

# OHIO AAP RESOURCE TOOLKIT

## Resources for Ohio School Nurses to Promote Pediatric Care

**Novel Coronavirus (COVID-19)**  
Human Coronaviruses are a family of viruses that commonly cause mild to moderate illness like the common cold. Almost everyone gets infected with one of these viruses at some point in their lives, and most of the time the illness lasts for a short amount of time. A new human coronavirus, called the 2019 Novel Coronavirus (2019-nCoV), was discovered in Wuhan City, China, in December 2019.

**Symptoms:** SORE THROAT, COUGH, FEVER, HEADACHE, RUNNY NOSE, DIFFICULTY BREATHING

**Transmission:** PERSONAL CONTACT, CONTAMINATED OBJECTS

**Protective Measures:** WASH HANDS frequently for at least 20 seconds in soap and water; AVOID TOUCHING eyes, nose and mouth with unwashed hands; STAY HOME—when sick and keep your immune system strong by eating healthy foods, drinking plenty of water and getting enough rest; CLEAN AND DISINFECT household objects and surfaces in your home; COVER COUGHS and sneezes with tissues that are immediately disposed.

**STAY HEALTHY, ACTIVE, CONNECTED, & ENGAGED DURING THE COVID-19 PANDEMIC:** REASSURE and communicate with your child; Take social media BREAKS; Keep a healthy and realistic SCHEDULE; STAY ACTIVE. Physical activity can help manage stress; Schedule VIRTUAL PLAY using free apps like Zoom or Google Hangouts.

For more information from Ohio AAP, the CDC, and other trusted sources, please visit: <http://ohioaap.org/covid19resources>

Distributed by:

Ohio Chapter

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American Academy of Pediatrics

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Ohio

Department of Health

## INTRODUCTION

We recognize that during the COVID-19 pandemic, there have been many changes and challenges for all. As we head into the upcoming school year, it is imperative that we are equipped and prepared for the new challenges it might bring. Feeling ready for the year ahead is a great way to handle the stress and uncertainty we have all been feeling while also promoting public health. As a part of the school administration and staff, school nurses are in a unique position to see and interact with families and students on a regular basis. Reminding parents and caregivers to continue seeing their pediatrician for routine well care, receive vaccinations, and educate about potential health concerns are a few of the ways school nurses can help ensure the health and safety of children and adolescents.

This toolkit provides important information and resources that will help schools nurses and staff educate families and promote pediatric care. Ohio AAP believes in the value and importance of well-child visits and values our partnership with Ohio school nurses and the role we both play in maintaining the health and well-being of Ohio's school children.

Please visit [OhioAAP.org/covid19resources](https://ohioaap.org/covid19resources) for the most up-date information on COVID-19 recovery or <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/school-nursing-program/welcome/> for relevant resources for school nurses.

## TEMPLATE LETTER TO FAMILIES

Nurses can use the letter below as a customizable template to send to families encouraging them to return to the pediatrician's office for well-child visits and vaccinations.

*To download an editable version, click [here](#).*

Hello from [\[Insert School Name\]](#),

We hope that this letter finds your family safe and healthy! We know the past few months have been hard and forced us all to make many changes, but the care and safety of Ohio's children is still very important.

Now is a great time to check if your child is prepared to head back to school. Be sure to schedule a yearly visit with your child's pediatrician so they are healthy and ready to go! **Your doctor's office is safe. Experts recommend keeping in-person well visits.** Doctors' offices are using personal face masks and gloves, keeping healthy and sick visits separated, and using telephone or video for remote visits. These temporary measures follow advice from the Center of Disease Control and the Ohio Department of Health.

It is especially important for children and teens it to stay current on vaccines, even during the COVID-19 pandemic. Well child visits help protect your child from disease and check for physical, developmental, nutritional, and mental health risks.

Please call your doctor's office to schedule an in-person appointment if your child is due for their annual visit or vaccines. Call their office to check their records if you are unsure of your child's last visit and vaccine schedule.

The [Ohio Chapter, American Academy of Pediatrics](#) (Ohio AAP) is a great resource for questions or concerns. Ohio AAP works to educate and advocate on behalf of children, families, and pediatricians in the state. The organization includes 3,000 Ohio pediatricians who are enthusiastic and committed to caring for all of Ohio's children.

### Where to Find Ohio AAP

- Facebook: AAP Ohio
- Twitter: [@ohpediatricians](#)
- Instagram: Ohio AAP
- Linked-In: Ohio Chapter, American Academy of Pediatrics

Sincerely [\[Insert School Name\]](#)

## POST CARD FOR FAMILIES

In addition to the letter, we have also created a postcard that can be sent to families encouraging them to return to their pediatrician's office for well-child visits and vaccinations.

To download the PDF version, click [here](#).

*Front & Back*



## SAMPLE SOCIAL MEDIA MESSAGING

1. Well-Child Visit Introduction
  - a. Students are heading back to school. Now is the time to schedule your child's annual well visit. The Ohio AAP recommends in-person, routine well child visits, even during #COVID19. These visits allow you to monitor growth and development, vaccines, mental health in adolescents, and get your questions answered.
  - b. Only 20-30% of patients are seeing their pediatricians, but the health of children is as important as ever! Make sure your child is ready for the upcoming school year by scheduling your child's wellness visit with their pediatrician today!
2. Safety Features Implemented in the Office
  - a. Do you have concerns about the safety of your pediatrician's office? Offices have many new ways to keep you and your child safe. Separating sick and well visits, eliminating waiting rooms, and wearing protective gear. Call your pediatrician today to schedule your child's visit or if you have additional questions or concerns.
3. Immunizations
  - a. Immunizations are safe and protect us all from diseases that can be prevented. Ensure your child is ready to go back to school and up to date on their vaccines. Schedule your regular in-person well-child visits with your pediatrician today.
  - b. Staying updated on vaccines is important to prevent diseases. During the week of April 5<sup>th</sup>: measles, mumps and rubella shots dropped by 50%. Diphtheria and whooping cough shots dropped by 42%. HPV vaccines dropped by 73%.
4. Mental Health/Safe Firearm Storage
  - a. Severe stress and anxiety are risk factors for teen suicide. Many have experienced these feelings during the COVID-19 pandemic. Your pediatrician can help address mental health, anxiety, or depression and provide resources. Do not skip your teen's well visit
  - b. With teens spending more time at home, parents should continue to ensure they #StoreItSafe for potentially dangerous items including firearms, medications, and alcohol. Learn more at <http://ohioaap.org/storeitsafe/>
5. Developmental Screenings
  - a. Screenings for development are important parts of a well-child visit to check the progress of a child's movement, language, behavior, and emotions. This is especially true for those who might be at more risk due to previous health issues or their environment. Do not delay your child's well-care visit.
6. Preschool Vision Screening
  - a. Help your preschooler succeed! Pediatricians screen children age 3-6 for health issues that are important in for starting school such as vision screenings. Do not skip these important appointments.
  - b. Preschool vision screenings are given during routine well child visits. These screenings can help prevent learning difficulties, emotional issues, neurological problems, and developmental delays.

Images for sharing on social media

**Immunizations**

**Well- Child Visits**

**Mental Health**

**Ill Visits**

**PEDIATRICIAN OFFICES ARE OPEN DURING COVID-19 FOR...**

Practices are taking measures to ensure offices are safe & clean to limit exposure. Call your pediatrician today for ???

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#SafePedsHealthyKids

**FACE MASK GUIDANCE FOR CHILDREN**

TIPS FOR FACE MASK USE FOR YOU AND YOUR CHILD DURING PEDIATRICIAN VISITS

- Bring your own cloth face covering for yourself and your child (or when in public and likely to come within 6 feet of another person)
- Practice having your little one wear the face covering at home so they are not scared to see their doctor or parent with it on
- If they are 2-5 years of age, do not push the issue if they fuss with a face mask on. It could lead them to touch their faces more if uncomfortable
- Masks SHOULD NOT BE USED on children younger than 2 years of age

Share this message with your patients and followers and use the hashtag #SafePedsHealthyKids

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**WHAT YOUR PEDIATRICIAN'S OFFICE IS DOING TO KEEP YOU AND YOUR CHILD SAFE DURING YOUR VISIT**

Call your pediatrician for further questions & concerns

Separating sick & well visits between morning & afternoon

Cleaning & sanitizing rooms and equipment between every visit

Eliminating waiting rooms

Wearing personal protective equipment & taking temperature checks of staff daily

For more information visit us at <http://ohioaap.org/> or follow us on Facebook at AAP Ohio or on Twitter @ohpediatricians

**HOW TO PROPERLY WEAR, CARE, AND SANITIZE YOUR CLOTH FACE MASKS**

#SafePedsHealthyKids

- Face masks should be washed daily or whenever soiled
- Use water & a mild detergent, dry completely & store in a clean container or bag
- Keep your face mask clean by cleaning hands with soap & water/alcohol-based hand sanitizers before putting on, after adjusting, or removing the mask
- Don't share your mask unless cleaned properly first
- Be sure the mouth & nose are fully covered
- Face masks should NOT be worn by those under age 2, who have trouble breathing or unable to remove the mask without assistance

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**WHY SHOULD WE CONTINUE TO VACCINATE DURING COVID-19?**

In-person routine well-care visits are still recommended for all children, and especially for those under 2 years of age, to maintain immunization schedules and prevent vaccine-preventable diseases

- Researchers found during the week of April 5th, the administration of measles, mumps and rubella shots dropped by 58%, diphtheria and whooping cough shots by 42%, and HPV vaccines by 72%
- Pediatrician offices are safe and taking every precaution to limit exposure during your visit including:
  - Separating sick & well visits
  - Eliminating waiting rooms
  - Wearing personal protective equipment
- No insurance? Many providers are already enrolled in the Vaccines for Children (VFC) program that offers free vaccines to families who cannot afford to pay
- Recent outbreaks in 2019 of measles, chickenpox, & mumps remind us of the importance of "herd immunity" to prevent future outbreaks
- Most importantly-Vaccines are SAFE! Vaccines go through years of testing for safety and effectiveness before approved for use

\*Be sure to call your pediatrician for any questions or concerns

OHIO PEDIATRICIAN SOCIETY  
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#SafePedsHealthyKids



# SMOKING & VAPING CONCERNS

Smoking and vaping usage has always been a concern for adolescents, but in this COVID-19 era, it can pose an even bigger risk. Smoking and/or vaping is a risk factor for many respiratory infections and can increase the severity of respiratory diseases. Because COVID-19 is a respiratory virus that primarily attacks the lungs, adolescents who smoke or vape may have a harder time fighting off the virus. The rack cards below can be used for teen and parent usage to discuss some of the dangers of vaping and resources to help quit.

Teen Resource Front & Back

### Vaping and Juuling What's the big deal?

Marketed as the safe alternative to smoking, we are now learning that vaping is the cause of hundreds of cases of severe lung disease and several deaths across the country.

**Aren't E-cigs (or Vapes) safer than cigarettes?**

Vapes and cigarettes are actually a lot alike. They both put nicotine and cancer-causing chemicals into your body causing problems both now and long into the future – making it hard to live your best life.

**Safer ≠ Safe**

Juuls and vapes juice – even the ones that say “no nicotine” – usually contain nicotine – and a lot of it! Nicotine is as addictive as heroin, cocaine and alcohol – especially for teens and young adults since our brains are still developing into our mid 20s. Juul and the vape companies count on that, spending **BILLIONS** every year to target teens, minorities, LGBTQ, and others to hook them for life.

**Vape now = cigarettes later**  
(If you vape, you're 4x more likely to start smoking.)

**\$12.6 Billion** = what Marlboro tobacco company paid to be a part of Juul's company... makes you think, huh?

### Get Help to Quit Vaping

The best way to protect yourself from the dangers of vaping and getting hooked is to quit for good. Here are some resources that can help.

**A “quit plan”**

- List your reasons for quitting
- ID things that make you want to vape & think of a plan to deal with them.
- Be a friend and ASK a friend to quit with you – for both of your health.

**My Life My Quit**

Text “Start My Quit” to 855.891.9989 or call to talk with a coach who is ready to listen and cheer you on.

**Other support groups**

- “DITCHJUUL” at ditchjuul.com
- mylifemyquit.com
- Smokefree Teen
- quitSTART app
- Smokefree.gov
- SmokefreeTXT

**Talk to your doctor**

Develop a quit plan with support from your doctor along the way. Ask about nicotine replacement therapy and medications, if appropriate.

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This project is funded by the Ohio Department of Health and Ohio Department of Medicaid and supported by the Ohio College of Medicine Government Resource Center.

Parent Resource Front & Back

### The Facts On e-Cigarettes for Parents of Young Children

The Risks of Using e-Cigarettes with Kids at Home

**1. Secondhand Smoke & Aerosol**

- Eye Problems
- Respiratory Problems
- Ear Problems
- Headaches
- Stomach Issues
- Severe Asthma
- Birth Defects
- Other

**2. Unintentional Ingestion**

Vaping liquid is **NOT** nicotine free and it is **NOT** safe. The contents of liquid nicotine are currently unregulated and contain high amounts of nicotine in very small volumes. A very small amount of it can kill a child.

Nicotine is a **HIGHLY TOXIC SUBSTANCE** when either ingested or absorbed through the skin. The vaping liquid **CAN POISON** a person who spills it on their skin. Even the vapor residue that lands on the floor can be dangerous for crawling babies.

In 2014, poison control centers said there were 4,152 poisoning reports, including one child who died as a result of liquid nicotine exposure.

More than 2,000 of these people poisoned were children **UNDER AGE 5**.

If you have liquid nicotine in your home, it should be kept where young children **CANNOT** get to it.

### Protect Your Child From e-Cigarettes

**1. Quit smoking**

The best way to keep your children safe is for you, and anyone who cares for them, to quit for good. Here are some resources that can help.

**A “quit plan”**

- List your reasons for quitting
- ID things that make you want to smoke & a plan to deal with them

**Other support groups**

- Women.smokefree.gov
- Nicotine.Anonymous
- quitSTART app
- Smokefree.gov
- SmokefreeTXT
- Smokefree Teen

**1-800-QUIT-NOW**

Get free counseling help with your quit plan and local quitting resources.

**Talk to your doctor**

**Nicotine replacement therapy:** gum, candies, patches, inhalers, nasal spray

**Medications:** Zyban, Chantix  
*Not safe for pregnant women*

**2. Lock up your e-cigarettes and liquid nicotine refills.** Just like with medication, you must keep your children safe from unintentional exposure.

**3. Call the Poison Center hotline at 800-222-1222 (in Ohio only).** If you think your child has exposed to liquid nicotine that was spilled on the skin or swallowed.

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## SPORTS PHYSICALS

A return to school could also mean a return of sports and after school activities for adolescents. The Ohio High School Athletic Association recently made an important announcement on their recommendations for pre-participation sports physicals for the 2020-2021 school year. OHSAA guidelines are recommending:

- Requiring an annual pre-participation physical exam every 13 months for all 7-12 grade students
- Strongly discouraging the use of mass physicals for the upcoming school year and all students receive their pre-participation physical in a private setting
- Strongly recommending physical exams be done at a medical home

If families and caregivers have additional questions on the differences between well care visits and a sports physical, please feel free to use the below graphic. Sports physicals are helpful in identifying a physical or medical issue that could make participation a risk but are not the same as receiving a well care visit.

**WHY A SPORTS PHYSICAL IS NOT A SUBSTITUTE FOR A WELL CARE VISIT**

Your child needs a comprehensive well care visit each year to assess their overall health & well-being. Only seeing a pediatrician for a sports physical is not enough!

**#SafePedsHealthyKids**

Well-Child Visit	Sports Physical
<ul style="list-style-type: none"><li>• Personal &amp; family history</li><li>• Head-to-toe examination</li><li>• Evaluation for risk factors including mental health, reproductive health &amp; long-term health</li><li>• Screenings for vision, hearing &amp; much more</li><li>• Confidential discussions of your concerns &amp; new issues</li><li>• Immunizations</li></ul>	<ul style="list-style-type: none"><li>• Personal &amp; family history</li><li>• Surface physical exam</li><li>• Evaluation for risk factors sports</li></ul>

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We hope you found these resources and information helpful for you, your school, and the children and families you serve. As you continue to provide care for Ohio's children, Ohio AAP will continue to work around the clock to provide support through updated news and information, and relevant resources and content. If you should have additional questions or comments, please contact Ohio AAP CEO, Melissa Wervey Arnold, at 614-846-6258 or via email at [marnold@ohioaap.org](mailto:marnold@ohioaap.org).