COVID-Safe for Schools
Town Hall: Part 2

Presented by: Atrium Health
Introduction

RUTH KRYSSTOPOLSKI, MBA
Senior Vice President, Population Health
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?
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?
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.

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)
• 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
• 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

[Images showing people hugging without masks]

DO

[Images showing people hugging with masks]

Atrium Health
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.
<table>
<thead>
<tr>
<th></th>
<th>Coronavirus (COVID-19)</th>
<th>The Flu</th>
<th>A Cold</th>
<th>Seasonal Allergies</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What are the most common symptoms?</strong></td>
<td>• Fever&lt;br&gt;• Cough&lt;br&gt;• Shortness of breath or difficulty breathing&lt;br&gt;• Chills&lt;br&gt;• Repeated shaking with chills&lt;br&gt;• Muscle pain&lt;br&gt;• Headache&lt;br&gt;• Sore throat&lt;br&gt;• New loss of taste or smell&lt;br&gt;• Congestion or runny nose&lt;br&gt;• Nausea or vomiting&lt;br&gt;• Diarrhea</td>
<td>• Aches&lt;br&gt;• Chills&lt;br&gt;• Cough&lt;br&gt;• Diarrhea*&lt;br&gt;• Fatigue&lt;br&gt;• Fever&lt;br&gt;• Headaches&lt;br&gt;• Runny nose&lt;br&gt;• Sore throat&lt;br&gt;• Stuffy nose&lt;br&gt;• Vomiting*</td>
<td>• Cough&lt;br&gt;• Fever*&lt;br&gt;• Mucus dripping down your throat (post-nasal drip)&lt;br&gt;• Runny nose&lt;br&gt;• Sneezing&lt;br&gt;• Sore throat&lt;br&gt;• Stuffy nose&lt;br&gt;• Watery eyes</td>
<td>• Itchy eyes&lt;br&gt;• Runny nose&lt;br&gt;• Sneezing&lt;br&gt;• Stuffy nose&lt;br&gt;• Watery eyes</td>
</tr>
<tr>
<td><strong>When do symptoms show up once you have been exposed?</strong></td>
<td>2 to 14 days after</td>
<td>1 to 4 days after</td>
<td>1 to 3 days after</td>
<td>Right away</td>
</tr>
<tr>
<td><strong>How long do symptoms last?</strong></td>
<td>Not known</td>
<td>3 to 7 days</td>
<td>7 to 10 days</td>
<td>As long as you’re exposed to allergens</td>
</tr>
</tbody>
</table>
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
Overview

01 Tips for 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

<table>
<thead>
<tr>
<th></th>
<th>Effect</th>
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<tbody>
<tr>
<td>01</td>
<td>Social isolation</td>
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<tr>
<td>02</td>
<td>Erratic sleep</td>
</tr>
<tr>
<td>03</td>
<td>Less motivation</td>
</tr>
<tr>
<td>04</td>
<td>Worsening anxiety/depression</td>
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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
QUESTIONS?
Next COVID-Safe for Schools Town Hall will be held in early November.
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.