



THE SCHOOL NURSE BULLETIN

JULY 2020

Dr. Stephanie Knutson, RN
School Health Administration
Education Consultant for School Nursing and School Health Education



CSDE, CT Chapter of the American Academy of Pediatrics, and CT Association of School Based Health Centers Highlight Critical Link Between In-Person School and Children's Well-Being and Access to Health Care

July 21, 2020

(Hartford) – The Connecticut State Department of Education (CSDE), the Connecticut Chapter of the American Academy of Pediatrics (CT-AAP), and the Connecticut Association of School Based Health Centers, Inc. (CASBHC) promoted the importance of getting children back into medical care as part of preparing students for school this fall. Planning for a full return to school will allow families and children to get caught up on critically needed immunizations, health checks and wellness care.

“The pandemic shut down Connecticut’s primary care infrastructure, and many children fell behind on well visits and immunizations,” said Dr. Robert Dudley, president of the CT-AAP. “Practices are re-opening and we encourage families to reach out early to their primary care providers to get children up-to-date on critically needed vaccinations, health screenings, and wellness checks. We hope that children will be able to participate in in-person educational activities this fall, and getting up to date with immunizations and well child checks will put them in the best position to do that.”

“Connecticut’s school based health centers will continue to be a strong collaborative safety-net health care provider within their individual school districts, collaborating with school nursing, social work, guidance staff and teachers to provide critical services including school required vaccines, school physicals, behavioral health counseling, and flu vaccines, so that students will be able to start the new school year on time and have the support they need to be physically and emotionally healthy and ready to learn,” said Melanie Bonjour, president of the CASBHC.

The CSDE, CT-AAP, and CASBHC also emphasized the role that school nurses and school-based health centers (SBHC) will play in helping families, children, and adolescents catch up. Many students and their families rely on SBHCs to meet their needs for a full range of age-appropriate preventative and acute care services to improve the physical, social, emotional, and behavioral health of children. The services delivered through SBHCs and school nurses, including dental, vision, and mental/behavioral, are often-times the only health care a student may receive during the year particularly in under-resourced urban and rural communities. When health care is accessed in schools, students spend more time in the classroom and parents do not have to take time off of work to bring their children to an off-site medical provider. With an emphasis on prevention, early intervention and risk reduction, nurses and SBHCs’ staff also promote health education and identify and support a wide range of social, emotional and mental health needs of students and staff. This will be especially important as students may be struggling with anxiety or distress resulting from the impact of the pandemic.

In addition to disparities in areas such as access to technology and connectivity that have been exacerbated by COVID-19, the state Department of Public Health (DPH) reported a sharp drop in orders for vaccines during the pandemic leading to a decrease in Connecticut’s child immunization levels for vaccine-preventable diseases. This parallels a drop in immunization rates across New England as primary care practices limited in person visits.

The full [CSDE News Letter](https://portal.ct.gov/SDE/Press-Room/Press-Releases/2020/CT-Chapter-of-the-American-Academy-of-Pediatrics-and-CT-Association-of-School-Based-Health-Centers) is located on the CSDE webpage at <https://portal.ct.gov/SDE/Press-Room/Press-Releases/2020/CT-Chapter-of-the-American-Academy-of-Pediatrics-and-CT-Association-of-School-Based-Health-Centers>



Connecticut State Department of Education School Medical Advisors: Supporting School Health & Safety Webinar

The Connecticut State Department of Education (CSDE) and the Connecticut Chapter of the American Academy of Pediatrics (CTAAP) promotes the importance of getting children ready for school this fall. This webinar focuses on how school medical advisors are engaged in and provide support to local school districts in preparation for Fall 2020.

Agenda

1. Overview of School Reopening Guidelines
2. Role of School Medical Advisor — COVID-19 and School Reopening
3. Leveraging the Triad for Supporting School Health & Safety: School Medical Advisors, School Nurse Leaders and Local Health Directors
4. Updates: State Department of Public Health
 - a. Local Health Directors
 - b. School Medical Advisors
5. Q & A Session

Presenters

- Charlene Russell-Tucker, Deputy Commissioner of Education, CSDE
- Robert Dudley, MD, MEd, FAAP, President, CTAAP School Medical Advisor
- Barbara Ziogas, MD, FAAP, BS SPED, MS ED, School Medical Advisor; Medical Director for the American School for the Deaf; Associate Clinical Professor of Pediatrics, University of Connecticut School of Medicine
- Lori J. Mathieu, Public Health Branch Chief, Connecticut Department of Public Health

Date

Thursday, July 23, 2020, 6 PM – 7 PM

Registration

<https://attendee.gotowebinar.com/register/4260290207181745419>

Contact and Organizer

Dr. Stephanie G. Knutson, School Health/Nurse Administrator, CSDE at Stephanie.knutson@ct.gov

Asthma and Allergy Resources: COVID-19

- [COVID-19 Guidelines for Schools and the Impact on Kids With Food Allergies and Asthma](#)
- [Asthma and Allergy Foundation of America](#)
- [Managing Asthma at School During the COVID-19 Pandemic](#)

How Can You Tell the Difference Between: Asthma, COVID-19 (New Coronavirus), the Flu, a Cold or Seasonal Allergies?

There are some symptoms that are similar between these respiratory illnesses. The chart below is from the AAFA and it provides information about symptoms of asthma, allergies or a respiratory illness like COVID-19, the flu or a cold. If you have a fever and a cough, call your doctor right away. If you have seasonal allergies, there are things you can do to treat at home.

Important Note: Information is still changing!! The AAFA will update this chart as new evidence becomes available, so visit their website at <https://www.aaafa.org/covid-19-new-coronavirus.aspx>

Symptoms	Coronavirus ¹ (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
Cough	Common (usually dry)	Common (usually dry)	Common	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
Wheezing	No	No**	No**	No**	Common
Shortness of breath	Sometimes	No**	No**	No**	Common
Chest tightness/pain	Sometimes	No**	No**	No**	Common
Rapid breathing	Sometimes	No**	No**	No**	Common
Sneezing	No	Common	No	Common	No***
Runny or stuffy nose	Rare	Common	Sometimes	Common	No***
Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)	No***
Fever	Common	Short fever period	Common	No	No
Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes	Sometimes
Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)	Rare
Body aches and pains	Sometimes	Common	Common	No	No
Diarrhea, nausea and vomiting	Sometimes	Rare	Sometimes	No	No
Chills	Sometimes	No	Sometimes	No	No
Loss of taste or smell	Sometimes	Rare	Rare	Rare	No

Your symptoms may vary. *Information is still evolving. **If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. ***Allergies, colds and flu can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. ****If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.
Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 7/15/20 • [aaafa.org/covid19](https://www.aaafa.org/covid19)

Síntomas	Coronavirus ¹ (COVID-19) Los síntomas varían de leves a graves.	Resfriado Inicio gradual de los síntomas	Gripe Inicio abrupto de los síntomas	Alergias Inicio gradual o abrupto de los síntomas	Asma Inicio gradual o abrupto de los síntomas
Duración de los síntomas	7-25 días	Menos de 14 días	7-14 días	Varias semanas	Los síntomas pueden aparecer rápidamente o durar horas o más.*
Tos	Frecuente (normalmente seca)	Frecuente (leve)	Frecuente (normalmente seca)	Raro (normalmente seca a menos que desencadene asma)	Común (puede ser una tos seca o productiva)
Silbancia	No	No**	No**	No**	Común
Falta de aire	A veces	No**	No**	No**	Común
Dolor/ presión en el pecho	A veces	No**	No**	No**	Común
Respiración rápida	A veces	No**	No**	No**	Común
Estornudos	No	Frecuente	No	Frecuente	No***
Congestión o goteo nasal	Raro	Frecuente	A veces	Frecuente	No***
Dolor de garganta	A veces	Frecuente	A veces	A veces (normalmente leve)	No***
Fiebre	Frecuente	Corto período de fiebre	Frecuente	No	No
Fatiga o debilidad	A veces	A veces	Frecuente	A veces	A veces
Dolor de cabeza	A veces	Raro	Frecuente	A veces (relacionado con dolor sinus)	Raro
Dolor corporal	A veces	Frecuente	Frecuente	No	No
Diarrea, náusea y vómitos	A veces	Raro	A veces	No	No
Escalofríos	A veces	No	A veces	No	No
Pérdida del sentido del gusto u olfato	A veces	Raro	Raro	Raro	No

Sus síntomas pueden variar. *La información sigue evolucionando. **Si su medicamento de alivio rápido no mejora sus síntomas de asma, o si Ud. está en la Zona Roja en su Plan de Acción para el Asma, llame a su proveedor de atención médica o busque atención médica de inmediato. ***Las alergias, los resfriados y la gripe pueden desencadenar asma, lo cual puede provocar falta de aire, dolor o presión en el pecho y respiración rápida. El COVID-19 es la única enfermedad en esta lista que por sí sola puede provocar la falta de aire. ****Si Ud. tiene asma alérgica, puede tener síntomas de asma y alergias a la misma vez.
Fuentes: Asthma & Allergy Foundation of America, World Health Organization, Centers for Disease Control & Prevention. edited 7/15/20 • [aaafa.org/covid19](https://www.aaafa.org/covid19)

DR. STEPHANIE G. KNUTSON
CONNECTICUT STATE DEPARTMENT OF
EDUCATION
EDUCATION CONSULTANT

Phone: 860-807-2108
E-mail: stephanie.knutson@ct.gov

Nondiscrimination Statement

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut State Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: [Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act Coordinator, Connecticut State Department of Education, 450 Columbus Boulevard, Suite 607, Hartford, CT 06103, 860-807-2071, \[Levy.Gillespie@ct.gov\]\(mailto:Levy.Gillespie@ct.gov\).](mailto:Levy.Gillespie@ct.gov)