

# OAKLAND COUNTY HEALTH DEPARTMENT SCHOOL NURSE NEWSLETTER

March 8th, 2021



Sue Arnott  
Oakland County Health Division  
School Nurse  
[arnotts@oakgov.com](mailto:arnotts@oakgov.com)  
248-339-6380

Laura Brodoski  
Oakland County Health Division  
School Nurse  
[brodoskil@oakgov.com](mailto:brodoskil@oakgov.com)  
248-221-0519

Vicki Kleine-Okopny  
Oakland County Health Division  
School Nurse  
[kleine-okopnyv@oakgov.com](mailto:kleine-okopnyv@oakgov.com)  
248-534-6597



COVID-19

## MARCH 5: GATHERING GUIDELINES

### Open

 <b>Three-household gathering (high precautions)*</b>	 <b>Manufacturing, construction, other work that is impossible to do remotely, including technical education</b>	 <b>Restaurants and bars*</b>	 <b>Theaters, movie theaters, stadiums, arenas</b>
 <b>Small outdoor gatherings (50 people)</b>	 <b>Public transit</b>	 <b>Professional sports**</b>	 <b>Bowling centers</b>
 <b>Retail</b>	 <b>Hair salons, barber shops, other personal services</b>	 <b>Parks and outdoor recreation</b>	 <b>Bingo halls, casinos, arcades</b>
 <b>Preschool through 12th grade (local district choice)</b>	 <b>Funerals (25 people)</b>	 <b>Health care</b>	 <b>Contact/Non-contact sports</b>
 <b>Childcare</b>	 <b>Gyms, pools, roller and ice rinks</b>	 <b>Indoor group fitness classes</b>	

\*See DHHS guidance for safety practices.  
\*\*Includes a limited number of NCAA sports.

### Not open

 <b>Workplaces, when work can be done from home</b>	 <b>Night clubs</b>	 <b>Water parks</b>
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For more information about the order, visit [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus).  
Questions or concerns can be emailed to [COVID19@michigan.gov](mailto:COVID19@michigan.gov).



# SPRING BREAK



## COVID-19 Alert: Cases are Extremely High. Avoid Travel

Travel increases your chance of getting and spreading COVID-19. CDC recommends that you do not travel at this time. **Delay travel and stay home to protect yourself and others from COVID-19.**

COVID-19 cases, hospitalizations, and deaths are extremely high across the United States. [Wear a mask](#), stay at least 6 feet/2 meters apart, avoid crowds, and wash your hands often. The more steps you take, the more you and others around you are protected against COVID-19. View [cases in the U.S. and cases by state on CDC's COVID Data Tracker](#).

You and your travel companions (including [children](#)) may feel well and not have any symptoms, **but you can still spread COVID-19 to family, friends, and community during and after travel.** Check your [state, territorial, or local health department](#) for information about local quarantine requirements.

**Do NOT travel if you were exposed to COVID-19, you are sick, or you have tested positive for COVID-19.** Learn when it is [safe for you to travel](#). Don't travel with someone who is sick.

# When to test?????



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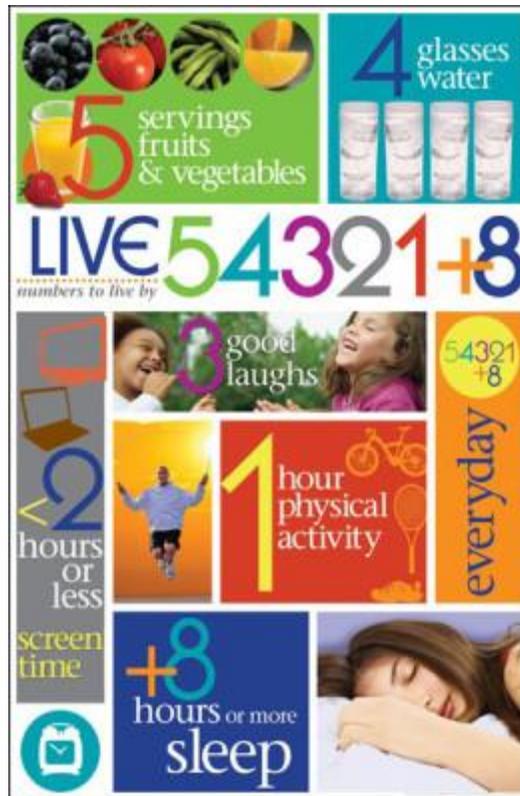
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## NUMBERS TO LIVE BY EVERYDAY

**1 HOUR OF PHYSICAL ACTIVITY**

**2 HOURS OR LESS OF SCREEN TIME**

**3 GOOD LAUGHS**

**4 GLASSES OF WATER**

**5 SERVINGS OF FRUITS AND VEGETABLES**

**AND**

**8 OR MORE HOURS OF SLEEP EACH DAY**

# 3 Easy Ways to Get Your Teenager to Eat Breakfast

By Alyssa Tucci, RDN

<https://www.superkidsnutrition.com/3-easy-ways-to-get-your-teenager-to-eat-breakfast/>

**Breakfast is an important meal that is vital for your teen's physical and mental performance. Try using these three easy strategies to get your teen on board with breakfast!**

Teenagers are notorious for skipping breakfast. This may not seem like a huge deal – they can just eat a big lunch and all will be well, right? Not exactly.

## Highlight the benefits of breakfast

Teenagers may *think* that they know it all, but be sure to stress the importance of breaking the overnight fast in the morning anyway. Breakfast really is the most important meal of the day – it may be a cliché, but that doesn't make it any less true. Teenagers really need to appreciate this point.

## Breakfast consumption promotes:

- Improved cognitive function, which can help teens do better in school
- Increased energy to help them get through their busy days
- **Healthful weight status**, since increased satiety early in the day decreases the tendency to overeat later on. Eating early runs counter to the notion that many teens, especially teen girls, have that skipping breakfast will help them cut calories.

## Have grab-and-go foods stocked

Mornings are crazy. Make both of your lives easier by stocking up on items such as:

- Small containers of milk or 100% juice
- Yogurt (**Greek varieties** pack a mean protein punch that will keep teens full longer)
- String cheese
- Cereal in individual boxes or pre-portioned into plastic baggies
- Fresh whole fruit – apples, bananas, oranges, etc.
- Bagels
- Hard-boiled eggs
- Cold sandwiches (which can be made in advance). Peanut butter and jelly or peanut butter and banana work well in the morning.

These items will be ready to go in no time and can easily be eaten on the run.

## Eat breakfast and set an example

“Do as I say, not as I do” just doesn't cut it. If teens see their parents eating breakfast, they will be more likely to do the same. They may not show it all the time, but they still look up to you. An easy, yet subtle way to influence your teen is to model good behaviors.

## 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.



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Oakland County Health Department Nurse On Call:

M-F 8a-6p;

Saturday 9a-12p

**1-800-848-5533**

RESOURCES

### 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](http://www.oaklandcountyvaccine.com) or text **OAKGOV COVID** to 468311