

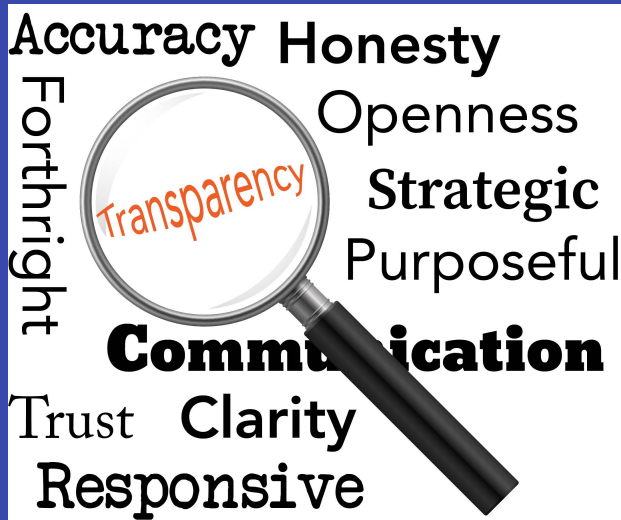
TAPA Parent Health Forums 2020

Foros de Salud 2020 para Padres de TAPA

TAPA Family & Community Liaison - Zuleika Vidal

TAPA School Nurse - Meghan Minuto

Online Forums - Google Meet, September 2020



SCHOOL ↔ FAMILIES

El mantener a nuestras familias informadas e involucradas en los asuntos escolares es de suma importancia para nosotros.

Somos más efectivos cuando trabajamos juntos.

What's important and what's different? ¿Qué es importante y qué es diferente?

- Health and safety - Salud y Seguridad
- COVID-19
- TAPA Supports - Apoyos de TAPA
- Resources for Families - Recursos para Familias
- Important Links - Enlaces Importantes

Where to get information?/¿Dónde obtener información?

- School reopening site/Reapertura Escolar [TAPA reopening](#)
- Please make sure all emergency contact information is up to date./Actualice su contacto de emergencia.
- [Rhode Island Department of Health/Dept de Salud de RI](#)
- TAPA Family Info Doc/Documento Informativo [TAPA Parent Document](#)
- Call, text or email - Puede llamar, enviar texto o email
 - ms.minuto@tapaprovidence.org
 - 401-824-6482 (mobile)

Importance of Self Screening

La Importancia de Autoevaluación

Families will be filling out daily attestations, to update family information and for other reasons across the school year. Here is a link to practice self screening:

Las familias completarán una atestación diaria para actualizar la información familiar y por otras razones durante el año escolar. Aquí hay un enlace para practicar la autoevaluación:

<https://covidselfcheck.ri.gov/pq-web/welcome>

If you have trouble with doing your daily self screening, please email

Problemas completando su autoevaluación diaria, envíe un email

ms.minuto@tapaprovidence.org



Updating Emergency Contact Information Actualizando Su Contacto de Emergencia

Please check in Skyward to be sure
information is updated

Favor de verificar que su información en
Skyward este al día

[SKYWARD LOG IN](#)



Health and Safety

Salud y Seguridad

Face Coverings/ Masks - Máscaras y Cubiertas Faciales


Face covering options include **cloth** and **disposable** and should be worn at all times in public places.

Las opciones para cubrirse la cara incluyen **tela** y **desechables** y deben usarse en todo momento en lugares públicos.

Who should NOT use face coverings/*Quién NO debe usar cubiertas faciales:*

- **children under age 2/*niños menores de 2***
- **anyone who has trouble breathing/*cualquiera con problemas de respiración***
- **is unconscious/*alguien inconsciente***
- **incapacitated or otherwise unable to remove the mask without assistance/*incapacitado o incapaz de quitarse la máscara sin ayuda.***

Masks - Mascaras Faciales

- When worn? - ¿Cuándo utilizarlas?
 - When removed? - ¿Cuándo removerlas?
 - Practice - Practica
 - Adults and masks at TAPA? - ¿Adultos y máscaras en TAPA?
 - Other PPE? - ¿Otros EPI? (Equipos de Protección Individual)
- 


Medical Pieces/ School Nurse

Pasos Médicos a Seguir/Enfermera Escolar

- Daily attestations- parent self screening/Atestación Diaria - auto evaluación por padres
- What happens when a child is ill?/¿Qué pasa cuando un niño está enfermo?
- What happens when we confirm a case of COVID-19?/¿Qué sucede cuando confirmamos un caso de COVID-19?
- What if someone in our home is ill?/¿Qué pasa si alguien en nuestra casa está enfermo?
- [RIDE playbook/Libro Estrategico de RIDE](#)

What can we do to stay healthy?

¿Qué podemos hacer para mantenernos saludables?

- Continue to see your Dr for preventative care visits./Continúe viendo a su doctor para visitas de atención preventiva.
 - If you would like help finding a Dr. or have insurance questions please reach out to Nurse Minuto./Si desea ayuda para encontrar un doctor o tiene preguntas sobre seguro médico, comuníquese con la Enfermera Minuto.
 - 401-824-6482 (cell)
 - Vaccinations are more important than ever./Las vacunas son más importantes que nunca.
 - TAPA FLU CLINIC - October 5th 3pm-5pm/CLÍNICA VACUNA CONTRA GRIPE - 5 de Octubre 3-5pm
 - Pre-register by/Regístrate [CLICKING HERE/HACIENDO CLIC AQUI](#)
 - All family member over the age of 3 are invited/Todos los miembros de la familia mayores de 3 años están invitados.
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Miscellaneous things to consider

Otras cosas a ser consideradas

- Please update Emergency Forms and contacts/Actualice los formularios y contactos de emergencia
- TAPA COVID related communication and documents found on/Comunicaciones y documentos de TAPA relacionados con COVID se encuentran en [TAPA Parent Resource page/Página de Padres de TAPA](#)
- Wear your mask, Wash your hands, Watch your distance/
Usa tu máscara, Lávate las manos, Cuida tu distancia



COVID-19

COVID-19

Symptom Review

Repaso de Síntomas

- Remember that symptoms may appear 2-14 days after exposure to the virus./Recuerde que los síntomas pueden aparecer de 2-14 días después de la exposición al virus.
- Some people may have no symptoms at all./Algunas personas pueden no presentar ningún síntoma.
- If you have other symptoms you are concerned about, call your provider./Si tiene otros síntomas que le preocupan, llame a su proveedor.

- **Fever or chills** - Fiebre o escalofríos
- **Cough** - Tos
- **Shortness of breath or difficulty breathing** - Falta de aire o dificultad respirando
- **Inexplicable Fatigue** - Fatiga Inexplicable
- **Muscle or body aches** - Dolores musculares o de cuerpo
- **Inexplicable Headache** - Dolor de cabeza inexplicable
- **New loss of taste or smell** - Nueva pérdida del gusto u olfato
- **Sore throat** - Dolor de garganta
- **Congestion or runny nose** - Congestión o secreción nasal
- **Nausea or vomiting** - Náuseas o vómitos
- **Diarrhea** - Diarrea

Many of these symptoms resemble other common illnesses - Muchos de estos síntomas se parecen a otras enfermedades comunes

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

DO NOT DELAY! Call 911 and let them know if you think this person has emergent signs of COVID-19.

Busque atención médica de inmediato si alguien tiene señales de advertencia de emergencia de Covid-19

¡NO SE DEMORE! Llame al 911 y avíseles si cree que esa persona tiene signos emergentes de COVID-19.

Quarantine? - ¿Cuarentena?

Isolate? - ¿Aislar?

"Close contact"? - ¿"Contacto cercano"?

How are these defined?

¿Cómo se definen estos?

Quarantine vs. Isolation - Cuarentena vs. Aislamiento

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



CUARENTENA mantiene a alguien que estuvo en contacto cercano con alguien que tiene Covid-19 lejos de los demás.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



AISLAMIENTO mantiene a alguien que está enfermo o dio positivo a Covid-19 sin síntomas lejos de los demás, incluso en sus propios hogares

“Close contact” with someone with COVID-19

"Contacto cercano" con alguien con COVID-19

- You were within 6 feet of someone who has COVID-19 for at least 3 minutes.
Estuviste a 6 pies de alguien que tiene COVID-19 durante al menos 3 minutos.
- You provided care at home to someone who is sick with COVID-19.
Brindó atención en el hogar a alguien que está enfermo con COVID-19.
- You had direct physical contact with the person (touched, hugged, or kissed them).
Tuvo contacto físico directo con la persona (la tocó, la abrazó o la besó).
- You shared eating or drinking utensils. - Compartiste utensilios para comer o beber.
- They sneezed, coughed, or somehow got respiratory droplets on you.
Estornudaron, tosieron o de alguna manera te pusieron gotitas respiratorias.
- **People who were in contact with an individual 2 days prior to symptom onset and/or positive test for asymptomatic individuals. - Personas que estuvieron en contacto con un individuo 2 días antes del inicio de los síntomas y o con prueba positiva para individuos asintomáticos.**

Symptoms of COVID-19	Strep Throat	Common Cold	Flu	Asthma	Seasonal Allergies
Fever or chills	X		X		
Cough		X	X	X	X
Sore throat	X	X	X		X
Shortness of breath or difficulty breathing				X	
Fatigue		X	X	X	X
Nausea or Vomiting	X		X		
Diarrhea	X		X		
Congestion or Runny Nose		X	X		X
Muscle or body aches	X	X	X		

Note: The table above does not include all COVID-19 symptoms

Most Recent DOH/CDC updates Lo Más Reciente del Dept de Salud/CDC

Air Flow is Key at home/El flujo de aire es clave en casa

- **Make your indoors feel like outdoors./Haga su interior se sienta como al aire libre.**
- **Indoor air temp between 70 - 75/Temperatura del aire interior entre 70 - 75**
- **Humidity between 40 - 60%/Humedad entre 40 - 60%**

Mask fit is most important/El ajuste de la máscara es lo más importante

- **Not recommending gaiters, masks with valves/No se recomienda bufanda o máscaras con válvulas.**

RI currently in a “comfy downward trend”/RI actualmente en una “cómoda tendencia hacia una baja”

Resources

1. NASN Care of Ill Students/Staff in School Setting in Response to COVID-19:
https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/03182020_NASN_Considerations_for_School_Nurses_Regarding_Care_of_Students_and_Staff_that_Become_Ill_at_School_or_Arrive_Sick.pdf
2. Centers for Disease Control and Prevention. (2020, March 12). Interim guidance for administrators of US K-12 schools and childcare programs. Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID19)
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-forschools.html>
3. American Academy of Pediatrics [2019 Novel Coronavirus \(COVID-19\)](#) webpage regarding how to prevent transmission, how to care for infected individuals, activities when school and day care are closed, how to speak to kids about the virus.
4. Readiness and Emergency Management for Schools https://rem.s.ed.gov/Resources_Hazards_Threats_Biological_Hazards.aspx
5. World Health Organization rolling updates on COVID-19
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>
6. Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19)
<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

Resources Continued

1. Rhode Island DOH Reportable Conditions: <https://health.ri.gov/diseases/infectious/resultsreportable.php>
2. Discontinuation of Home Isolation for those with COVID 19 Symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
3. WHO Return to work guidelines/temp threshold reference: <https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf>
4. How to Reuse PPE: <https://www.registerednursing.org/how-reuse-ppe/>
5. CDC Optimizing PPE: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>
6. CDC Healthcare Infection and Preventions FAQs for COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-faq.html?deliveryName=USCDC_2067-DM26308
7. Discontinuing home isolation guidelines from the CDC: https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html?deliveryName=USCDC_2067-DM27395
8. CDC FAQs for Businesses: https://www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html?deliveryName=USCDC_2067-DM27395

Resources Continued

1. Avoid Spreading Germs at Work (CDC)
<https://www.cdc.gov/nonpharmaceutical-interventions/pdf/dont-spread-germs-work-item3.pdf>
2. Cover your Cough Posters (CDC) https://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf
3. Cover Cough and Sneezes https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html
4. COVID-19 Health Information Poster [Coronavirus-health_information_flyer_phs_logo_2-28-20_final.pdf](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf)
5. How to Protect Yourself and Others
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>
6. Stay Home if you are Ill Posters (CDC) <https://www.cdc.gov/flu/pdf/freeresources/updated/stay-home-from-work-poster.pdf>
7. Handwashing-Clean Hands Save Lives <https://www.cdc.gov/handwashing/index.html>
8. Wash your Hands Posters (CDC) <https://www.cdc.gov/handwashing/posters>
9. Physical Distancing
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
10. CPR Guidelines www.redcross.org, [#TAPAdoesCPR](https://twitter.com/TAPAdoesCPR)

Resources Continued

1. Guidance for disinfectant education for staff
<https://www.quill.com/content/index/education/education-resources/stay-healthy/cleaning-disinfecting-classroom.pdf>
<https://www.cdc.gov/flu/school/cleaning.htm> https://apps.cdpr.ca.gov/schoolipm/school_ipm_law/differences_antimicrobial_gpc.pdf
2. Worker Exposure Risk to COVID-19: <https://www.osha.gov/Publications/OSHA3993.pdf>
3. OSHA: Spanish translation: <https://www.osha.gov/SLTC/covid-19/>
4. COVID-19 and Asthma Toolkit for Schools https://drive.google.com/file/d/1KVOm0Kuuv7BW76JawFOy_fgH0C1hAT-f/view?usp=sharing
5. [Crush COVID RI](#) or [Self-attestation form](#)
6. [RI K-12 Playbook English](#)
7. [RI K-12 Playbook Spanish](#)





TAPA Supports

Apoyos de TAPA

Social Emotional Supports for Students

Apoyos socioemocionales para estudiantes

Call KIDSLINK @ **1-855-543-5465** if your child is:

Llame a KIDSLINK al **1-855-543-5465** si su hijo:

- Feeling excessive anger or sadness/Siente enojo o tristeza excesivo
- Lashing out at siblings, friends, and adults/Ataca a hermanos, amigos y adultos
- Having behavior problems at school/Tiene problemas de conducta en la escuela.
- Having severe worries/Tiene preocupaciones graves
- Hurting himself/herself or others/Hiere a sí mismo o a otros

School Social Worker - Trabajadora Social de la Escuela
Svetlana Goretaya
401-282 -9221 (cell) ms.goretaya@tapaprovidence.org

FOOD PICK up and PANTRY

Desayuno/Almuerzo y Almacén de Comida

- If you are interested in participating in TAPA's food pantry, contact/Comuníquese con Ms. Vidal si le interesa este servicio, 401-644-7657
- SODEXO is providing TAPA students with weekly breakfast, and lunch throughout distance learning./Desayuno y Almuerzo disponible a través de Sodexo durante el aprendizaje a distancia. **MONDAYS at TAPA/LUNES en TAPA 11am - 1pm**

What if we are struggling?

¿Y sí estamos experimentando dificultad?


- Let us know!!! - ¡¡¡Haznos saber!!!
- TAPA ensemble goes well beyond the walls of our school. - El conjunto TAPA va mucho más allá de las paredes de nuestra escuela.





Important Links
Enlaces Importantes

For student COVID-19 testing call 844-857-1814
Para pruebas COVID-19 para estudiantes llamar al
844-857-1814

- [COVID 19 student testing info](#) (new 9/15/20)
 - [State school calendar/Calendario Escolar del Estado](#)
 - [TAPA distance learning schedule/Programa de Clases durante Aprendizaje a Distancia](#)
 - [Parent Resources/Recursos para Padres](#)
 - [IMPORTANT INFO FOR ALL PARENTS/Informacion Importante para Padres](#)
 - [School Nurse Google Classroom](#)
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Contact Information

Zuleika Vidal
(Family & Community Liaison)
ms.vidal@tapaprovidence.org
Cell: 401-644-7657

Meghan Minuto
(School Nurse)
ms.minuto@tapaprovidence.org
Cell: 401-824-6482

Still have questions? Don't hesitate to reach out!
¿Todavía tiene preguntas? ¡Comuníquese con nosotros!