



Atrium Health

COVID-Safe for Schools Town Hall: Part 2

Presented by: *Atrium Health*

Introduction

RUTH KRYSTOPOLSKI, MBA

Senior Vice President, Population Health

Agenda

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Introduction



LEWIS MCCURDY, MD

Specialty Director, Infectious Diseases

Q&A on the Newest Treatments, Testing, and Guidance



LYN NUSE, MD

Specialty Medical Director, General Pediatrics

Communicating with Masks; Considerations During Flu Season



RABIYA HASAN, MD

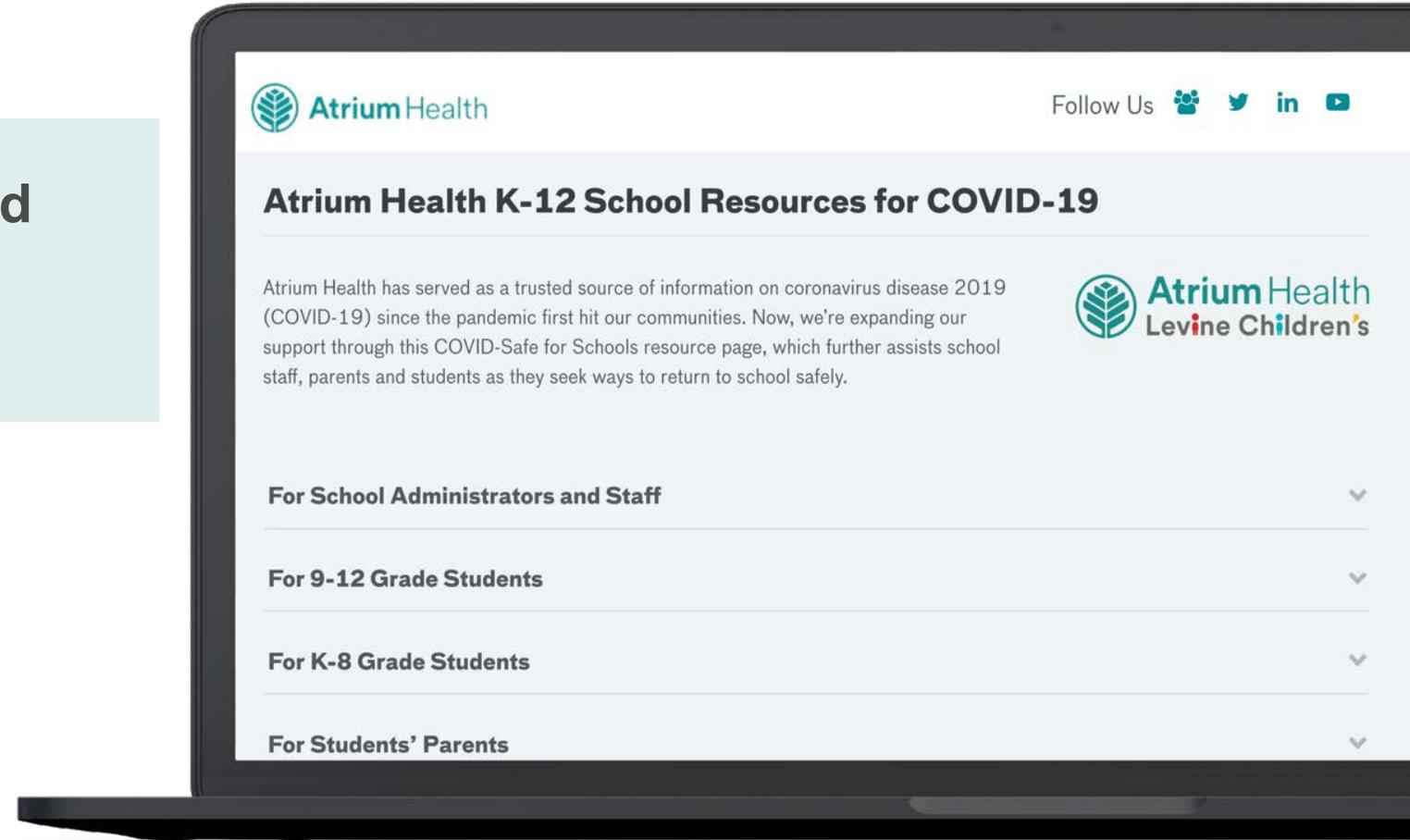
Child & Adolescent Psychiatrist

Child Well-being During COVID-19

Post Meeting

This meeting is being recorded and will be available along with a copy of the slide deck on our webpage.

AtriumHealth.org/Schools



Today's Meeting: Please submit questions via the chat function.

COVID-Safe for Schools Resources

NOW LIVE: AtriumHealth.org/Schools

- Convenient online access to up-to-date info
- Teacher/staff guidance
- Student education (e.g., proper mask wearing, handwashing, symptoms chart)

Digital Guide to Help Schools Reopen

- Includes information on:
 - Preventing spread
 - Managing stress and anxiety
 - Addressing school-based exposure



Q&A on the Newest Treatments, Testing, and Guidance

LEWIS MCCURDY, MD

Specialty Director, Infectious Diseases

Q&A

Testing

- Abbott's new BinaxNOW rapid test seems to be a game changer in terms of affordability and speed of results. **How can I access this testing option?**
- **Are saliva tests that have Emergency Use Authorization (EUA) approval a reliable and more affordable option than EUA-approved tests that use a nasal swab for collection?**



Q&A

Fact Check: Guidance and Stats

- There have been reports that only 6% of the deaths attributed to COVID-19 were actually caused by COVID-19. **Is that true?**

Q&A

Treatments

- **What is convalescent plasma? Who can donate it and should they if they can? Can it protect me from getting COVID-19?**
- **What are some of the most promising treatments you have seen to date?**

Q&A

COVID-19 Vaccine

- **What do you think is a realistic timeline for when a vaccine will be available?**
- **Understanding that healthcare workers, frontline workers and high-risk individuals will be first in line, how long after a vaccine is first available will it be accessible to the general public?**

Communicating with Masks; Considerations During Flu Season

LYN NUSE, MD

*Specialty Medical Director, General Pediatrics
Levine Children's*

Masks Do Create Challenges

Masks as barriers to effective communication

- Difficult to recognize the mask wearer (especially for children under 12 years old)
- Emotional recognition and social interaction is largely informed by facial movements
- Masks filter more than viruses – volume and higher frequencies are muffled by masks
- More difficult for an adult to show excitement for or interest in what a child is doing



The Good News

- Studies repeatedly show that children can comprehend spoken word through only auditory and verbal sources. Visual cues are not necessary.
- As the adults in children's lives, we can control how we communicate with them while wearing a mask.



Speech

When I wear a mask...

- ✓I can speak slowly.
- ✓I can reduce background noise.
- ✓I can get the person's attention before speaking.
- ✓I can check for understanding.
- ✓I can take turns in conversation.
- ✓I can use more gestures.
- ✓I can watch the eyes for clues about feelings.



www.TheSpeechRoomNews.com

Enunciate – speak
clearly and slowly

Increase your volume

Exaggerate words

Emphasize sounds

Rephrase as needed

Eliminate
background noise

Expression

“The eyes are the windows to the soul.”

- Teachers and students both can use mirrors to observe eye changes when mimicking certain emotions
- Get child’s attention and maintain eye contact
- Use gestures and body language
 - Play games that focus on these aspects (e.g., Charades)



Everything Else

- Narrate what you are doing. Show objects/pictures as you talk about them.
- Encourage children to “use their words” to express emotions. Ask them how they are doing more frequently.
- Other ways to communicate – wearing buttons with a smiling picture, maintain same hairstyle, wear personalized masks, consistent clothing style



Everything Else (cont'd)

- Wear a clear mask (face shields without a mask are not recommended)
- Encourage parents to continue regular conversations and reading with their child at home while unmasked.
- “Practice makes perfect.”
 - Encourage children to be social – Wave at others in masks, say hello, have conversations while masked
- May need to make accommodations for children with speech delays and developmental differences like autism.



How to Hug During a Pandemic

DON'T



DO



Flu Season

As flu season is quickly approaching:

- Encourage your teachers/staff to get vaccinated before flu season begins, usually by the end of October.
- Remind parents about the benefits of vaccinating their children.



Is it COVID-19, the flu, a cold or seasonal allergies?

	Coronavirus (COVID-19)	The Flu	A Cold	Seasonal Allergies
<p>What are the most common symptoms?</p> <p>Keep in mind: You may have 1 or all of these symptoms.</p>	<ul style="list-style-type: none"> • Fever • Cough • Shortness of breath or difficulty breathing • Chills • Repeated shaking with chills • Muscle pain • Headache • Sore throat • New loss of taste or smell • Congestion or runny nose • Nausea or vomiting • Diarrhea 	<ul style="list-style-type: none"> • Aches • Chills • Cough • Diarrhea* • Fatigue • Fever • Headaches • Runny nose • Sore throat • Stuffy nose • Vomiting* <p>*more common in children than adults</p>	<ul style="list-style-type: none"> • Cough • Fever* • Mucus dripping down your throat (post-nasal drip) • Runny nose • Sneezing • Sore throat • Stuffy nose • Watery eyes <p>*rare</p>	<ul style="list-style-type: none"> • Itchy eyes • Runny nose • Sneezing • Stuffy nose • Watery eyes
<p>When do symptoms show up once you have been exposed?</p>	2 to 14 days after	1 to 4 days after	1 to 3 days after	Right away
<p>How long do symptoms last?</p>	Not known	3 to 7 days	7 to 10 days	As long as you're exposed to allergens

Other Considerations for Teachers/Staff

- Preventive care
- Screenings
- Ongoing care for chronic conditions
- Care for illness/injuries that could worsen without treatment
- Remind of flex spending accounts



Child Well-being During COVID-19

RABIYA K. HASAN, MD

Child and Adolescent Psychiatrist

Overview

01

Tips for how how to navigate a virtual/hybrid learning environment

02

Impact of remote learning on children

- Social isolation
 - Loss of social relationships
 - Excessive screen time
-

03

Recognizing mental health warning signs in children



Tips for Virtual Learning

Have a designated school space

Maintain a consistent schedule

Use a planner or visual schedule

Set goals

Minimize distractions

Help children maintain social connections

Stay in touch with teachers

Be flexible



Tips for Hybrid Learning

Be aware of the **school procedures and policies** (e.g., hallway foot traffic and mask wearing)

Maintain the **same routine** for days of in-person classes and remote learning classes





Effects of Remote Learning

01 **Social isolation**

02 **Erratic sleep**

03 **Less motivation**

04 **Worsening anxiety/depression**



Strategies for Successful Remote Learning

Tips for parents to help kids succeed with remote learning

- Meet regularly with teachers
- Schools can schedule peer meetings
- Maintain social connections
- Regular check-ins and communication



Screen Time

01 Be flexible

02 Understand it's more than entertainment

03 Variety of activities

04 Family engagement



Recognizing Warning Signs

Indications that help may be needed

- Changes in behavior or mood
- Changes in appearance
- Hopelessness, excessive crying, worsening irritability or anxiety
- Lack of motivation
- Changing in sleep or eating
- Avoiding previously enjoyable activities
- Risky or reckless behavior



Mental Health Services

Atrium Health Behavioral Health Charlotte

- Psychiatric emergency care
- Inpatient child and adolescent behavioral health
- Eagle Program for First Episode Psychosis

Atrium Health Behavioral Health Charlotte, Carolinas Psychiatry & Behavioral Wellness, NorthEast Psychiatric Services

- Medication Management
- Outpatient therapy

Partial hospitalization at
330 Billingsley Rd., Charlotte, NC

School-based services within 19
Charlotte Mecklenburg Schools



HOW TO ACCESS ATRIUM HEALTH SERVICES

Behavioral Health Call Center

24 hours a day, 7 days a week

 704.444.2400

School-Based Therapy Services

Donnie Mitchem

 704.444.2548

Q&A

MEGAN HEIAR, MS, PT, MBA
Vice President, Population Health

QUESTIONS?



**Next COVID-Safe for Schools Town
Hall will be held in early November.**

Thank you

Where to go for additional information:



Email K12COVID@AtriumHealth.org with questions, topic suggestions for the next Town Hall, or to request more information on Atrium Health COVID-19 screening and testing.



Visit AtriumHealth.org/Schools for the most updated COVID-Safe for Schools content and tools.