



**DR. C. TAYLORS' DIVINE NINE  
MSN STUDENT'S: FALL 2020**

BAYLEA BALLARD, BSN

BROOK BRUMMEL, BSN

JAMIE JACKSON, BSN

PAUL JOHNSON, BSN

EARLISHA KENDRICK, BSN

CHRISHONDA WALKER, BSN

JI'KIA WALLACE, BSN

ANGELLE WILLIAMS, BSN

STEPHANIE ZENO, BSN

**NURSING 608 FAMILY HEALTH  
PROMOTION FOR ADVANCED  
NURSING PRACTICE**

**SUBR FALL 2020**

# Family Health Promotion COVID-19 Prevention Holiday Tool-Kit

Compiled and organized by Dr. Taylor's Divine 9 MSN students enrolled in Nursing 608 Family Health Promotion For Advanced Nursing Practice Fall 2020

This Family Health Promotion COVID-19 prevention toolkit represents the efforts of a team Masters in Nursing students led by C. Taylor PhD, FAAN. Our purpose is to promote family health literacy and healthy habits during the pandemic, with the ultimate goals of increased awareness ,preventing disabilities & saving lives.

# Know The Basics: Discuss them in a socially distanced family meeting

## What is coronavirus?

- ▶ A coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses aren't dangerous.

## What is covid-19?

- ▶ COVID-19 is a disease caused by a new form of coronavirus.

## What makes Covid-19 different?

- ▶ This form of coronavirus has never been seen in humans, so absolutely no one is immune to it. That added to the fact that it spreads as easily from person to person as influenza, and infects the upper respiratory system, is what makes it so dangerous. Also, there is no vaccine.

## How does coronavirus spread?

- ▶ It spreads through respiratory droplets or small particles, produced when an infected person coughs, sneezes, sings, talks, or breathes. These particles can be inhaled into the nose, mouth, airways, and lungs. This is thought to be the main way the virus spreads.
- ▶ Droplets can also land on surfaces and objects and be transferred by touch. A person may get COVID-19 by touching the surface or object that has the virus on it and then touching their own mouth, nose, or eyes. Spread from touching surfaces is not thought to be the main way the virus spreads.
- ▶ View a video on handwashing and wearing masks correctly to prevent spread

## What is Super Spreader?

- ▶ A term that refers to someone who will unknowingly infect a large number of people with a virus at an event .

# Symptoms of COVID-19 to notice in yourself or other family members

- ▶ Fever or chills
- ▶ Cough
- ▶ Shortness of breath or difficulty breathing
- ▶ Fatigue
- ▶ Muscle or body aches
- ▶ Headache
- ▶ New loss of taste or smell
- ▶ Sore throat
- ▶ Congestion or runny nose
- ▶ Nausea or vomiting
- ▶ Diarrhea

# Emergency Warning Signs for COVID-19

If a family member is showing any of these signs, seek emergency medical care immediately:

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

## Quarantine and Isolation are different

- ▶ Quarantine keeps someone who might have been exposed to the virus away from others.
- ▶ You should quarantine if you have had close contact with someone who has Covid-19.
- ▶ STAY HOME for 14 days after your last contact with the person who had Covid-19 and monitor your symptoms.

## Isolation

- ▶ Isolation keeps someone who is infected with the virus away from others, even in their home.
- ▶ Isolate when you have Covid-19.
- ▶ Isolate for at least 10 days after symptoms first appeared.
- ▶ Must be fever free for at least 24 hours and other symptoms must be improving before ending isolation.

## Recommendations for ALL adult family members include :

- ▶ Maintain a safe distance from others (6ft).
- ▶ Wear a mask that covers the mouth and nose.
- ▶ Wash hands thoroughly and often.
- ▶ Avoid touching the face.

# COVID-19 Prevention for Adult Family Members

Know the  
difference  
between  
quarantine and  
isolation.

# COVID-19 High Risk Adult Family Members

## ➤ Older Adults

In general, your risk of getting severely sick from Covid-19 increases as you get older. In fact, 8 out of 10 Covid-19 related deaths in the United States have been in individuals 65 or older.

## ➤ Pre-Existing Medical Conditions:

Cancer, Chronic Kidney Disease, COPD, Heart Conditions, Diabetes, Obesity, Sickle Cell Disease, Weakened Immune Systems, Pregnancy, & Smoking

# COVID-19 High-Risk Adult Family Members

- ▶ Those at high risk should:

Continue to take all prescribe medication, maintain appropriate supply of medications, maintain contact with healthcare provider, keep supply of food, maintain healthy activities as tolerated.

- ▶ Recommendations:

Utilize delivery services when possible, virtual visits with healthcare provider for non-emergency visits, minimize travel outside the home, exercise in open spaces outdoors.

# 7 COVID-19 Reliable Resources for Adult Family Members

1. Covid-19 Apple iPhone App - <https://covid19.apple.com/screening/>
  - This app was developed by Apple and CDC. It includes a screening tool that can give guidance on what you or your loved one should do right now based on your answers to a few questions.
2. Nutrition information - <https://www.feedinglouisiana.org/covid-19>
  - Visit this site for a complete list of local food banks and for assistance applying for SNAP benefits.
3. Unemployment - <http://www.louisianaworks.net/hire>
  - Visit this site to see if you are eligible for benefits for income changes due to Covid-19.
4. Medicaid - <http://mymedicaid.la.gov>
  - If you have lost your job or if you have reduced hours you may be eligible for Medicaid. Visit this site to apply.
5. Grocery pick-up - <https://www.walmart.com/grocery>
  - Visit this site for free service offered by Walmart to have groceries and household items delivered to your car. This may be especially useful for adults at higher risk.
6. Information - Dial 211- press 6 when prompted.
  - For information on Covid-19 and help with resources.
7. *Keeping Calm through COVID* Hotline - Call 1-866-310-7977
  - Call this number if you are feeling stress, fear, or anxiety due to Covid-19. Available 24/7.

# Preventing COVID-19 Transmission: Home Environment Maintenance for Adult Family Members

1. To maintain family and individual health ensure you are regularly seeing your healthcare provider for wellness checks.
2. Keep a month supply of your medication on hand.
3. Clean surfaces and high touch areas in your home.
4. Do not share drinking glasses and utensils within the family.
5. Gatherings are not recommended however if you choose to gather
  - a. Keep visitation and gatherings small and to a minimum.
  - b. Visit outdoors when possible maintaining social distancing and wearing mask.
  - c. Frequently wash your hands.
6. If someone in the home is ill, contact your health provider for guidance.
7. If Covid-19 is identified, quarantine in the home and all family with direct contact should quarantine for 14 days.

# Family Health Promotion COVID-19 Prevention Adults – Work and School Environment and Maintenance

1. Know and follow the policy of your employment setting or university. Expect supplies, equipment, and support.
2. Wash your hands for 20 seconds and wash them frequently. (*Alcohol-based sanitizer*)
3. Social distance at work at least 6 feet. Remind co-workers that we are all members of families.
4. Frequently clean your work area.
5. Wear a mask appropriately over your nose and mouth.
6. If meetings are required-social distance, use a virtual option, or conference call when possible.
7. If you are not well and have a temperature, fever, sore throat, loss of taste or smell you should contact your employer or professor for guidance before reporting to work or school.

# Promote Family Health Adults - Holidays or Special Events

<https://www.healthgrades.com/right-care/healthy-holidays/how-to-avoid-getting-sick-during-the-holidays>

1. If gatherings for the holidays can not be avoided below are measures to consider:
2. Keep gatherings to immediate family or a small group.
3. Advise anyone that is ill not to participate.
4. Have a small outdoor event and require mask.
5. Have individuals wash their hands when entering and as needed.
6. Consider including extended family virtually or through phone calls.
7. If food is being brought have it served by one individual with mask and gloves.
8. Keep alcohol consumption minimal to reduce risky behavior.
9. When preparing for an event or general day to day activities choose to order online when possible, have deliveries if available to reduce the risk of contracting or spreading Covid-19.
10. Request that family members get tested for COVID-19 and know their test results as a Thanksgiving gift to the whole family.

# Protect Your Family

Graphic by  
Megan  
McGrew

PBS News Hour

## COVID-19 infection timeline

If you'll be spending time with loved ones over the holidays, public health experts recommend precautions such as isolating for 14 days and taking a COVID-19 test prior to gathering. Here's why.



**Day 0:** Jane is exposed to COVID-19. It could take up to 14 days for symptoms to emerge.



**Day 8:** Thinking she is safe, Jane attends Thanksgiving dinner without a mask and exposes 20 friends and family members.



**Day 5:** Jane gets tested five days later. The results come back negative.



**Day 10:** Jane develops symptoms and tests positive.

# Family Health Prevention COVID-19 for Children

1. Mask should NOT be put on babies and children under the age of two because of the danger of suffocation.
2. Require sick Children and staff to stay home.
3. Washing, feeding, or holding babies and children:

It is important to comfort crying, sad, and/or anxious infants and toddlers, and they often need to be held. To the extent possible, when washing, feeding, or holding very young children: Child care providers can protect themselves by wearing an over-large button-down, long sleeved shirt and by wearing long hair up off the collar in a ponytail or other updo.

4. Food Preparation and Meal Service:

If a cafeteria or group dining room is typically used, serve meals in classrooms instead. If meals are typically served family-style, plate each child's meal to serve it so that multiple children are not using the same serving utensils. Food preparation should not be done by the same staff who diaper children.

5. Child Care Services:

Child care programs are not expected to make decisions about closures on their own. The resources also address steps to ensure continuity of meal programs and other essential services if your facility is closed; additional government resources related to meals and snacks can be found here: <https://www.fns.usda.gov/cacfpexternal icon>

# Family Health Promotion for Holidays Childcare Programs and Summer Camps

Screening children upon arrival to ensure that children who have a fever or other signs of illness are not admitted to the facility.

Communicate to parents the importance of keeping children home when they are sick

Hand hygiene stations should be set up at the entrance of the facility, so that children can clean their hands before they enter.

Limit the mixing of children, such as staggering playground times and keeping groups separate for special activities such as art, music, and exercising.

Consider staggering arrival and drop off times and plan to limit direct contact with parents as much as possible.

Clean and Sanitize Toys

If a cafeteria or group dining room is typically used, serve meals in classrooms instead.

## ATHLETICS, SPORTS, AND RECREATION

Actively encourage sick staff, families, and players to stay home.

Routinely clean and disinfect equipment and frequently touched surfaces on or around the field, court, or play surface such as drinking fountains at least daily, or between uses as much as possible

Encourage players to wait in their cars with guardians as feasible until just before the beginning of a practice, warm-up, or game, instead of forming a group.

Create physical distance between players when explaining drills or the rules of the game.

Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.

Drinking fountains should be cleaned and disinfected but encourage staff and players to bring their own water to minimize touching water fountains.

Limit the number of players sitting in confined player seating areas (e.g., dugouts) by allowing players to spread out into spectator areas if more space is available (e.g., if spectators are not allowed).

# Family Health Promotion: A Team Sport

# Family Health Promotion: Reducing Spread of COVID-19 in K-12 Schools

## *Planning for in-person classes:*

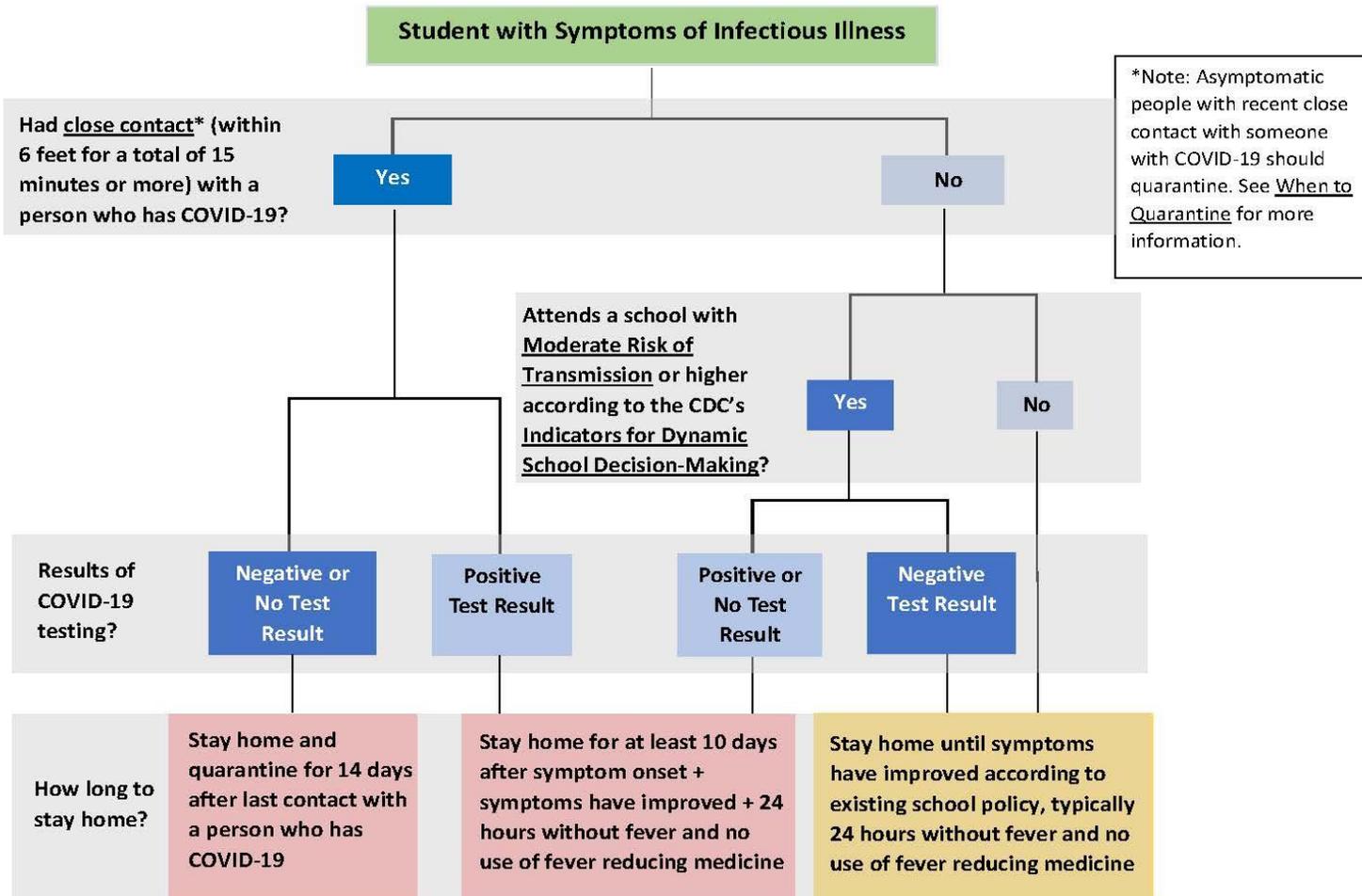
- Check in with your child each morning for signs of illness.
  - If your child has had close contact to a COVID-19 case, they should **not** go to school.
  - Be familiar with local testing sites in the event you or your child develops symptoms.
  - Make all recommended vaccines are UPT, including flu.
  - Review & practice proper hand washing techniques at home, especially before and after eating, sneezing, coughing, and adjusting a mask/cloth face covering.
- Talk to your child about precautions to take while going and while at school.
- Talk to child about importance of wearing mask on bus or in carpooling vehicles, as well as space seating.
  - Wash and sanitize their hands more often.
  - Keep physical distance from other students.
  - Wear a mask.
  - Avoid sharing objects with other students, (water bottles, devices, writing instruments, and books.)
  - Use hand sanitizer often (that contains at least 60% alcohol.)
- Consider limiting child's in-person out-of-school interactions to children in same cohort.
  - Have multiple masks, so you can wash them daily and have back-ups ready.
  - Label your child's masks clearly in a permanent marker so that they are not confused with those of other children.
  - Consider providing your child with a container (e.g., labeled resealable bag) to bring to school to store their masks when not wearing it (e.g., when eating)

# Family Health Promotion: Reducing Spread of COVID-19 in K-12 Schools

## Planning for virtual or in-home learning:

- Create a schedule with your child. Structure and routine can help our child from falling behind on their assignments. A family calendar can be useful for keeping track of deadlines and assignments,
  - Find a space that is completely free of distractions, noise, and clutter for learning and doing homework.
  - Allow your child to connect with peers and be social - either virtually or in person, while maintaining physical distance.
- Watch for and anticipate behavior changes in child, which may be signs of your child struggling with [stress & anxiety](#).
  - Talk with your child about how school is going and about interactions with their teachers and classmates.
  - Ask your school about any plans to support [peer connectedness](#), to ensure students do not become socially isolated during extended periods of virtual/at-home learning.
- Check to see if your school has any systems in place to identify and provide mental health services to students in need of support.
  - Check if school has a plan in place to help students adjust to virtual/at-home learning and more broadly.

# School Health/Family Health Decisions, Decisions, Decisions!



## Additional Resources:

- ▶ <http://carefacility.doe.louisiana.gov/covid19/>
- ▶ <https://louisianabelieves.com/resources/family-support-toolbox>
- ▶ <https://www.louisianabelieves.com/resources/library/covid-19>
- ▶ <https://www.lpb.org/education/home/at-home-learning>

Figure 1: cdc.gov/coronavirus



# Family Health Promotion COVID-19 Prevention for Elderly

## Planning Doctor Visits & Getting Medications

- ▶ Talk to your doctor online, by phone, or e-mail.
- ▶ Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.
- ▶ Talk to your doctor about rescheduling procedures that are not urgently needed.
- ▶ If you must visit in-person, protect yourself and others.
- ▶ If you think you have COVID-19, notify the doctor or healthcare provider before your visit and follow their instructions.
- ▶ Cover your mouth and nose with a [mask](#) when you have to go out in public.
- ▶ Do not touch your eyes, nose, or mouth.
- ▶ Stay at least 6 feet away from others while inside and in lines.
- ▶ When paying, use touchless payment methods if possible. If you cannot use touchless payment,
- ▶ sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.
- ▶ Limit in-person visits to the pharmacy.
- ▶ Plan to order and pick up all your prescriptions at the same time.
- ▶ If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services
- ▶ (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.
- ▶ Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.
- ▶ Information obtained from the Center of Disease Control and Prevention

# Family Health Promotion Preventing COVID: Elderly – Living in or Visiting Retirement Communities

1. Protect yourself and others.
2. Cover your mouth and nose with a cloth face cover or mask.
3. Wash your hands often, use lotion to prevent dryness of the skin.
4. Clean and disinfect frequently touched surfaces.
5. Protect yourself in common spaces.
6. Ensure that your regular care and medical services continue while adapting to temporary changes that may be required to prevent spreading the virus.
7. Use available technology for weekly virtual family visitation in place of in person visits.

# Tips for the Elderly during the COVID-19 Pandemic

1. If you're aged 65+ and/or have a chronic health condition such as heart disease, high blood pressure, or diabetes, avoid in-person gatherings with people who do not live in your household.
2. Create list of basic supplies needed for at least two weeks and try to get these delivered. (e.g. non-perishable food items, household products, batteries for assistive devices you may use, & prescription medicines).
3. Alternatively, ask family members, caregivers, neighbors or community leaders to help with ordering and/or delivery of groceries or prescription medicines.

1. Make list of emergency numbers (e.g. COVID-19 local helpline, nearby hospital, and health emergency numbers, hotline for victims of abuse, psychosocial support hotline)
2. Make a list of support contacts (e.g. family members and friends, main caregiver, community care worker, associations of older persons).
3. If you live alone, you may wish to share above lists & ask neighbors, family, or caregiver to be in touch regularly, for example, by phone or video chat.

1. If you rely on caregiver support, identify with him/her another person who can support your daily living and care needs in the event caregiver is unable to continue providing care.
2. If you are the primary caregiver of another person (e.g. grandchild, older spouse, child with disability), identify a person that you trust to take on your caregiving responsibilities in case you fall sick.
3. If multiple people live in your home, if possible, prepare a separate room or space in your home that individuals w/COVID-19 symptoms can self-isolate.
4. If you do not have space for self-isolation, contact your community leaders or local health authorities to see if there is community space that could help you or other household members self-isolate.

Protect  
Your  
Family

**Be A Super Hero!**

***Don't Be A  
Super Spreader of  
Covid-19!***

Thank You

