



# Lovett Elementary School

## Love It at Lovett

Health & Wellness Warriors

December 2020

Lovett Nurse:  
sschaffe@houstonisd.org

### FLU SHOTS

Flu Season is already here, so if you have not done so already, PLEASE GET YOUR FLU SHOT.

While it is hoped that all our protective measures will make for a lesser flu season this year, it is still strongly recommended that everyone get their flu shot.

**LET THE NURSE KNOW IF YOU HAVE GOTTEN YOUR FLU SHOT**

### COVID v FLU v COLD

As flu season approaches, it is going to be difficult to tell the difference – the default will be Covid, until proven otherwise

**PLEASE STAY HOME WITH COVID-LIKE SYMPTOMS**

SYMPTOM	COVID	FLU	COLD
Loss of Smell/Taste	COMMON	RARE	RARE
Fever/Chills	COMMON	COMMON	RARE
Cough	COMMON	COMMON	MILD/MOD.
Shortness of Breath	SOMETIMES	NO	NO
Muscle Pain	SOMETIMES	COMMON	COMMON
Sore Throat	SOMETIMES	SOMETIMES	COMMON
Runny/Stuffy Nose	RARE	SOMETIMES	COMMON
Headaches	SOMETIMES	COMMON	RARE
Fatigue	SOMETIMES	COMMON	SOMETIMES
Sneezing	NO	NO	COMMON
Nausea/ Vomiting	SOMETIMES	SOMETIMES	NO
Diarrhea	SOMETIMES	SOMETIMES	NO

**INFORM THE NURSE OF ANY COVID-LIKE SYMPTOMS**

### NOTIFICATION OF COVID AT LOVETT

If a presumed or confirmed case of Covid presents at Lovett, the principal will send an email notification to the entire Lovett Community.

The nurse will then contact those individuals that meet the isolation/quarantine criteria with an initial phone contact and follow-up communication. Nurse will notify those involved of approved return dates

### TALKING TO KIDS ABOUT COVID

Kids need age-appropriate information to overcome stress and anxiety during this pandemic. Resources can be found at:

[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)  
[AACAP.org](https://www.aacap.org)  
[Childmind.org](https://www.childmind.org) [kidshealth.org](https://www.kidshealth.org)

### ISOLATION vs QUARANTINE

Confirmed Covid Positive with symptoms – self isolate for 10 days after symptom onset.

Confirmed Covid Positive without symptoms- self isolate for 10 days after day of testing

Presumed Covid Positive – self isolate for 10 days after day of symptom onset

Exposed to a Confirmed or Presumed Case – quarantine for 10 days. May return early if case is found not to be positive or other criteria are met.

Determining who needs to quarantine is by CDC guidelines/ contact tracing – less than 6 feet for greater than 15 minutes during the day.