

## HIGHLIGHTS

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# OCSNO TRI-ANNUAL NEWSLETTER

Where School Nurses Connect

## Chair Message

By **Michell DeHaven, RN, BSN, PHN, NCSN**

Hello to my fellow OCSNO members,

As the new incoming OCSNO President, I want to take this opportunity to welcome all of you to our awesome and vibrant group of school nurses! The 2020-2021 school year will be one to remember for generations to come, long after we are enjoying our retirement on a beach somewhere (oh, sorry...I started to dream a bit).

In this time of the Covid-19 pandemic, we are faced with unsurmountable times and the role of the school nurse has emerged as vital in the re-opening process for our respective districts. Many of us have spent our summer vacations glued to the CDC and OCHCA websites for updates to help guide our ways. We have become the experts in disinfecting, face coverings, physical distancing and just being a safe place for those that are experiencing Covid-19 symptoms to turn to. I am proud of how many of us have turned to each other for support, as we navigate the complexities of what we have been faced.

I want to offer all of you a personal perspective. My dad is 98 years old this year and is active and healthy and still drives around town in his new Camry. He was born right after the 1918 pandemic and has lived through the Depression, the big earthquake in Long Beach, CA in 1933 (they didn't go to school for months and had no distant learning) and World War II; not to mention a time where Small Pox and Polio were prevalent and not-curable.

I was speaking to him the other day and I asked him about how he feels with all that we are living through now. Without a thought, he said, "The most important thing to remember is that our circumstances will change, but your love for your family and those close friends around you will remain constant". I guess I needed to hear those words of wisdom at a time like this.

So, to all of you in OCSNO, I consider you my close friends. We are important and our voice matters. We need to draw on each other for support and wisdom as we embark upon another school year. Whether we are in distant or hybrid learning, or if we return to school in person, one thing we do know is that we have a challenge ahead, but we will get through it together.

Michelle DeHaven, RN BSN PHN NCSN

# Membership

By Marci McLean , M. Ed, BSN, RN

Reminder to all our OCSNO members:

Annual membership runs July 1 to June 30 every year.

Included in the newsletter is your application for the 2020-2021 School Year. We encourage all our members to consider joining our professional organizations. In case you were not aware, NASN and CSNO separated their memberships. You can now choose to join one or both.

Ever wonder what the difference is?

[OCSNO - local organization](#), [OCSNO Website](#)

- 2-3 conferences per year
- \$30/school year (a **new** school nurse/school readiness nurse receives first year of membership free)
- benefits include: scholarships, conference registration discounts, and CEUs

[Click here to apply.](#)

[CSNO -- State Professional Organization](#) [CSNO Website](#)

- 2 Section conferences per year (Orange County falls under Southern Section)
- 1 State conference per year
- \$120 (now-Sept) /\$155 (after Sept) Active Membership
- \$60 (now-Sept) /\$72 (after Sept) Student Membership
- \$60 (now-Sept) /\$72(after Sept) Retired Membership
- benefits include scholarships, conference registration, and CEU's

[Click here to apply.](#)

[NASN -- National Professional Organization](#) [NASN.org](#)

- 1 National conference per year
- \$105.00 Active Membership (annually)
- \$51.45 Student Membership (annually)
- \$57.75 Retired Membership (annually)
- benefits, including scholarships and conference registration discounts

[Click here to apply.](#)



## 5 Daily Habits to Master Now

By: Nina Rie Matienzo, MSN, RN

There are external things that are beyond our control and then, there are daily practices that we have power over. I would like to focus on 5 daily habits that we can create and have oversight. These are day-to-day practices that we can weave into our daily lives to support our health. We eat, drink and sleep anyway... so let's do it well! Additionally, creating these healthy habits are known to support our immune system. After all, the Flu season is fast approaching, while COVID19 still abounds. There is no greater time than now to support and surround the very basic structural, functional, and biological unit known to us...the human cell. After all, we are made up of more than 30 trillion of these units. So, let's get them to work for us, shall we?

Here are 5 daily habits (with a bonus) to get you started today:

### Habit #1 Nutrition

– Eat whole foods plant-based as much and as often as possible. While grocery shopping, stick to what is on your healthy grocery list and stay on the outside aisles (produce section) during your shopping spree. If you keep highly processed packaged and artificially flavored/colored food from your cupboards & pantry, you'll eat less of them.

### Habit #2 Hydration

– There are two ways to ensure you are drinking enough water daily:

- 1) Take your current weight in pounds, divide it by two. That number in ounces is your minimum daily requirement.
- 2) The good ol' pee test. Look to see if your urine is light yellowish to close-to-clear color. If not, drink more water throughout the day.

**Continued on Page 3.**

## 5 Daily Habits . . . (Cont'd)–

### Habit #3 Meditation -

Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Your challenge is to start with one minute today. Find a safe location, find a comfortable position, close your eyes, relax, listen to your deep breaths. When you find your mind wandering, bring yourself back and listen to your deep breaths. Start with 60 seconds today (preferable at the same time every day) and for the rest of the month. Build the practice to 2 minutes the following month and so on. By the end of the 12th month you will have built a 12-minute meditation practice.

### Habit #4 Movement –

According to NIH, there is irrefutable evidence of the effectiveness of regular physical activity in the primary and secondary prevention of several chronic diseases. Among them are Cardiovascular Disease, Diabetes, Cancer, Hypertension, Obesity, Depression, and Osteoporosis. Find something that you love and start moving today!

### Habit #5 Sleep

– Get 7-8 hours of consolidated, consistent, consecutive sleep. This is way more effective in “brain trash removal” than any day spent at Burke Williams. I would challenge you to do this for 7 days and see how much less brain fog you have! Look up sleep hygiene to get you started.

### BONUS Habit #6 Gratitude DID YOU KNOW?

Gratitude improves physical health (heals), sleep, psychological health (rewires your brain), mental health (makes you 25% happier), as well as increases empathy and enhances self-esteem, performance and resiliency. Tomorrow morning upon awakening, I invite you to (before your feet touches the ground) say 10 things out loud that you are thankful for. When you do this daily for the next 90 days, you will develop a practice of Gratitude Daily.

These habits work synergistically. Although you may see results with getting good at doing one, the results you acquire with doing all consistently will support you in moving forward towards the physical vitality and mental clarity you deserve, right now!

## SPOTLIGHT ON SERVICE

by Riva Nist Apodaca, RN MSN PHN

During our current times with the COVID-19 pandemic many of our students and their families may be experiencing difficulties that can affect the students' ability to access their education. School nurses may receive requests from families as well as school staff for assistance to more varied resources than they have in the past. This will force us to be more creative and certainly knowledgeable about community resources. School Nurses can assist by teaching families how to use the 2-1-1 OC resources. There is a quick two minute video you can access to provide basic information:

<https://www.youtube.com/watch?v=HKDlzA2uOww>.

Also 2-1-1 OC can provide a 30-minute training to your district nurses group if desired.



2-1-1 Orange County is a non-profit information and referral organization. Its mission is to connect Orange County residents with Health and Human Services. Information and referrals provided by the helpline can be accessed by dialing 2-1-1, an easy three-digit number to remember during a time of crisis. Their resource database will help residents access non-profit or government agencies that provide free or low-cost services. The 2-1-1 number is available nationwide, however routing is based on one's physical location.

**Continued on Page 4.**



## Spotlight on Service (Cont'd.)

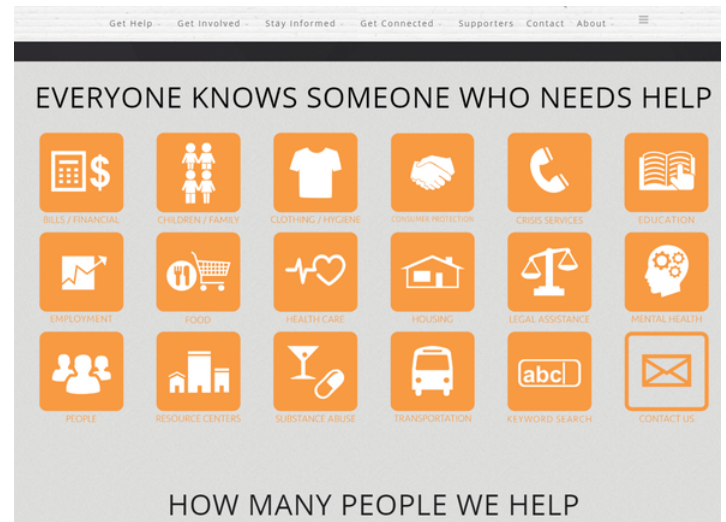
97% of California counties are covered by 2-1-1 services.

There are three main ways to contact 2-1-1 OC: dial 2-1-1 which is available 24/7; text your zip code to 898211 to start the process and is available M-F 8am-6pm; and email at [help@211oc.org](mailto:help@211oc.org) which will respond within 48 hours. There is also a website where you can search out resources in your area, <http://www.211OC.org>.

Callers are connected to trained Information and Referral Specialists (I&R's). I&R's narrow down referrals based on need and program eligibility. The database contains over 1,100 Agencies providing 3,000 Programs in Orange County. Each record is updated at least once a year. 2-1-1 OC provides up-to-date emergency and disaster information such as: fire/flooding Alerts, road closures, evacuation orders/routes, cooling center locations, emergency/animal shelters and emergency supplies.

The 2-1-1 OC online database can be easily accessed by keyword or guided searches. The categories are: bills/financial; childcare/family; clothing/hygiene; education; employment; food; healthcare; housing; legal assistance; mental health; people; resource centers; substance abuse; and transportation. There are many other subjects covered. There is even specific information on domestic violence for healthcare providers that will provide CME/CEUs. So, explore!

Food insecurity for our students is certainly a concern during these times. 2-1-1 OC can help our families to set up an appointment with a Cal Fresh representative. Cal Fresh is a nutrition program for people with low-income who meet federal income eligibility rules that can help households buy healthy food.



Benefits are issued on an EBT card which works like a debit card and can be used at most grocery stores and many farmers markets. Parents can also search the website for food pantries and assistance in their own zip code.

Another concern school nurses have is students' mental health during these difficult and unprecedented times. A highlight of 2-1-1 OC that may benefit our students and families is providing referrals to mental health resources. These can include:

- Crisis Lines & Warm Lines
- Behavioral Info. & Referral Lines
- In-person Services
- Assessment & Evaluation services
- Counseling & Support Groups
- Inpatient & Outpatient Facilities
- Drop-In Centers

So hopefully 2-1-1 OC can become a tool in your school nurse toolkit to help students and their families access the varied services they need to get through the current trying times and optimize their educational efforts. School nurses have always taken a holistic approach and looked at the whole child.

## OCSNO Nurses Forum

by Erin Lawrence

### Statement of purpose (Mission/Vision/Values)

- Mission: Support of school nurses through a peer group format where a personal connection can be established for obtaining guidance and sharing of relevant matters to school health in the Orange County area.
- Vision: Orange County school nurses will rely on the Nurses Forum as a place to personally connect and learn alongside other area school nurses.
- Value: Providing a Forum (meeting place) where OC school nurses can connect for the purpose of learning and discussion of relevant school health issues; in order to maintain up-to-date school based nursing practice.

In May we rolled out our first Nurses Forum and we have had four sessions to date. These forums have been highly attended and we have received very favorable feedback on the value that this group experience has provided. We began using the Zoom platform to hold these virtual meetings, and this has allowed Orange County school nurses to come together for sharing, asking questions and learning from one another.

Some topics that were covered this summer included: Self-Care during the pandemic such as the importance of sleep in supporting good mental and physical health. Dr. Lucy Vezzuto from OCDE shared calming exercises which can be accessed here: <https://bit.ly/BeCalmSeries>. We also learned about many informational resources to help us prepare for back to school during the COVID-19 pandemic. At our last meeting we had several speakers share on the topic of financial self care (STRS, Schools First Credit Union, CTA) also how national school certification can benefit nurses. Each of these meetings have included the opportunity to listen, ask questions and learn from other Orange County school nurses.

Remember to check the <https://ocsno.weebly.com/> website to make sure that your \$30.00 annual membership is up-to-date as future forum offerings will be limited to OCSNO members. The next forum is scheduled for October 14th at 3:30 pm, OCSNO membership will be required to participate. We are planning to schedule future forums on the second Wednesday of each month. Check our website and social media for up to date scheduled forum details.

Erin Lawrence

OCSNO Nurses Forum & Mentorship Chair

## Letter in Support of School Nurses in the Covid 19 Pandemic

by Pamela Kahn, MPH, RN, NCSN

Dear OCSNO Members,

I hope that you and yours are staying healthy and staying safe! As we are poised to start the 2020-2021 school year there are many new challenges to consider. I want to thank every school nurse in Orange County for the extra time that each of you has already spent on helping our students and staff begin this unique back to school process. You have already created safety plans, become epidemiological experts and helped to soothe wary employees and families. And all while most of our districts are not even in session yet. It will be a long year; please know that OCSNO and OCDE is here to support you in any and every way we can.

Speaking of support, I'd like to share with you a letter that the UCI Institute of Clinical and Translational Science has written in support of school nurses. As you can see, many distinguished professionals have signed this letter that was sent widely to educational leaders and to local community leaders. It is a wonderful description of the role that school nurses can and should play during this exceptional time. I am deeply appreciative of the support that UCI, CHOC and the AAP-OC has shown to school health services, and the ongoing efforts to provide technical assistance.

Please feel free to share the letter with your colleagues and your administrators. Scroll to Page 8 to view the letter.

Pamela Kahn, MPH, RN, NCSN  
Coordinator, Health and Wellness  
Student Achievement and Wellness Unit  
Educational Services Division  
Orange County Department of Education



## Conference Information:



Orange County School Nurses Organization's  
2020 Fall Conference  
"Get COVID-Wise"

Saturday, September 12, 2020  
9:00 a.m. – 12:30 p.m.

### Presenters:

- Dr. Matt Zahn-Covid 19 Update
- Dr. Huszti CHOC- Pediatric
- Mental Health and COVID 19
- Dr. Weiss CHOC-Pediatric COVID 19 & Symptom Check
- Pamela Kahn - State and Legal Updates

Please register at:

<https://ocsno.weebly.com/fall-conference-registration.html>

Scroll to next page to view flier.

## CSNO Virtual Fall Section Statewide Conference

September 14, 2020  
5:00-9:00 p.m.

### The conference agenda includes:

- 5-6 p.m. COVID-19 School Nursing practices (What is happening around the State)
- 6-7 p.m. COVID-19 Infectious Disease Science, Infection Disease Specialist, Dr. Jasjit Singh, CHOC
- 7-8 p.m. COVID-19 Pediatric Implications in the Educational Setting-Dr. Howard Taras, Board Certified Pediatrician, USD
- 8-9 p.m. CSNO Section Gatherings-COVID-19 next steps and reports.

Please register at <https://www.csno.org/>

CSNO has extended it's call for presenters for the 71st annual CSNO Conference to be held in February 2021. We listened to the concern of our members, recognize the impact of the COVID-19 crisis and worked with our Conference Meeting staff to shift to a virtual venue.  
<https://www.csno.org/csno-conference>

Scroll to Page 11 to view:  
Back To School with Covid 19  
Resource and Discussion



## On proper personal hygiene and containment....

"What we seeing being successful are the fundamentals of public health.." - Dr. Maria Van Kerkhove, technical lead, World Health Organization, infectious disease epidemiologist.





# OCSNO Virtual Fall Conference September 12, 2020

9am-12pm

## Get COVID-Wise



Presentations include pediatric and local COVID updates, school symptom checks, pediatric mental health and state/ legal updates.

### OCSNO Fall Conference

#### Our Mission:

The mission of the Orange County School Nurses Organization is to provide a means by which Orange County and surrounding area school nurses may unite in thoughts and actions to foster the maximum health and educational potential of children and youth, to improve school health programs, and to advance the professional and educational status of school nurses.

**Online Registration  
Open Now**

<http://bit.ly/ocsnofall>

**School Nursing  
Professional  
Development &  
Networking**

**Opportunity  
Drawing**

**3 Continuing  
Education Units**

**Members \$30.00  
Non-Member \$45.00**

## 2020-21 OCSNO Board Roster

*By Susan Biegel, RN, BS; Nominations Chair*

At our June 17 OCSNO Forum meeting the incoming board roster was ratified. Here are the elected and appointment board members for the coming year. Thank you for all those members who volunteer to make our professional organization strong! We appreciate your time and service.

<b>Position Elected</b>	<b>Name</b>	<b>District</b>
Chair	Michelle De Haven	PYLUSD
Parliamentarian/By Laws	Riva Nist Apodaca	CSUF
Vice Chair- Program	Natalie De Porto	BOUSD
Vice Chair-Hospitality	JoAnn Von Kostka	HBUSD
Treasurer	Elise Saylor	PYLUSD
Secretary- Recording	Erin Lawrence	Los Alamitos USD
Secretary- corresponding	Merry Grasska	NMUSD
Nominations chair	Susan Biegel	OVSD
Board Member at Large	Caroline Ishino	OVSD
Board Member at Large	Michele Mercado	GGUSD
Board Member at Large	Michelle Rymer	GGUSD
Board Member at Large	Nina Matienzo	CAPOUSD
<b>Position-Appointed</b>		
Membership	Marci McLean	HBUSD
Conference Committee	Kathy Tedone	BPSD
Education	Pam Kahn	OCDE
Special Education	Cathy White	TUSD
Public Relations/Vendors	Andrea Foster Jammie Tillmanns	SAUSD SAUSD
Awards	Michelle Ollada Alipio Dawn McRitchie	TUSD TUSD
Legislation	Bobbie Cox	WSD
Mentorship	Erin Lawrence	Los Alamitos USD
Social Media	Jean Chung	GGUSD
Newsletter	Katy Chang	GGUSD
OCDE- Liaison	Pam Kahn	OCDE
CSNO Liaison	Pam Atkins	TUSD
SRN Liaison	Heidi Tucker	OVSD
Private School Liaison	Shannon Brown	Mater Dei





August 7, 2020

Clayton Chau MD, PhD  
Director, Orange County Health Care Agency

Pamela Kahn RN, MPH,  
Coordinator for Health and wellness, Orange County Department of Education

Al Mijares, PhD  
Superintendent, Orange County Department of Education

Christine Olmsted EdD  
Associate Superintendent, Orange County Department of Education

Dear OC School and Health Leaders,

The purpose of this letter is simple, to highlight the evidence supporting the immensely beneficial role that school nurses have played in developing and implementing school health policies in the past and outline the role that school nurses can play in dealing with the COVID-19 pandemic in the months to come.

There are many challenges we face in developing policies and protocols that can ensure the healthiest possible reopening of schools in our community. Among the most prominent of these is the ability of schools to implement a variety of health-related protocols ranging from screening students and staff prior to arrival to evaluating a student who develops possible COVID-19 related symptoms during the school day. Whatever we can do as a community to enhance and encourage the role of our outstanding OC school nurses in managing health protocols at OC schools will surely benefit all children and adolescents in our region (as noted in the recently published Commentary in *The Journal of Pediatrics* authored by a nationally prominent group of physicians and scientists).

School nurses practice in schools throughout the U.S., providing evidence-based healthcare for nearly 56.6 million children in public and private schools. Many studies have shown the remarkable and substantial beneficial effect of school nurses on student health. School nurses are public health specialists, and lead healthcare in schools to holistically address needs of students, school staff, families, and the community. According to the National Association of

School Nurses (NASN), school nurses have already contributed to critical activities during the COVID-19 pandemic including:

- student outreach
- serving as health resource expert (e.g. answering calls from parents and community, virtual office hours and support groups, screening staff or others going to school)
- education (e.g. educating staff and community on COVID-19 and infection prevention/control measures, disseminating updates from local health departments)
- chronic condition management (e.g. assisting students manage their conditions and working on student healthcare plans)
- updating/developing school health policies.

School nurses bring a diverse skill set to student health and wellness, community health promotion and disease prevention, and pandemic preparedness. They are licensed by the California Board of Registered Nursing, are credentialed by the California Commission on Teacher Credentialing, and are uniquely qualified to manage the health and safety of the entire school community. School nurses also provide direct care and coordinate care for students with complex healthcare needs, a particular challenge for schools in the context of the current pandemic. Children with complex healthcare needs comprise a substantial proportion of the student population in Orange County and are at increased risk for COVID-19 complications.

School nurses are experienced in population-based health, including disease surveillance, collecting and sharing accurate data, and contact tracing. In particular, with regards to essential health and safety functions in the coming months, school nurses are uniquely positioned to ensure the health and safety of students and staff in school buildings by managing:

- safe screening procedures
- attendance monitoring that promotes safe and timely return to school/work
- plans for and management of care for students and staff who develop symptoms of COVID-19
- isolation of suspected COVID-19 cases that address space and ventilation
- continued care of students that require daily nursing care to manage their chronic conditions
- physical distancing
- hand hygiene
- use of facemasks (i.e. spacing in classrooms, cafeterias, physical education, and student contact during class change)
- evaluation and use of resources and budget for personal protective equipment
- protection of vulnerable populations with underlying health conditions or over 60 years of age
- consultation with primary care providers and OC Health Care Agency.

We recognize the complex nature of the current pandemic and the many valid and competing needs for resources as we develop plans to reopen schools. Nonetheless, we would urge the policy and health leaders of our community to place a high priority on the essential role that will and should be played by school nurses and consider every possible means to increase their numbers and reach as we work our way through these challenging times.

Sincerely yours,

A handwritten signature in black ink that reads "Dan M. Cooper" with a stylized flourish at the end.

Dan M. Cooper MD  
Associate Vice Chancellor for Clinical and Translational Science  
Professor of Pediatrics  
UC Irvine School of Medicine

Additional Signatories:

Behnoosh Afghani MD  
Professor of Pediatrics, UCI School of Medicine

Phyllis Agran, MD, MPH, MA, FAAP  
Professor Emeritus, Department of Pediatrics, UCI School of Medicine.

Nakia C. Best, PhD, RN  
Assistant Professor, Sue & Bill Gross School of Nursing

Thomas Cesario MD  
Dean Emeritus, UC Irvine School of Medicine

Steve A. N. Goldstein, MA, MD, PhD, FAAP  
Vice Chancellor, Health Affairs and Distinguished Professor, UCI College of Health Sciences

Dr. Jan Hirsch  
Founding Dean, School of Pharmacy and Pharmaceutical Sciences, UCI

Kim D. Lu, MD, MS, FAAP  
Pediatric pulmonologist, Assistant Professor of Clinical Pediatrics

Adey M. Nyamathi, ANP, PhD, FAAN  
Founding Dean and Distinguished Professor, Sue & Bill Gross School of Nursing

Funnel Analogy



**COVID-19 Back To School Planning Resources**

1. Stating the obvious: BTS planning is ... © ©  
© © ... a moving target a work in process.
2. Agency Guidance: Use the Funnel Analogy Begin at the top with larger organizations and work down ↓  
(**WHO**, **CDC**, **CDPH**, **CDE**, **OC Health Care Agency**, **OCDE** and **Local School Districts**).
3. Nursing Guidance: **NASN**, **CSNO** and **Local Nurse networks** (such as OCSNO and nearby school nurse contacts) and other Local Health Organizations (such as CHOC).

**WHO** considerations for school-related public health measures in the context of COVID-19

<https://www.who.int/publications/i/item/considerations-for-school-related-public-health-measures-in-the-context-of-covid-19>

**CDC** Considerations for schools

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

**CDC** Readiness and Planning Tool to Prevent the Spread of COVID-19 in K-12 Schools

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/School-Admin-K12-readiness-and-planning-tool.pdf>

**CDPH** COVID -19 Industry Guidance: Schools and School-Based Programs Released 6/5/2020

<https://files.covid19.ca.gov/pdf/guidance-schools.pdf>



<b>CDE- Stronger Together Guidance Document</b>	<a href="https://www.cde.ca.gov/ls/he/hn/documents/strongertogether.pdf">https://www.cde.ca.gov/ls/he/hn/documents/strongertogether.pdf</a>
<b>OC Health Care Agency</b>	<a href="https://occovid19.ocalthinfo.com/">https://occovid19.ocalthinfo.com/</a>
<b>OCDE (O.C. Superintendent of Schools)</b> <a href="http://link.ocde.us/oc-together">link.ocde.us/oc-together</a>	OCDE: <a href="https://newsroom.ocde.us/orange-county-together-guide-provides-recommendations-for-safely-reopening-local-schools/">https://newsroom.ocde.us/orange-county-together-guide-provides-recommendations-for-safely-reopening-local-schools/</a>
<p><a href="#">Orange County Superintendent Dr. Al Mijares</a> on Monday issued the following statement in response to the OC Board of Education’s July 13 meeting and school reopening recommendations:</p> <p><b>There has been some confusion, and understandably so, over the role of the <u>OC Board of Education</u> and our agency, the <u>Orange County Department of Education (OCDE)</u>.</b></p> <p>OCDE and my office have worked with local school district leaders to develop <a href="#">“Orange County Together: A guide to safely reopening schools in the COVID-19 era.”</a> This resource, available on our website, is in alignment with the <b>California Department of Public Health, which stresses the importance of social distancing and face coverings when social distancing measures are difficult to maintain.</b> The five-member OC Board of Education, which has <a href="#">separate responsibilities</a>, hosted its meeting on July 13 to discuss a white paper with alternative recommendations. <b>Locally elected school boards and superintendents will approve and implement plans specific to their districts based on the needs of their schools and communities.</b> OCDE is working to support districts in that effort, and we remain 100 percent committed to following and sharing the guidance of the California Department of Public Health and the Orange County Health Care Agency.</p>	
<b>NASN</b> <a href="http://www.NASN.org">www.NASN.org</a>	<b>Interim Guidance: Role of the School Nurse in Return to School Planning.</b> <a href="https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/COVID-19%20Interim%20Guidance%20Role%20of%20the%20School%20Nurse%20in%20Return%20to%20School%20Planning.pdf">https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/COVID-19 Interim Guidance Role of the School Nurse in Return to School Planning.pdf</a>
<b>CSNO</b> <a href="http://www.CSNO.org">www.CSNO.org</a>	<b>COVID- 19 Recovery Plan Resource Guide</b> <a href="https://docs.google.com/document/d/1s2EdTE7AHRaBxc4OOYJqr9cFOtjBRHLikOH5X5Ijp0/edit">https://docs.google.com/document/d/1s2EdTE7AHRaBxc4OOYJqr9cFOtjBRHLikOH5X5Ijp0/edit</a>
<b>OCSNO</b> <a href="http://www.OCSNO.weebly.com">www.OCSNO.weebly.com</a>	OCSNO Website and Social Media (Facebook, Instagram, Twitter)
<b>Asthma Allergy Network</b>	How to Access, Use and Clean Inhalers, Nebulizers & More (Recording)

	COVID-19 & Respiratory Tools:	<a href="https://allergyasthmanetwork.org/news/covid-19-respiratory-tools-how-to-access-use-and-clean-inhalers-nebulizers-more-webinar/">https://allergyasthmanetwork.org/news/covid-19-respiratory-tools-how-to-access-use-and-clean-inhalers-nebulizers-more-webinar/</a>
	<b>Ed Source</b> did a nice job of grouping a multitude of guidance documents here.	<a href="https://edsource.org/2020/seeking-guidance-forreopening-schools/633593">https://edsource.org/2020/seeking-guidance-forreopening-schools/633593</a>