

## Illness and Symptom Requirements for Staff and Students

Any student or staff member who tests positive for Covid-19 or who is exposed to someone with Covid-19 must stay home and contact their supervisor or principal. Supervisors must report immediately to Health Services (Covidreport@scusd.edu) for contact tracing.



### STAY HOME IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- 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
- Diarrhea
- Nausea or vomiting



### YOU MAY RETURN TO SCHOOL AFTER:

**10 DAYS and 24 hour fever free** and symptoms improved

**or**

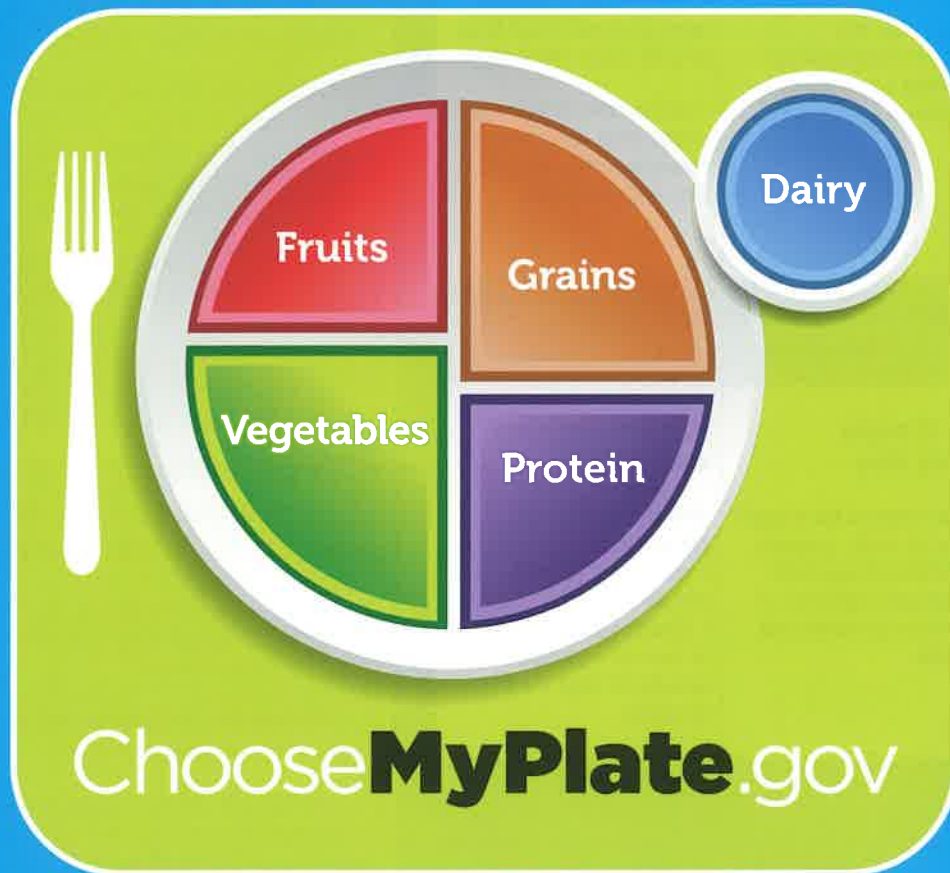
Presenting a negative Covid-19 test result and 24 hours fever free and symptoms improved

**or**

Presenting a note from health care provider confirming symptoms are the result of another diagnosis, and 24 hours fever free and symptoms improved

**Chronic conditions:** Children with documented non-infectious chronic conditions can return to school when symptoms have improved. A doctor may diagnose an illness other than COVID-19 and provide a note for return to school earlier than 10 days. Children with unmanaged Covid-like symptoms (such as congestion, coughing, runny nose) may be sent home until symptoms have improved. If there are questions about individual cases, contact your school nurse or health services.

# What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



**Make half your plate fruits and vegetables.**



**Make at least half your grains whole.**



**Switch to skim or 1% milk.**



**Vary your protein food choices.**

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

**For a 2,000-calorie daily food plan, you need the amounts below from each food group.**  
To find amounts personalized for you, go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

<p><b>Eat 2½ cups every day</b></p> <p><b>What counts as a cup?</b> 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p><b>Eat 2 cups every day</b></p> <p><b>What counts as a cup?</b> 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p><b>Eat 6 ounces every day</b></p> <p><b>What counts as an ounce?</b> 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p><b>Get 3 cups every day</b></p> <p><b>What counts as a cup?</b> 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p><b>Eat 5½ ounces every day</b></p> <p><b>What counts as an ounce?</b> 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>
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## Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

## Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

**Children and adolescents:** get 60 minutes or more a day.

**Adults:** get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.



# IRON

## for Healthy Blood

Everyone needs iron, especially:

- Pregnant women
- Breastfeeding women
- Women up to age 50
- Babies and children
- Teenagers

### Why is iron important?

Iron is a mineral that helps build healthy blood. If you don't eat enough foods high in iron, your blood could become low in iron. People who have low-iron blood usually are tired a lot and get sick more often. Children who have low-iron blood may not learn as well.

### How do you get enough iron?

You get iron by eating foods high in iron. Choose foods high in iron to include in your meals everyday.

### What foods have iron in them?

#### 🔥 BEST sources of iron

- Liver
  - Beef
  - Lamb
  - Clams
  - Shrimp
  - WIC Cereals and cereals with at least 45% iron per serving
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#### 🔥 GOOD sources of iron

- Pork
  - Chicken
  - Turkey
  - Light Tuna (not "white" tuna)
  - Beans, Peas, Lentils
  - Prunes, Prune Juice
  - Potatoes with skin
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#### 🔥 FAIR sources of iron

- Eggs
  - Tofu
  - Spinach
  - Green Peas
  - Molasses
  - Breads
  - Rice
  - Other Cereals
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### What helps your body use the iron in foods?

Eating even a small amount of **meat, fish, chicken, or turkey** will help your body use the iron in other foods. **Vitamin C** helps your body use the iron in grains and vegetables. Eat or drink a food high in vitamin C at the same meal that you eat a good or fair source of iron.

### What foods are high in vitamin C?

**These fruits:** oranges, grapefruit, watermelon, strawberries, cantaloupe, mango, and papaya. Fruit juices such as orange juice and grapefruit juice or fruit juices with 120% or more vitamin C per serving.

**These vegetables:** tomatoes, tomato juice, broccoli, cabbage, and green peppers.

Try adding one of these fruits or vegetables high in **vitamin C** to your meal the next time you eat a **good or fair** source of iron. For example, add strawberries to your cereal, or drink orange juice or grapefruit juice with your eggs and toast.

### Why do some children and adults have low-iron blood?

**Children who drink too much milk and do not eat enough foods high in iron can have low-iron blood.** Children 2 to 5 years old should drink about 16 to 24 ounces of 1% lowfat or fat free milk per day.

**Some people have low iron blood because they eat too many foods high in sugar and fat.** They fill up on these foods and do not eat as many foods high in iron. Foods high in sugar and fat such as soda, fruit drinks, candy, and chips have little or no iron in them. Eat less of these foods and choose more foods high in iron.

**Tea, regular coffee, and decaffeinated coffee** can keep your body from using iron. If you drink coffee or tea, drink it in moderation and between meals instead of with meals.

### What about iron drops or pills?

People with low-iron blood sometimes need to take iron drops or pills. Follow your doctor's instructions if you are given iron drops or pills. Make sure you keep eating foods high in iron.

**CAUTION:** Keep iron pills and vitamin pills with iron out of the reach of children. Pills with iron could be **deadly** to children if they ate too many by accident!



★ **COOKING TIP:** To help add iron to your food, use a cast iron pan when you are cooking "acid foods" like tomatoes.

**Ways to increase iron:** \_\_\_\_\_



Florida Department of Health  
WIC Program  
WIC is an equal opportunity provider.

# 5 Things You Should Know About Keeping Your Child's Teeth Healthy

1

## Your Child's Baby Teeth Are Important

- ☑ Baby teeth help your child chew food to grow healthy and strong.
- ☑ Baby teeth help your child learn to pronounce words and speak clearly.
- ☑ Baby teeth are the guides for adult teeth.



3

## Make Healthy Food Choices

- ☑ Encourage your child to eat low-sugar foods such as fruits, vegetables, and protein-containing foods.
- ☑ Limit sweets and sugary drinks like soda, juice, and sports drinks.



5

## Visit The Dentist

- ☑ First dentist appointment by age 1.
- ☑ Dentist checkups twice a year.
- ☑ If your child has Medi-Cal, he or she also has coverage for dental services.
- ☑ It's never too late to start!



2

## Cavities Can Be Contagious

- ☑ Cavities are caused by contagious bacteria in the mouth that can be passed from person to person.
- ☑ Avoid sharing cups, forks, and spoons with your child to prevent sharing bacteria.
- ☑ Cavities can lead to pain and infections that can be costly!



4

## Clean Teeth Are Happy Teeth!

- ☑ Brush with a soft toothbrush and fluoride toothpaste after each meal, or at least twice a day.
- ☑ Brush in a circular motion for about 2 minutes.
- ☑ Floss your child's teeth at least once a day with floss or flossers.
- ☑ Check for white and brown spots, these are early signs of cavities!
- ☑ Help or supervise your child brush until age 8.



If you need help with finding a local dentist please contact us at:  
**(916) 720-9262 | [earlysmiles@tc4oh.org](mailto:earlysmiles@tc4oh.org)**

## POTENTIAL SOURCES OF LEAD

- Old paint, especially if it is chipped or peeling or if the home has been recently repaired or remodeled
- House dust
- Soil
- Some imported dishes, pots and water crocks. Some older dishware, especially if it is cracked, chipped, or worn
- Work clothes and shoes worn if working with lead
- Some food, candies and spices from other countries
- Some jewelry, toys, and other consumer products
- Some traditional home remedies and traditional make-up
- Lead fishing weights and lead bullets
- Water, especially if plumbing materials contain lead

## SYMPTOMS OF LEAD EXPOSURE

Most children who have lead poisoning do not look or act sick. Symptoms, if any, may be confused with common childhood complaints, such as stomachache, crankiness, headaches, or loss of appetite.



## OPTIONS FOR LEAD TESTING



A blood lead test is free if you have Medi-Cal or if you are in the Child Health and Disability Prevention Program (CHDP). Children on Medi-Cal, CHDP, Head Start, WIC, or at risk for lead poisoning, should be tested at age 1 and 2. Health insurance plans will also pay for this test. Ask your child's doctor about blood lead testing.

For more information, go to the California Childhood Lead Poisoning Prevention Branch's website at [www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb), or call them at (510) 620-5600.

(The information and images found on this publication are adapted from the California Department of Public Health Childhood Lead Poisoning Prevention Program.)

1/2019



## EFFECTS OF LEAD EXPOSURE

Children 1-6 years old are the most at risk for lead poisoning.

- Lead poisoning can harm a child's nervous system and brain when they are still forming, causing learning and behavior problems that may last a lifetime.
- Lead can lead to a low blood count (anemia).
- Even small amounts of lead in the body can make it hard for children to learn, pay attention, and succeed in school.
- Higher amounts of lead exposure can damage the nervous system, kidneys, and other major organs. Very high exposure can lead to seizures or death.

## LEAD POISONING FACTS

- Buildup of lead in the body is referred to as lead poisoning.
- Lead is a naturally occurring metal that has been used in many products and is harmful to the human body.
- There is no known safe level of lead in the body.
- Small amounts of lead in the body can cause lifelong learning and behavior problems.
- Lead poisoning is one of the most common environmental illnesses in California children.
- The United States has taken many steps to remove sources of lead, but lead is still around us.

### IN THE US:

- Lead in house paint was severely reduced in 1978.
- Lead solder in food cans was banned in the 1980s.
- Lead in gasoline was removed in the early 1990s.



### LEAD IN TAP WATER

The only way to know if tap water has lead is to have it tested.



Tap water is more likely to have lead if:

- Plumbing materials, including fixtures, solder (used for joining metals), or service lines have lead in them;
- Water does not come from a public water system (e.g., a private well).

To reduce any potential exposure to lead in tap water:

- **Flush the pipes in your home**  
Let water run at least 30 seconds before using it for cooking, drinking, or baby formula (if used). If water has not been used for 6 hours or longer, let water run until it feels cold (1 to 5 minutes.)\*
- **Use only cold tap water for cooking, drinking, or baby formula (if used)**  
If water needs to be heated, use cold water and heat on stove or in microwave.
- **Care for your plumbing**  
Lead solder should not be used for plumbing work. Periodically remove faucet strainers and run water for 3-5 minutes.\*

- **Filter your water-** Consider using a water filter certified to remove lead.

### WARNING!

Some water crocks have lead. Do not give a child water from a water crock unless you know the crock does not have lead.



(\*Water saving tip: Collect your running water and use it to water plants not intended for eating.)

For information on testing your water for lead, visit The Environmental Protection Agency at [www.epa.gov/lead/protect-your-family-exposures-lead](http://www.epa.gov/lead/protect-your-family-exposures-lead) or call (800) 426-4791.

You can also visit The California Department of Public Health's website at <https://www.cdph.ca.gov>.

