



School Health Bulletin

District Belief: Every Student will have Success!



Nursing Staff Available

The nurses employed by the Paso Robles Joint Unified School District are working remotely and are available to help with your health care needs. While we shelter at home to help support the safety of our community we are available by phone or email.

It is essential that our students and families with preexisting medical needs stay home to avoid contact with infected members of the community. It is also important to have a plan for accessing healthcare if you or a loved one becomes ill. In these uncertain times, access to healthcare may become difficult. We can help connect you with family resources, healthcare providers, or medical supplies.

Each of us miss the normalcy of life, we miss our students and school families. Please feel free to call or email your site nurse with any questions, concerns or health updates. We would love to hear from our little friends with updates.

Resources From Community Partners

San Luis Obispo County Emergency Management www.ReadySLO.org is the most inclusive source of information.

- Phone Assistance Center staffed 7 days/week from 8:00 am to 5:00 pm. (805) 543-2444
- Food and medications for self isolating persons and families. Fill out the form on [ReadySLO site](http://ReadySLO.org) or call 805-543-2444.
- [COVID-Assistance](#) has links to everything from: County Programs: General Assistance, Local Food Banks, Employment, Property Taxes, IRS, OSHA, Labor and Workforce, Health Care and Benefits for Workers.

Ashley Aiello RN

District Nurse

(805) 286-8750

laaiello@pasoschools.org

Tanya White RN

(559) 352-5037

tjwhite@pasoschools.org

Cindy Thompson LVN

(805) 674-7412

cthompson@pasoschools.org

Debora Bradley LVN

(805) 464-9370

dsbradley@pasoschools.org

Doris Vermy LVN

(805) 712-3837

dmvermy@pasoschools.org

Kelly McNeal LVN

(805) 712-2357

kmcneal@pasoschools.org

Lolita Rivers LVN

(805) 296-0884

clrivers@pasoschools.org

Minerva Carrasco LVN

(805) 674-0969

mccarrasco@pasoschools.org

Shelby Armstrong LVN

(805) 709-3431

sarmstrong@pasoschools.org

Tammy Vasquez LVN

(951) 238-0976

tmvasquez@pasoschools.org



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Symptoms of COVID-19:

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. These symptoms may appear 2-14 days after exposure. For more information visit the [Center For Disease Control and Prevention](#).



- Fever
- Cough
- Shortness of breath

Steps to Take to Protect Yourself and Others:

- Clean your hands often:
 - Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact
 - Avoid close contact with people who are sick
 - Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.
- Stay home if you're sick
 - Stay home if you are sick, except to get medical care.
- Cover coughs and sneezes
 - Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.
 - Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect
 - Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
 - If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.



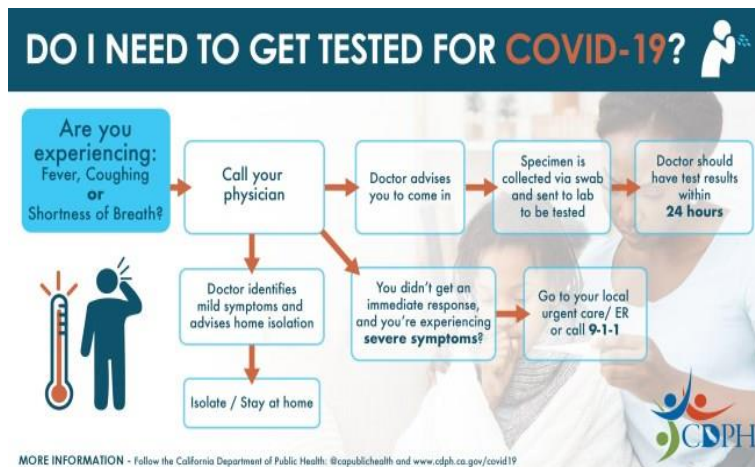
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What To Do if You Are Sick?

The [Center For Disease Control and Prevention](#) Recommends:

- Stay home except to get medical care. Contact the [ReadySLO site](#) or call 805-543-2444 if you are isolated and cannot leave for supplies.
- Stay home: Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.
- Separate yourself from other people in your home, this is known as home isolation.
- Stay away from others: As much as possible, you stay away from others. You should stay in a specific “sick room” if possible, and away from other people in your home. Use a separate bathroom, if available.

Who Should Be Tested for [COVID-19](#)



If you have a fever, cough, and shortness of breath, please call your physician or nearest urgent care or health clinic to determine if you need to be tested for COVID-19. The medical professional will determine if you need to be tested. If you need to seek medical care, please call ahead before you go in. Please do NOT contact the Public Health Department directly to request testing.

If you have symptoms other than fever, cough and shortness of breath, County Public Health recommends staying home until you are well.

If you develop a fever while home, stay home until 24 hours after the fever resolves without fever-reducing medicines - Tylenol, Advil or cold medicine that contains these products.

If you are experiencing a medical emergency, please call 9-1-1.



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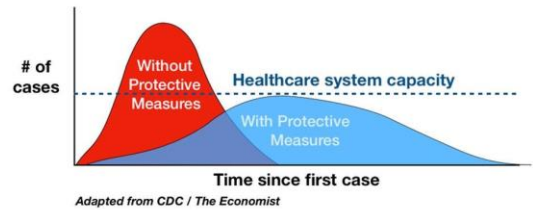


Mandatory Shelter at Home

California Gov. Gavin Newsom announced a statewide “stay at home” order in an attempt to prevent the further spread of COVID-19 in the state. The move, which asks all Californians to remain at home unless they have an essential reason for going out is a critical intervention to reduce harm from the spread of the coronavirus in our community. Individuals may go outside for exercise and fresh air as long as you are staying 6 feet from individuals that do not live in their immediate household.

What Does it Mean to “Flatten the Curve?”

Both curves add up the number of new cases over time. The more people reporting with the virus on a given day, the higher the curve; a high curve means the virus is spreading fast. A low curve shows that the virus is spreading slower — fewer people are diagnosed with the disease on any given day. Keeping the curve down — diminishing the rate at which new cases occur — prevents overtaxing the finite resources (represented by the dotted line) available to treat it. The gentler curve results in fewer people infected at this critical moment in time — preventing a surge that would inundate the healthcare system and ultimately, one hopes, resulting in fewer deaths.



Your School Nursing Team

Cindy - Kermit King Ashley- District Nurse Doris- Pat Butler Minerva- TAABS Debora- Virginia Peterson



Kelly- PRHS/ Liberty Lolita- LMS Shelby- FMS Tanya- District Wide Tammy- Pifer & Georgia Brown