

OAKLAND COUNTY HEALTH DEPARTMENT SCHOOL NURSE NEWSLETTER

April 12th, 2021



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The latest from the state:

MICHIGAN

Michigan extends quarantine period to 14 days for people exposed to virus

Beth LeBlanc

The Detroit News

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The state of Michigan has extended the time people must quarantine after COVID-19 exposure to 14 days "due to increasing case rate and variant spread."

The quarantine period after an individual is exposed to someone with COVID-19 was at 10 days in Michigan for more than four months, in line with [new Dec. 1 guidance](#) from Centers for Disease Control and Prevention. But the state's rising case rate and variant spread triggered an increased period Monday during which people should quarantine and monitor themselves for symptoms after exposure to an infected individual. The state posted the update in a [COVID-19 Frequently Asked Questions sheet Monday](#)]

People who are fully vaccinated do not need to quarantine after exposure to someone who tested positive for COVID-19, according to state guidance.

Michigan identified its first case of the B.1.1.7 variant in January in a University of Michigan student who traveled to the United Kingdom. As of Thursday, Michigan has the second-most recorded cases of the variant B.1.1.7, with 1,468 cases in 51 jurisdictions including 474 cases within the Michigan Department of Corrections.

The state, as of Thursday, also had seven cases of the South African variant B.1351 and at least one case of the P.1 variant from Brazil.

Michigan continues to lead the nation in new cases by population. As of Tuesday, the state added 4,964 new cases and 58 deaths bringing the state totals to 707,463 COVID cases and 16,297 COVID-related deaths since Michigan's first cases were detected in March 2020.

Last week marked the sixth weekly increase for new cases and deaths in a row in Michigan.

Hospitalizations also are up, with 3,295 adults hospitalized with the virus, a 288% jump from a month earlier when 850 adults were in the hospital with COVID.

Nearly 3 million people or 36.7% of the state's population had received at least a first dose of the vaccine. About 22.8% had been fully vaccinated through Monday.

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LOCS Updates (April 9, 2021)

April 9, 2021

Dear LOCS families-

Following State of Michigan Governor Gretchen Whitmer's press conference on Friday morning, Lake Orion Community Schools leaders convened to discuss her request that high schools voluntarily shift to a remote setting for two weeks past spring break and athletics suspend games and practices for two weeks.

After careful consideration, the LOCS Administration has determined that LOHS and Learning Options students, as well as the athletics teams, will continue to operate on the current in-person path, including maintaining the high school testing schedule for the week of April 12.

Health officials and the governor retain the ability to mandate the district shift to remote if the health environment necessitates that action. But neither Governor Whitmer, nor the Department of Health and Human Services, took that action in Friday's announcement. As I have stated consistently since the school year began, our district's only plans to shift to a remote setting would come from being required to shift by state or county order or being unable to operate due to a staff shortage in a building or the district as a whole.

The announcement was unexpected following the state's encouragement in recent months, including the amended health order, to pursue in-person learning with mitigation strategies.

LOCS continues to believe that, by following the mitigation strategies, our schools will continue to be an appropriate and safe learning environment.

The decision to remain in person is taken with great care and consideration about the environment, given consultation with medical professionals, the Oakland County Health Division and other educational leaders and with a number of factors influencing the decision.

- While the governor's recommendations were a reflection of the rise in COVID-19 cases across the state, within the schools, our students and staff are already following more stringent protocols than the general population and we are seeing few transmissions within schools.
- The high school testing schedule from Tuesday-Thursday next week will already be significantly reducing the Lake Orion High School capacity for much of the school week and the testing itself remains optional for students.

- Note: Students who choose not to take the assessments on the Tuesday-Thursday period will not attend school those days.
- The guidance from the CDC indicates that schools should remain open if the surrounding community business are open. <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/indicators.html>
 - “K-12 schools should be the last settings to close after all other mitigation measures in the community have been employed, and the first to reopen when they can do so safely. This implies that schools should be prioritized for reopening and remaining open for in-person instruction over nonessential businesses and activities.”
- With our staff members having the opportunity to receive the vaccine, the operational issues that forced the November shift to remote are lessened. We have had low impact in our operations from staff members testing positive, allowing our schools to continue to operate.
- The Clear To Go app remains one of our most effective tools to keep positive cases of the virus out of our schools. Please take the time to read the questions and answer accurately, because, as guidance changes, those questions are adjusted to reflect the updates passed on to us by the county, state and national health officials.

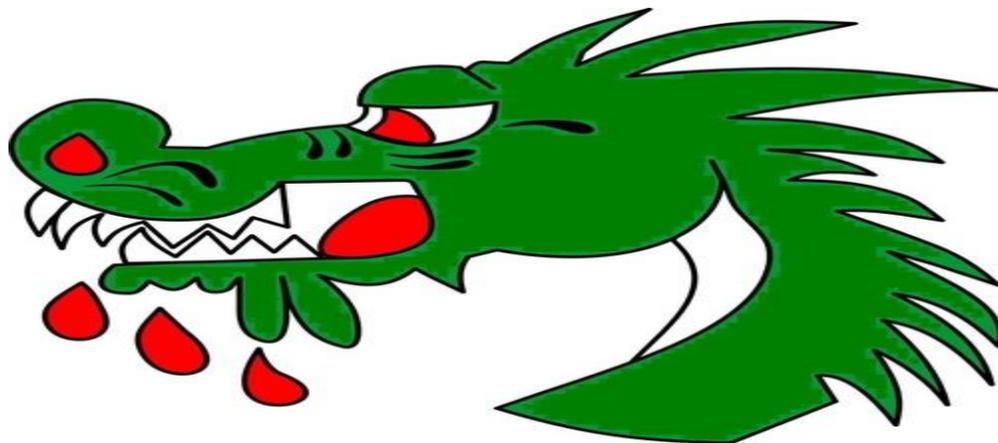
While we have protocols in place to limit COVID-19 within our buildings and at our facilities, we ask that the community outside of school sustain the same vigilance. If families follow the same protocols and make decisions to help everyone, then we can move forward together.

We hope that families keep the community in mind when making decisions after school and on weekends so we can complete this school year on a positive note.

Sincerely,

Ben Kirby

Superintendent, Lake Orion Community Schools



NUTRITION AND STRESS

[HTTPS://CAMPUSHEALTH.UNC.EDU/HEALTH-TOPICS/NUTRITION/NUTRITION-AND-STRESS](https://campushealth.unc.edu/health-topics/nutrition/nutrition-and-stress)

Too rushed or stressed to eat well? Think again!! Good nutrition is an important stress management tool. When our bodies are poorly fed, stress takes an even greater toll on our health. Nutrition and stress are interlinked. Here are some tips to eat well for academic success:

1. **Eat regularly.** Your brain needs glucose to work at its best. Eating regularly throughout the day helps keep your blood glucose stable. Studies have shown that more stable blood sugar levels are associated with better academic performance.
2. **Get your healthy fats.** Omega-3 fatty acids found in walnuts, flax seed and fish oil are associated with brain function. Deficiencies of this fatty acid can result in depression and/or anxiety.
3. **Eat your veggies.** Fruits and vegetables contain vitamins and minerals like copper, zinc, manganese, and vitamins A, E and C. Leafy greens are especially good for you. These vitamins and minerals work to neutralize harmful molecules produced when your body is under stress.
4. **Add high-fiber foods.** High fiber intake has been associated with greater alertness and decreased perceived stress. So add fiber-rich foods like oatmeal, nuts, beans, fruits and vegetables to your diet.
5. **Trade caffeine for more sleep.** Caffeine leads to increased blood pressure and may make you anxious, especially if you are already prone to anxiety. While consuming caffeine may seem to help you concentrate better, some studies show that caffeine only restores what is lost through lack of sleep. Instead of turning to caffeine, try the natural grade booster – sleep!
6. **Stock up on healthy snacks.** If you know that a stressful or busy time is approaching, prepare by stocking up on quick, healthy snacks. Healthy snacks are high in protein and/or fiber. Some examples are granola, almonds, peanuts, carrots with hummus or yogurt with fresh fruit.

Remember...

How you deal with stress is a choice. Too often people turn to cigarettes, sweets, television, coffee and/or alcohol to "manage" stress. Instead, control stress by adopting a healthful lifestyle which includes eating well, exercising, sleeping adequately and enjoying your free time.



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COVID-19 Response and Protocols

<https://www.lakeorionschools.org/resources/covid-19-response-and-protocols>



Positive Test Procedures and Protocols (Updated April 6 to align with OCHD update reinstating 14-day quarantine for exposed individuals)

COVID-19 symptoms are: new cough, shortness of breath, difficulty breathing, new loss of taste or smell, fatigue, fever (100.4 or higher), chills, headache, nausea/vomiting (2x in 24 hours), muscles aches, congestion or runny nose, sore throat.

- Isolated waiting rooms will be designated at each school for symptomatic students.
- Any symptomatic student will need to be picked up by an adult listed on the emergency card.
- Any student who tests positive for COVID-19 must remain home, based on the protocols shown on this page.
- LOCS requires all positive COVID-19 tests from student/staff to be reported to school administration by families to initiate contact tracing. Doctor documentation is required.
- Those with "close contact" with positive individual should also remain out of school for the same 14-day period and monitor symptoms. This includes all family members.
- The CDC defines "close contact" as: Someone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before illness onset.
- A classroom, bus route or individual group or activity could be closed under LOCS protocols.
- If a classroom is required to quarantine, students will move to remote learning until allowed to return to school.
- Should the Oakland County Health Division establish a county-wide school protocol, LOCS will defer to that process, as recommended by the state Return to School roadmap.
- Students will not be penalized for staying home due to illness and are encouraged to remain home when feeling sick, even if not symptomatic.
- LOCS staff members are subject to the same protocols as contained in the Preparedness and Workplace Plan and Policy.
- Based on revised CDC guidelines: Individuals who have traveled outside the United States should get tested 3-5 days after travel **AND** stay home for 7 days after travel.

- Vaccinated persons are not required to quarantine if they meet all of the following criteria:
 - Are within three (3) months of receiving the last dose in the series
 - It is more than 14 days since receiving the last dose in the series
 - Have remained asymptomatic since the current COVID-19 exposure

Continue to follow current quarantine guidance if all 3 criteria are not met.

NOTE: Those individuals vaccinated plus 14 days, no longer have to quarantine.

Return to School Protocols

Student/Staff return to school procedure following symptoms (Updated April 6 to align with OCHD update reinstating 14-day quarantine for exposed individuals):

- With a doctor's note identifying that the symptoms are not COVID-19-related (i.e. allergies, etc.)
- With proof of a negative Polymerase Chain Reaction (PCR) COVID-19 test and after being fever free for 24 hours without the use of fever-reducing medications and symptoms have improved.
- If child/staff member does not get tested for COVID-19, they will be excluded from school until 10 days have passed since symptom onset and fever-free for at least 24 hours without fever-reducing medication and symptoms have improved.
- If child/staff member tests positive for COVID-19, they should remain in home isolation for 10 days. They can return after being fever free for 24 hours without the use of fever reducing medication and symptoms have improved. A negative test result is not required to return to school once all criteria are met.
- **There is no longer a process to reduce the quarantine period from 14 days. (Updated April 6, 2021)**
- **NOTE:** Those individuals vaccinated plus 14 days, no longer have to quarantine.



FRIENDLY REMINDER FROM YOUR NURSES

This week your school nurses were able to link cases in the district to households who had a symptomatic adult in the house who delayed testing. Creating a situation where the student become symptomatic and eventually tested positive. This delay of testing increases exposures and number of quarantined staff and students. Please test any household member as soon as symptoms arise. When in doubt, call the school nurse. Appropriate testing will help keep COVID out of our schools. Let's keep moving forward to healthier days ahead.



Oakland County Health Department Nurse On Call:

M-F 8a-6p;

Saturday 9a-12p

1-800-848-5533

TESTING:

Testing allows our Health Division to monitor the virus in our community and keep us safe and open. Testing is available at no cost for all residents age 18 and older with or without symptoms. Children 4-17 years old. Child must have symptoms of COVID 19 and be a resident of or attend school in Oakland County

Appointments only

SAME DAY APPOINTMENTS ARE NOT AVAILABLE

Monday through Friday

1-800-848-5533

Register for Oakland County's COVID 19 Newsletter by following this

link: www.oaklandcountyvaccine.com or text **OAKGOV COVID** to 468311

