

# OAKLAND COUNTY HEALTH DEPARTMENT SCHOOL NURSE NEWSLETTER

FEBRUARY 15th, 2021



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## NEW THIS WEEK.....

### LEARN ABOUT THE FEBRUARY 4 EPIDEMIC ORDER

COVID-19

## FEB. 8: GATHERING GUIDELINES

### Open

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

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

### Not open

 Workplaces, when work can be done from home	 Night clubs
 Water parks	

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).



## Oakland County Health Division COVID-19 Vaccination Information Dashboard

Week	Doses Received	Doses Administered
Jan 31, 2021	11,300	12,895
Jan 24, 2021	6,825	5,673
Jan 17, 2021	8,175	6,433
Jan 10, 2021	1,950	3,672
Jan 3, 2021	1,950	2,438
Dec 27, 2020	1,950	379
Dec 20, 2020	0	486
Dec 13, 2020	1,950	343
<b>Total</b>	<b>34,100</b>	<b>32,319</b>

Vaccine doses are typically received on Tuesdays, reporting weeks are Sunday through Saturday, as a result, some of the doses received in a given week are assigned for vaccine appointments made for the following week. Data updated weekly by Monday at 5 PM for the previous week.

View the [Michigan COVID-19 Vaccine Dashboard](#)

[Privacy/Legal](#) | [Accessibility](#) | [HIPAA](#)

## Michigan's COVID-19 Vaccination Strategy

<https://content.govdelivery.com/accounts/MIOAKL/bulletins/2c0a671?reqfrom=share>

The Michigan Department of Health and Human Services recently outlined a [comprehensive vaccination strategy](#) which centers around the following ambitious but achievable goals:

- 70% of Michiganders age 16 and up vaccinated as quickly as possible.
- 90% of received vaccines are administered within 7 days.
- 95% of people get their second dose of vaccine within an acceptable time frame.
- No one has to drive more than 20 minutes to reach a vaccination site.
- No disparity exists in vaccination rates across racial and ethnic groups or by [social vulnerability index](#).

Oakland County is forming partnerships to help us meet this framework. As vaccine supply increases, our vaccination network stands ready to roll-out planned strategies to achieve these goals.

## Not a single vaccine goes unused

We are often asked if there are leftover vaccine doses at the end of the day and what we do with those. **It is very rare that we have leftover vaccine at the end of the day.** We only deliver enough vaccine to each site for scheduled appointments. In addition, we prepare vaccine onsite. In the final hours of a clinic, we draw up vaccine as each appointment arrives to avoid having any unused vaccine doses. In the uncommon instance there may be a dose left, we use it to vaccinate those eligible such as first responders, healthcare workers or an eligible individual called off our Save Your Spot list.

## **.Public health recommendations for vaccinated persons**

[www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html](https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html)

While mRNA COVID-19 vaccines have demonstrated high efficacy at preventing severe and symptomatic COVID-19, there is currently limited information on how much the vaccines might reduce transmission and how long protection lasts. In addition, the efficacy of the vaccines against emerging SARS-CoV-2 variants is not known. At this time, vaccinated persons should continue to follow **current guidance** to protect themselves and others, including wearing a mask, staying at least 6 feet away from others, avoiding crowds, avoiding poorly ventilated spaces, covering coughs and sneezes, washing hands often, following [CDC travel guidance](#), and following any applicable workplace or school guidance, including guidance related to personal protective equipment use or SARS-CoV-2 testing.

**However, vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to [quarantine](#) if they meet all of the following criteria<sup>†</sup>:**

- Are fully vaccinated (i.e.,  $\geq 2$  weeks following receipt of the second dose in a 2-dose series, or  $\geq 2$  weeks following receipt of one dose of a single-dose vaccine)
- Are within 3 months following receipt of the last dose in the series
- Have remained asymptomatic since the current COVID-19 exposure

Persons who do not meet all 3 of the above criteria should continue to follow current [quarantine guidance](#) after exposure to someone with suspected or confirmed COVID-19.

Although the risk of SARS-CoV-2 transmission from vaccinated persons to others is still uncertain, vaccination has been demonstrated to prevent symptomatic COVID-19; symptomatic and pre-symptomatic transmission is thought to have a greater role in transmission than purely asymptomatic transmission. Additionally, individual and societal benefits of avoiding unnecessary quarantine may outweigh the potential but unknown risk of transmission, and facilitate the direction of public health resources to persons at highest risk for transmitting SARS-CoV-2 to others. This recommendation to waive quarantine for people with vaccine-derived immunity aligns with [quarantine recommendations for those with natural immunity](#), which eases implementation.

Fully vaccinated persons who do not quarantine should still watch for [symptoms of COVID-19](#) for 14 days following an exposure. If they experience symptoms, they should be clinically evaluated for COVID-19, including SARS-CoV-2 testing, if indicated. In addition, vaccinated persons should continue to follow **current guidance** to protect themselves and others, including all other [SARS-CoV-2 testing recommendations](#) and requirements, and [state, territorial, tribal, and local](#) travel recommendations or requirements. For additional considerations regarding quarantine or work restrictions for fully vaccinated healthcare personnel, patients, or residents in healthcare settings

# WHAT ABOUT SPORTS?



Updated 2/7/2021

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## Summary of Recent Changes on 2/7/2021

- Guidance updated based on current levels of SARS-CoV-2 transmission and activities permitted under epidemic orders.
- Masks should always be worn during indoor and/or contact sports, except where doing so is unsafe.
- Per a February 4, 2021 epidemic order, whenever masks cannot be worn, sports organizers, teams, and athletes must abide by the **Additional Mitigation Measures for Contact Sports or Activities When Face Masks Cannot be Used** (see pg. 6).

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## Executive Summary

- Organized sports, like other activities where participants gather and interact in close proximity across households, pose COVID-19 risks. Depending on COVID-19 infection rates, sports may need certain mitigation measures to avoid exposing participants to unacceptable infection risk and risk of accelerated virus transmission in their communities.
- Different restrictions and mitigation measures may be needed based on the particular risk of each sport and current rates of transmission: (a) contact sports, such as football and wrestling, pose a higher risk of transmitting COVID-19 to athletes, coaches, and the general community, than non-contact sports; (b) indoor sports pose higher risks than outdoor sports; and (c) sports where a face mask cannot be worn, such as wrestling and water polo, pose higher risks than sports where athletes can wear face masks throughout play.
- Mitigation measures are described below for non-contact sports and contact sports in which masks can be worn. Additional mitigation measures, including regular testing, are described for situations in which face masks cannot be worn safely.
- CDC and MDHHS guidance should be adhered to for sports teams/clubs and facilities that are continuing to operate.



For more information, visit [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus).



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## Sports and Risk of COVID-19 Transmission

Counties around the country have faced outbreaks of COVID-19 associated with sports teams. In Michigan, there were 42 known outbreaks associated with athletics (K-12 schools, professional, collegiate, and commercial venues) in August and September of 2020 (before restrictions on contact sports were implemented). Outbreaks of this magnitude have the potential to affect not only just a sports team, but also the broader community in which the players and coaches reside.

Sports requiring frequent and close interaction between players make prevention of virus transmission much more difficult compared to sports where players are not as close to each other. The risk of virus transmission is increased by the number of individuals a player physically interacts with, as well as the intensity and duration of that interaction.

Contact sports, meaning sports involving more than occasional and fleeting contact, pose a particular challenge in the era of COVID-19 due to the closeness of the players and potential for virus transmission. Even with mitigation measures in place, such as wearing of masks, transmission cannot be completely prevented when players are in prolonged or intense contact. Contact sports include the following: football, basketball, rugby, field hockey, soccer, lacrosse, wrestling, hockey, boxing, futsal and martial arts with opponents. These risks are even greater for indoor contact sports where there is a lack of natural ventilation to mitigate the close proximity of participants.

The [American Academy of Pediatrics](https://www.aapublications.org/doi/10.1093/pedpubs/kiaa001) (URL: [bit.ly/2LsSbEQ](https://www.aapublications.org/doi/10.1093/pedpubs/kiaa001)) outlines sports for which face mask-wearing is not recommended, because the face mask could get caught on objects, impair vision, or become a choking hazard (competitive cheerleading/tumbling/stunting/flying; gymnastics; wrestling) or because a face mask would become saturated with water (swimming; diving; water polo; other water sports). These sports, too, pose greater risk of virus transmission than sports for which athletes can wear a face mask at all times.

As the epidemiology of COVID-19 around the country and the state of Michigan evolves, MDHHS will continue to review these recommendations.

Sports organizers, families, teams, and communities should assess the risk versus benefit of playing organized sports. Individual circumstances, including underlying health conditions that put athletes or household contacts at increased risk of severe disease if they should contract COVID-19, should be considered before returning to practice or play. Mitigation efforts can reduce the risk of contracting COVID-19; however, mitigation efforts will not eliminate COVID-19 risk.



For more information, visit [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus).



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## Kids and Food: 10 Tips for Parents

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Reviewed by: [Mary L. Gavin, MD](#)

<https://kidshealth.org/en/parents/eating-tips.html>

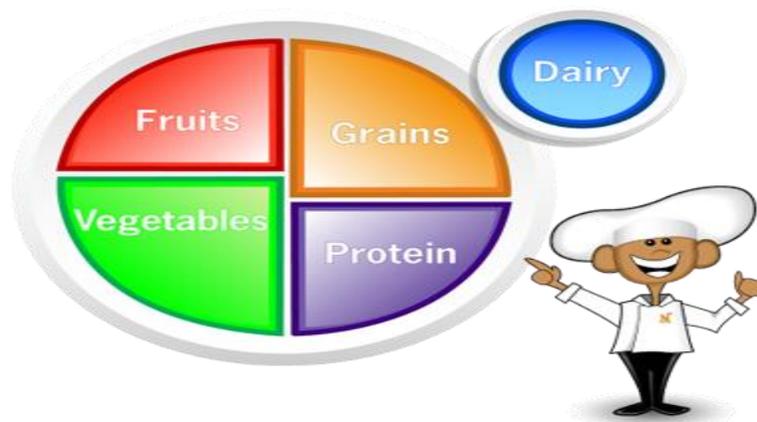
It's no surprise that parents might need some help understanding what it means to eat healthy. From the [MyPlate food guide](#) to the latest food fad, it can be awfully confusing.

The good news is that you don't need a degree in nutrition to raise healthy kids. Following some basic guidelines can help you encourage your kids to eat right and maintain a healthy weight.

Here are 10 key rules to live by:

1. **Parents control the supply lines.** You decide which foods to buy and when to serve them. Though kids will pester their parents for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home. If their favorite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.
2. **From the foods you offer, kids get to choose what they will eat or whether to eat at all.** Kids need to have some say in the matter. Schedule regular meal and [snack](#) times. From the selections you offer, let them choose what to eat and how much of it they want. This may seem like a little too much freedom. But if you follow step 1, your kids will be choosing only from the foods you buy and serve.
3. **Quit the "clean-plate club."** Let kids stop eating when they feel they've had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn't help kids listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they're less likely to overeat.

4. **Start them young.** Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food a few different times for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.
5. **Rewrite the kids' menu.** Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? When eating out, let your kids try new foods and they might surprise you with their willingness to experiment. You can start by letting them try a little of whatever you ordered or ordering an appetizer for them to try.
6. **Drink calories count.** Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids. Juice is fine when it's 100%, but kids don't need much of it — 4 to 6 ounces a day is enough for preschoolers.
7. **Put sweets in their place.** Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.
8. **Food is not love.** Find better ways to say "I love you." When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.
9. **Kids do as you do.** Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.
10. **Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.



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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.



This Photo by Unknown

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**

RESOURCES

**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