



# Parent Blocks

NEWSLETTER



“Providing resources to parents throughout West Virginia”

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## COVID-19 Fatigue

As the Delta variant of COVID-19 continues to move through our communities, families may be experiencing some fatigue from all the changes in routines, lost sense of safety and security, changes in learning structures, and missed events.

Beyond worries of becoming ill, children may experience changes in their social and emotional well-being.

Just as adults, children may also be showing signs of COVID fatigue.

According to

the CDC, here are some strategies that you can use to help support children during this time:

- Maintain a normal routine
- Talk, listen, and encourage expression
- Give honest and accurate information
- Teach simple steps to stay healthy
- Be alert for any change in behavior
- Reassure children about their safety and well-being

If you have concerns about your child’s behavior, reach out to your child’s pediatrician.

- Reprinted from [www.cdc.gov](http://www.cdc.gov)

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**SOMETIMES YOU NEED MORE  
THAN AN INTERNET SEARCH.  
YOU NEED A CONVERSATION.**



Certain issues are hard to navigate. You're not alone. Call 2-1-1 – it's free and confidential. 2-1-1 specialists are available 24/7 to provide information and connect you to local programs and services that can help. Friendly, non-judgmental people are waiting to assist you!



**DIAL 2-1-1**  
**VISIT 211.ORG**  
**TEXT YOUR ZIP CODE TO 898-211**

# End of Summer Safety Tips

Submitted by Candy Morgan, RN, Child Care Nurse Health Consultant

The end of summer is the perfect time to enjoy the great outdoors, but along with all of the fun that can be had comes the opportunity for mishaps as well. Take precautions to minimize the risks of health problems related to outdoor activities. Picnics and cookouts are popular summer events. Be aware that bacteria grow faster in warmer weather so be careful to make sure food is kept at a proper temperature. The FDA recommends food not be left out for more than one hour when the temperature is above 90 degrees, or no more than two hours otherwise. Make sure that food is cooked at a proper temperature when grilling. Model good hand hygiene by washing your hands after using the bathroom and before preparing, serving, and eating food.

Playgrounds and nature walks can be a source of fun and exercise, but one must be cautious when participating in these activities. There are several matters that you should consider. If you are outside for an extended time, remember to drink fluids regularly and don't push your limits. On days when the temperatures are extremely high, limit outdoor activities during peak hours of 10 am-4 pm. To protect yourself from the sun's harmful rays, use sunscreen and wear protective clothing such as a wide brimmed hat and sunglasses. Poisonous plants are a con-

cern as well. Rashes of poison ivy and oak are caused by urushiol, a substance in the sap of the plant. Avoidance is the best way to prevent this issue. The American Academy of Dermatology states a way to identify poisonous plants is "leaflets of three, beware of me."

Another issue that you may encounter during your time outdoors is insects. Bees can be irritating to some but for those with known allergies, they can be cause for serious health issues. To keep bees away, wear light-colored clothing and avoid scented soaps and perfumes. Do not leave food, drinks, and garbage outdoors uncovered. Treat a bee sting by scraping the stinger away in a side-to-side motion with a credit card or fingernail, and then washing the area with soap and water. Keep epinephrine auto injectors close by for those who have known allergies. Watch for signs of allergic reaction to stings, which typically happen within the first few hours. If a child's lips or tongue begin to swell, or if he or she complains of tightness of the throat or difficulty breathing, administer epinephrine, if available. If not available, call 911 immediately. Any time you have to use epinephrine, you should immediately call 911 or go to the emergency room.

If your walk may include areas with tall grass or wooded areas, wear long sleeves

and pants. You can use insect repellent with DEET to ward off ticks and mosquitos. Do not use insect repellent/ sun-screen combinations. Insect repellent used on children should contain no more than 30 percent DEET. Follow manufacturer's directions carefully. Check yourself and children for ticks upon return from walks. If you find a tick, remove it by grasping it as close to the skin as possible with tweezers and pulling gently, but firmly. Early removal is important because a tick generally has to be on the skin for 36 hours or more to transmit Lyme disease. The CDC recommends cleansing the area of the tick bite with antiseptic.

Treatment for any mishap is always available but prevention is even better. If you would like more information about summertime safety, schedule the training of the same name with your local Child Care Nurse Health Consultant.

Information obtain from <https://www.cdc.gov>

Information obtained from <https://www.aad.org>

Information obtained from <https://www.fda.gov>

# My Child is Showing Signs of COVID-19 at School: What Do I Do?

## Quick Guide for Parents and Guardians

*If your child is sick or shows signs of illness, do not send them to school.*

### 1. PICK UP YOUR CHILD



- If possible, pick up your child alone.
- If possible, wait in the car for your child.
- Everyone in the car should wear a mask except for children under 2 years old.
- Open the car windows for ventilation.
- If possible, wait 24 hours before cleaning and disinfecting your car, as that allows more time for the amount of virus in the air of your car to die off.
- If unable to pick up your child, work with your school to identify the best way to safely transport your child.
- Arrange to pick up any of your child's medical supplies (if applicable).

### 2. KEEP YOUR CHILD AT HOME AND MONITOR THEIR SYMPTOMS



- Call your child's healthcare provider to discuss whether your child needs to be evaluated and to determine options for getting tested for COVID-19.
- If possible, have the sick child (and anyone else who has symptoms) keep away from others and use a separate bathroom for 10 days. When not able to keep away from others, a mask should be worn by all members of the household.
- After being in contact with someone with COVID-19, it can take up to 14 days to know if you are sick. All members of the household should stay home and avoid contact with others outside of your home. An exception would be going to your doctor if advised.
- Encourage everyone in the household to wash their hands often and avoid sharing personal household items with others (e.g., dishes, cups, towels, bedding).
- Use an effective household disinfectant to clean "high-touch" surfaces and everyday items such as door handles, countertops, and faucets.

### 3. IF YOUR CHILD TESTS POSITIVE FOR OR IS SUSPECTED OF HAVING COVID-19



- **If your child tests positive for COVID-19, notify the school.**
- **Your child can return to in-person school only after:**
  - It has been at least 10 days since symptoms started **and**
  - Overall symptoms have improved **and**
  - Your child has had no fever for at least 24 hours (without fever reducing medication).

