivitz High School, 400 South Ave., Crivitz, WI  
A FREE Community Event

## REGISTRATION FORM

Registration appreciated by:

**April 1st, 2020**

\*Walk Ins are Welcome!

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Age Group  Teen (13-18 years old)

Adult (19 + years old)

### BREAKOUT SESSION 1 (Please choose 1 session)

- 1A What Do I Do? \_\_\_\_\_ (adult only session)
- 1B In Our Own Voice \_\_\_\_\_
- 1C Breathe and Smile: Healing Happens All Around \_\_\_\_\_
- 1D Self-Defense Basics \_\_\_\_\_

### BREAKOUT SESSION 2 (Please choose 1 session)

- 2A Hidden in Plain Sight \_\_\_\_\_ (adult only session)
- 2B Creative Journaling for All \_\_\_\_\_
- 2C Let it Go...Anxiety \_\_\_\_\_
- 2D QPR Gatekeeper Training \_\_\_\_\_ (Pre-Registration by April 1st REQUIRED for this session)

### **Registration Directions** (ONE PERSON PER FORM - MAKE COPIES FOR ADDITIONAL REGISTRANTS)

**Step 1** Complete Name, Address, Email and Age Group.

**Step 2** Make breakout session selections. Choose ONE from each breakout session.

**Step 3** Drop off at the Administration office at Crivitz High School or mail to:

Crivitz School District  
Attn: Jannie  
400 South Ave.  
Crivitz, WI 54114

OR Register online following the link on the Crivitz School District website:

<https://www.crivitz.k12.wi.us>





# Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)

At this time, information about COVID-19 is rapidly evolving as new details are confirmed and new questions emerge. In the event of an outbreak in your community, as a parent/caregiver, your first concern is about how to protect and take care of your children and family. Knowing important information about the outbreak and learning how to be prepared can reduce your stress and help calm likely anxieties. This resource will help you think about how an infectious disease outbreak might affect your family—both physically and emotionally—and what you can do to help your family cope.

## What You Should Know

- Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases. COVID-19 is caused by a novel coronavirus; this means it is a new strain that has not been previously identified in humans.
- COVID-19 is a respiratory disease that is mainly spread person-to-person. Currently, there is no available vaccine or curative treatment, so the best preventative strategy is to avoid exposure.
- So far, children appear to be much less affected by COVID-19, which was also seen after other coronavirus outbreaks.
- Children with pre-existing illnesses may have different risk, so you should discuss this with your child's medical team.
- To reduce the spread of the virus, a variety of approaches will be used, including keeping those who are sick away from others and promoting healthy hygiene strategies. Additional recommendations for ways to contain the virus's spread could include canceling of events that attract large numbers of people; closing schools, public transit or businesses; and required quarantine, which is the separation and restriction of movement of people who might have been exposed to the virus.

## READINESS

### Preparing your Family for a Potential Infectious Disease Outbreak

Being prepared is one of the best ways to lessen the impact of an infectious disease outbreak like COVID-19 on your family. Here are some steps that you can take to be better prepared:

#### Information & Communication

- Identify how you will keep up with the rapidly changing information on COVID-19.  
In rapidly changing health events and outbreaks such as COVID-19, there can be large amounts of incorrect or partially correct information that can add to your stress and confusion as a parent/caregiver. Identify a few trusted sources of health information.

The NCTSN relied on the CDC resources to create this document.

Get the most up-to-date and accurate information at:

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CDC: information on children and COVID 2019:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

<https://healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Plan how you want to discuss COVID-19 with your family. Be sure to include:

What the current disease outbreak is

How it is contracted

What are the possible dangers

Protective steps being taken in the community/nation/global community

Protective steps everyone in the family can take

- Hold your family discussion in a comfortable place and encourage family members to ask questions. Consider having a separate discussion with young children in order to use language they can understand and to address specific fears or misconceptions they may have.
- Create a list of community resources that will be helpful during an outbreak. Make sure you know their emergency telephone numbers, websites, and official social media accounts. These may include: your family's schools, doctors, public health authorities, social services, community mental health center, and crisis hotlines.
- Develop a plan for maintaining contact with friends and family members via telephone and internet in the event that isolation or quarantine is recommended.
- Check in with your children's school about potential homeschool and distance learning opportunities that may be offered during a school closure. Also, if your child receives additional services at school, ask how these will be handled during a closure (e.g., meals, therapeutic services).

### **Reducing Your Family's Risk: Hygiene, Medical Care & Supplies**

Have all family members practice preventive behaviors including:

- Regularly washing hands for 20 seconds with soap and water (length of the A-B-C song) or use alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoiding close contact with people who are sick.
- Staying home when sick.
- Covering the mouth and nose with a tissue or with the bend/crook of the arm when coughing or sneezing.

Keep basic health supplies on hand (e.g., soap, alcohol-based hand sanitizer, tissues, and a thermometer).

Make sure you have a supply of medications taken regularly.

If your child takes medication for a chronic condition, talk with your child's medical provider about plans to get a supply at home that will last through any period of home isolation for your family.

Have your family work together to gather items that might be needed during an outbreak. These include drinking water, nonperishable food, and cash. Be sure to include activities, books, and games for children in case a lengthy time at home is recommended. Remember to include batteries in your item list if those are needed for certain activities and games.

**HAVE ALL YOUR  
FAMILY MEMBERS  
PRACTICE GOOD  
HYGIENE AND  
PREVENTIVE  
BEHAVIORS.**

### Coping with the Stress of an Infectious Disease Outbreak like COVID-19

Even if your family is prepared, an outbreak can be very stressful. To help your family cope with this stress, following these recommendations can help:

#### Information & Communication

- Keep updated about what is happening with the outbreak and additional recommendations by getting information from credible media outlets, local public health authorities, and updates from public health websites (e.g., CDC).
- Seek support and continued connections from friends and family by talking to them on the telephone, texting, or communicating through email or social media. Schools may have additional ways to stay in contact with educators and classmates.
- Although you need to stay informed, minimize exposure to media outlets or social media that might promote fear or panic. Be particularly aware of (and limit) how much media coverage or social media time your children are exposed to about the outbreak.
- E-mail and texting may be the best ways to stay in contact with others during an outbreak, as the Internet may have the most sensational media coverage and may be spreading rumors. Check in regularly with your children about what they have viewed on the Internet and clarify any misinformation.
- Focus on supporting children by encouraging questions and helping them understand the current situation.
  - Talk about their feelings and validate these
  - Help them express their feelings through drawing or other activities
  - Clarify misinformation or misunderstandings about how the virus is spread and that not every respiratory disease is COVID-19
  - Provide comfort and a bit of extra patience
  - Check back in with your children on a regular basis or when the situation changes

**NOTE:** During an outbreak, stigma and rejection can occur against individuals who live in affected communities, against health-care workers, and individuals with other illnesses.

#### Scheduling & Activities

- Even if your family is isolated or quarantined, realize this will be temporary.
- Keep your family's schedule consistent when it comes to bedtimes, meals, and exercise.
- Make time to do things at home that have made you and your family feel better in other stressful situations, such as reading, watching movies, listening to music, playing games, exercising, or engaging in religious activities (prayer, participating in services on the Internet).
- Have children participate in distance learning opportunities that may be offered by their schools or other institutions/organizations.
- Recognize that feelings such as loneliness, boredom, fear of contracting disease, anxiety, stress, and panic are normal reactions to a stressful situation such as a disease outbreak.
- Help your family engage in fun and meaningful activities consistent with your family and cultural values.

## Hygiene & Medical Care

- Find ways to encourage proper hygiene and health promoting behavior with your children (create drawings to remember family routines; sing a song for length needed to wash hands like the A-B-C or Happy Birthday song, twice). Include them in household jobs or activities so they feel a sense of accomplishment. Provide praise and encouragement for engaging in household jobs and good hygiene.
- Reassure your children that you will take them to the pediatrician and get medical care if needed. Explain, however, that not every cough or sneeze means that they or others have COVID-19.

## Self Care & Coping

- Modify your daily activities to meet the current reality of the situation and focus on what you can accomplish.
- Shift expectations and priorities to focus more on what gives you meaning, purpose, or fulfillment.  
  
Give yourself small breaks from the stress of the situation.
- Attempt to control self-defeating statements and replace them with more helpful thoughts. Here's a helpful checklist for identifying unhealthy thoughts and coping with them:  
<https://aramiliesfirst.com/wp-content/uploads/2013/05/Cognitive-Distortions.pdf>.
- Remember, you are a role model for your children. How you handle this stressful situation can affect how your children manage their worries.
- If your family has experienced a serious illness or the death of a loved one, find ways to support each other, including:

Reach out to your friends and family, talking to them about the death of your loved one. Use telephone, email, or social media to communicate if necessary.

Find ways to honor the death of your loved one. Some activities may be done as a family, while additional activities may be done individually.

Seek religious/spiritual help or professional counseling for support. This may be available online or by telephone during an outbreak.

---

## HELPING CHILDREN COPE

---

Your children may respond differently to an outbreak depending on their age. Below are some reactions according to age group and the best ways you can respond:

AGE GROUP	REACTIONS	HOW TO HELP
PRESCHOOL	Fear of being alone, bad dreams Speech difficulties Loss of bladder/bowel control, constipation, bed-wetting Change in appetite Increased temper tantrums, whining, or clinging behaviors	Patience and tolerance Provide reassurance (verbal and physical) Encourage expression through play, reenactment, story-telling Allow short-term changes in sleep arrangements Plan calming, comforting activities before bedtime Maintain regular family routines Avoid media exposure

<p><b>SCHOOL-AGE</b> (ages 6-12)</p>	<p>Irritability, whining, aggressive behavior</p> <p>Clinging, nightmares</p> <p>Sleep/appetite disturbance</p> <p>Physical symptoms (headaches, stomachaches)</p> <p>Withdrawal from peers, loss of interest</p> <p>Competition for parents' attention</p> <p>Forgetfulness about chores and new information learned at school</p>	<p>Patience, tolerance, and reassurance</p> <p>Play sessions and staying in touch with friends through telephone and Internet</p> <p>Regular exercise and stretching</p> <p>Engage in educational activities (workbooks, educational games)</p> <p>Participate in structured household chores</p> <p>Set gentle but firm limits</p> <p>Discuss the current outbreak and encourage questions. Include what is being done in the family and community</p> <p>Encourage expression through play and conversation</p> <p>Help family create ideas for enhancing health promotion behaviors and maintaining family routines</p> <p>Limit media exposure, talking about what they have seen/heard including at school</p> <p>Address any stigma or discrimination occurring and clarify misinformation</p>
<p><b>ADOLESCENT</b> (ages 13-18)</p>	<p>Physical symptoms (headaches, rashes, etc.)</p> <p>Sleep/appetite disturbance</p> <p>Agitation or decrease in energy, apathy</p> <p>Ignoring health promotion behaviors</p> <p>Isolating from peers and loved ones</p> <p>Concerns about stigma and injustices</p> <p>Avoiding/cutting school</p>	<p>Patience, tolerance, and reassurance</p> <p>Encourage continuation of routines</p> <p>Encourage discussion of outbreak experience with peers, family (but do not force)</p> <p>Stay in touch with friends through telephone, Internet, video games</p> <p>Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors</p> <p>Limit media exposure, talking about what they have seen/heard including at school</p> <p>Discuss and address stigma, prejudice and potential injustices occurring during outbreak</p>

**SEEKING ADDITIONAL HELP**

If you or a loved one is having a difficult time coping with the outbreak and want to seek outside help, there are ways to get that help. For example:

- Get support regarding your anxiety or stress by speaking to a trained counselor at SAMHSA Disaster Distress Helpline at 1-800-985-5990 or by texting TalkWithUS 66746.
- Contact your physician or your insurance company (if they have a consultation line) to ask health-related questions or to seek mental health support.
- Learn more ways to help your family. Additional resources can be accessed at:
  - [www.NCTSN.org](http://www.NCTSN.org)
  - [www.healthychildren.org](http://www.healthychildren.org)
  - [www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html](http://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html)

*Last updated: March 1, 2020*

# 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:

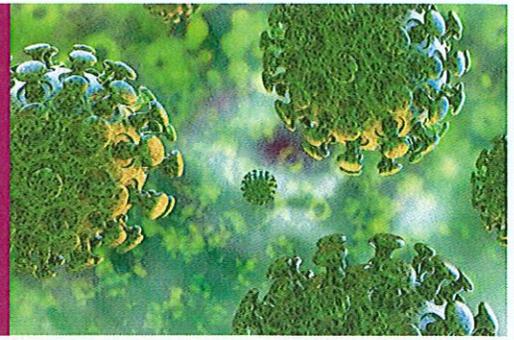
<https://dpi.wi.gov/sspw/mental-health/social-emotional-learning/conference>



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

# COVID-19

## (Coronavirus Disease 2019)



COVID-19 (Coronavirus Disease 2019) is a respiratory illness that can spread from person-to-person. The virus that causes COVID-19 is a new form of coronavirus that was first found in people in December, 2019. It has the potential to cause severe illness in some people.



### How is it spread?

- ▶ People with COVID-19 can spread it to others when they cough or sneeze. The virus is found in droplets from the throat and nose. When someone coughs or sneezes, other people near them can breathe in those droplets.
- ▶ The virus can also spread when someone touches an object with the virus on it. If that person then uses their hands to touch their face, mouth, or eyes, the virus can make them sick.



### What are the signs and symptoms?

- ▶ Fever
- ▶ Cough
- ▶ Shortness of breath



### How can it be prevented?

- ▶ Wash your hands often with soap and water. Use hand sanitizer if you do not have soap and water.
- ▶ Cover your nose and mouth when you cough or sneeze, and then throw the tissue away. If you do not have a tissue, cough or sneeze into your sleeve.
- ▶ Do not have close contact with people who are sick and stay home if you are feeling sick.
- ▶ Clean and disinfect surfaces thoroughly.



### What should I do if I have symptoms?

#### Call your doctor if:

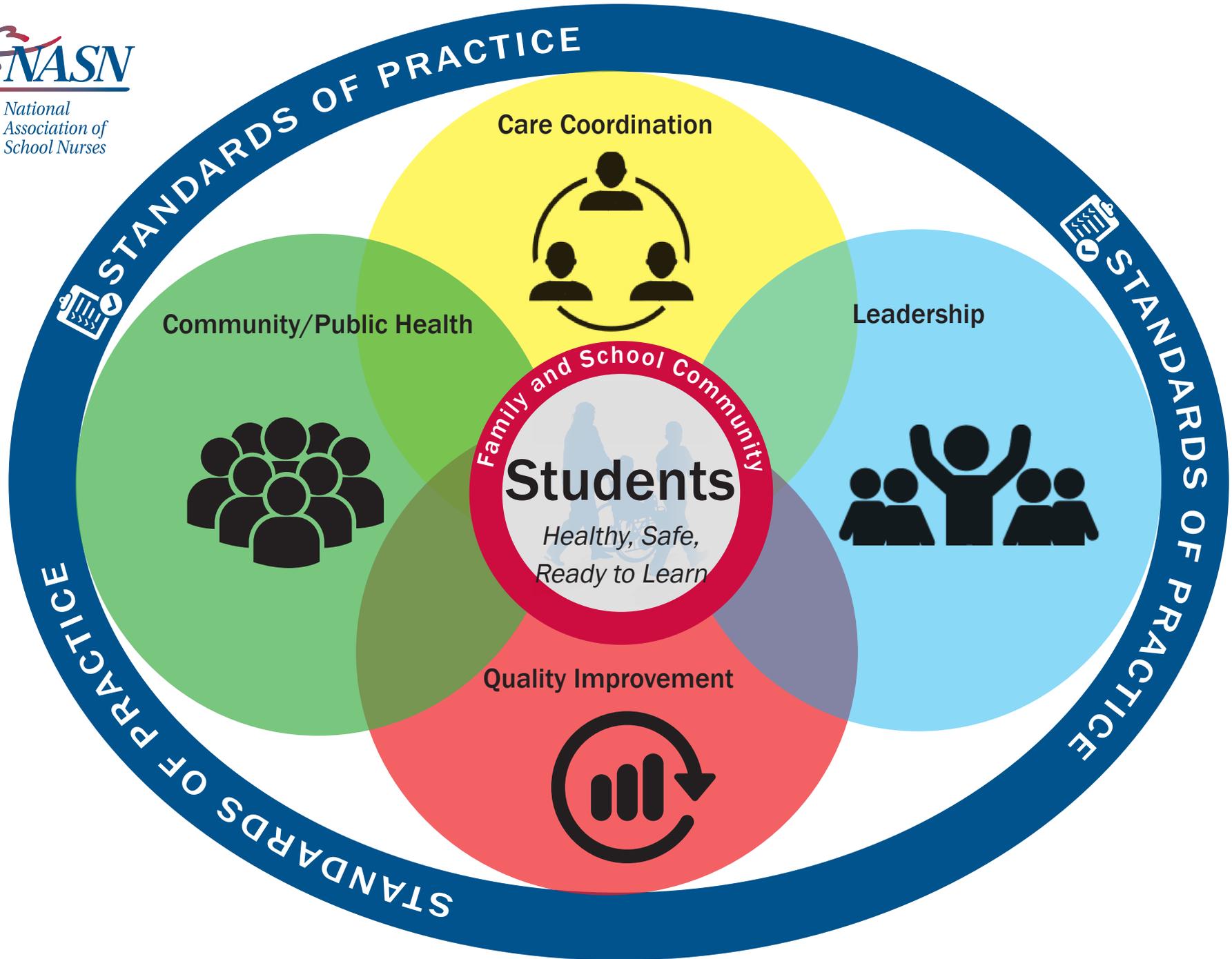
- ▶ You have been to an [affected country](#)\* in the past two weeks or have had close contact with someone who has a confirmed COVID-19 infection. \*Visit [cdc.gov](http://cdc.gov) to learn which countries are affected
- AND**
- ▶ You have symptoms of fever, cough, or shortness of breath.



# Framework for 21<sup>st</sup> Century School Nursing Practice™



National  
Association of  
School Nurses



# Framework for 21<sup>st</sup> Century School Nursing Practice™

NASN's *Framework for 21st Century School Nursing Practice* (the *Framework*) provides structure and focus for the key principles and components of current day, evidence-based school nursing practice. It is aligned with the Whole School, Whole Community, Whole Child model that calls for a collaborative approach to learning and health (ASCD & CDC, 2014). Central to the *Framework* is student-centered nursing care that occurs within the context of the students' family and school community. Surrounding the students, family, and school community are the non-hierarchical, overlapping key principles of *Care Coordination*, *Leadership*, *Quality Improvement*, and *Community/Public Health*. These principles are surrounded by the fifth principle, *Standards of Practice*, which is foundational for evidence-based, clinically competent, quality care. School nurses daily use the skills outlined in the practice components of each principle to help students be healthy, safe, and ready to learn.

 <p><b>Standards of Practice</b></p> <ul style="list-style-type: none"> <li>• Clinical Competence</li> <li>• Clinical Guidelines</li> <li>• Code of Ethics</li> <li>• Critical Thinking</li> <li>• Evidence-based Practice</li> <li>• NASN Position Statements</li> <li>• Nurse Practice Acts</li> <li>• Scope and Standards of Practice</li> </ul>	 <p><b>Care Coordination</b></p> <ul style="list-style-type: none"> <li>• Case Management</li> <li>• Chronic Disease Management</li> <li>• Collaborative Communication</li> <li>• Direct Care</li> <li>• Education</li> <li>• Interdisciplinary Teams</li> <li>• Motivational Interviewing/ Counseling</li> <li>• Nursing Delegation</li> <li>• Student Care Plans</li> <li>• Student-centered Care</li> <li>• Student Self-empowerment</li> <li>• Transition Planning</li> </ul>	 <p><b>Leadership</b></p> <ul style="list-style-type: none"> <li>• Advocacy</li> <li>• Change Agents</li> <li>• Education Reform</li> <li>• Funding and Reimbursement</li> <li>• Healthcare Reform</li> <li>• Lifelong Learner</li> <li>• Models of Practice</li> <li>• Technology</li> <li>• Policy Development and Implementation</li> <li>• Professionalism</li> <li>• Systems-level Leadership</li> </ul>	 <p><b>Quality Improvement</b></p> <ul style="list-style-type: none"> <li>• Continuous Quality Improvement</li> <li>• Documentation/Data Collection</li> <li>• Evaluation</li> <li>• Meaningful Health/ Academic Outcomes</li> <li>• Performance Appraisal</li> <li>• Research</li> <li>• Uniform Data Set</li> </ul>	 <p><b>Community/ Public Health</b></p> <ul style="list-style-type: none"> <li>• Access to Care</li> <li>• Cultural Competency</li> <li>• Disease Prevention</li> <li>• Environmental Health</li> <li>• Health Education</li> <li>• Health Equity</li> <li>• Healthy People 2020</li> <li>• Health Promotion</li> <li>• Outreach</li> <li>• Population-based Care</li> <li>• Risk Reduction</li> <li>• Screenings/Referral/ Follow-up</li> <li>• Social Determinants of Health</li> <li>• Surveillance</li> </ul>
---	--	---	--	--

ASCD & CDC. (2014). *Whole school whole community whole child: A collaborative approach to learning and health*. Retrieved from <http://www.ascd.org/ASCD/pdf/siteASCD/publications/wholechild/wsc-a-collaborative-approach.pdf>