



COVID-19 Housing Provider Sharing & Problem Solving Session

June 11th, 2020

2:30 pm -3:30 pm

Goals

Dedicated time for housing providers

Sharing questions, strategies, resources

Working toward solutions and common understanding



Today's Topics

Children and
Covid-19

Wrap-up and
Next Topic(s)

Illinois Chapter

INCORPORATED IN ILLINOIS

American Academy of Pediatrics

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all Chicago 
making homelessness history



Education Support

Presenters:

Dr. Karen Lui

Dr. Laura Pabalan

Dr. Deanna Behrens

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First Steps: Improving Child Health and Housing is an initiative of the Illinois Chapter, American Academy of Pediatrics



State-Level Data Report

(as of 6/4/20)

Report from health departments of 47 states, NYC, DC, Puerto Rico, and Guam

Confirmed Cases

- 84,016 total confirmed child COVID-19 cases
- Children represented 5.2% of all confirmed cases

Hospitalizations

- Children were less than 3.5% of total reported COVID-19 hospitalizations

Mortality

- Children were less than 1% of total reported COVID-19 deaths

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/children-and-covid-19-state-level-data-report/>



How to stay safe

- Wash your hands with soap and water for at least 20 seconds
- Social distance (at least 6 feet) from others when possible
- Cover your nose and mouth with a close knit cloth mask or covering (2 years of age and older). Remove it from the back of the mask
- Try not to touch your face
- Clean and disinfect surfaces as often as possible.
- Gloves? – when cleaning and when caring for someone who is sick
- Wash clothes and stuffed animals in the warmest water possible and dry completely



Who is at most risk?

- Children with underlying medication conditions
- Heart disease (including congenital heart conditions)
- Lung disease (including Asthma)
- Conditions that weaken your immune system (such as cancer, sickle cell disease)
- Children dependent on medical technology, e.g., tracheostomies, home ventilators, home oxygen, G-tubes, NG tubes, and wheelchairs
- Obesity
- Children <12 months
- Pregnant women in 2nd and 3rd trimesters



Symptoms

- Fever
- Chills
- Runny nose
- Cough
- Sore throat
- Difficulty breathing
- Body aches
- Loss of smell/taste
- Headache
- Nausea/Vomiting
- Diarrhea



What to do if a child is sick

- Call the child's primary care provider
- The shelter may have a partnership with a clinic that can provide COVID-19 testing
- Call the Lawndale Christian COVID-19 Mobile Testing Unit 872-588-3306
- If the child is having shortness of breath, blue around their lips, persistent chest pain, confusion, inability to stay awake, call 911 or go to the nearest emergency room



What to do if a resident or staff member tests positive for COVID-19?

- Follow this link to Chicago Department of Public Health to report positive case:
<https://redcap.dph.illinois.gov/surveys/?s=FR7MAJAY84>
 - You will need to provide the name of the individuals, the symptoms they are experiencing and when the symptoms started, COVID-19 testing date and specimen type, and provide contact information
- CDPH should reach out to you to determine next steps in terms of shelter testing and isolation of positive individuals



After isolation

- Wearing a mask is essential because viral shedding can occur for weeks
- Continue all the same precautions discussed previously



For staff: How do I keep my family healthy

- Perform good hand hygiene
- Some may choose to implement extra measures when coming home from work, such as removing any clothing worn during delivery of healthcare, taking off shoes, washing clothing, and immediately showering. However, there is insufficient evidence on whether these are effective.



Well visit and Vaccines

- The American Academy of Pediatrics recommends keeping the normal well child visit schedule
- Especially important to get vaccines on time
 - We do not want another outbreak on top of Covid-19!
- Clinics and hospitals have made changes to keep patients safe
 - Call your doctor's office to ask about changes, including telehealth visits



How to talk to children about COVID-19

- Remain calm. Remember that children will react to both what you say and how you say it.
- Reassure children that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Make yourself available to listen and to talk. Let children know they can come to you when they have questions.
- Avoid language that might blame others and lead to stigma.



More tips for talking to kids

- Truthful and age appropriate information
 - Talk to them about what they may see on internet or social media or monitor their use so you can discuss
- Teach kids how to reduce spread of germs
 - Wash hands for 20 seconds frequently
 - Cough or sneeze into elbow or tissue (and then throw in trash)
 - Stay away from people who are sick until they feel better
- Try to stick to your normal routines



Tips when kids are scared of wearing a mask (Healthychildren.org)

- Look in the mirror with the face coverings on and talk about it.
- Put a cloth face covering on a favorite stuffed animal.
- Decorate them so they're more personalized and fun.
- Show your child pictures of other children wearing them.
- Draw one on their favorite book character.



Helpful Handouts and Tools

- Coloring book for coping --
<https://rightnowiamfine.wordpress.com/>
- Wearing a mask --
https://www.jccnj.org/clientuploads/Wearing_a_Mask_Social_Story.pdf
- Covid Time Capsule --
https://fun4tallykids.com/index.php?option=com_mtree&task=att_download&link_id=7865&cf_id=24
- Chicago Parent Program --
https://www.childrensinstitute.net/sites/default/files/documents/Newsletter_COVID19_Children%27s%20Institute.pdf



Helpful Handouts and Tools continued

- Collection of resources --
<https://www.childrensinstitute.net/about-us/covid19-resources-for-families>
- Audible (free) --
<https://stories.audible.com/discovery>
- Headspace (meditation and mindfulness)--
<https://www.headspace.com/ny>



Warning signs for early anxiety

- Younger kids may not have the words to express their feelings.
- Moodiness, crankiness
- Clinginess
- Sleep issues
- Seeming distracted
- Stomachaches



Warning signs in Teens

- Moodiness, irritability, more frequent fights with siblings and friends
- Less interest in talking to friends or hobbies
- Sleep problems
- Changes in appetite and/or weight
- Body image concerns
- Poor concentration, forgetfulness
- Worsening school performance
- Self mutilation, such as cutting
- Increase in risky behavior, including drugs and alcohol



What can parents do?

- Keep communication open. Ask how your kids are feeling. Share how you are feeling.
- Try to maintain routines
- Schedule down time: do activities you enjoy, try meditation, stretching, deep breaths
- Schedule family time, friend time, and exercise
- Bedtime routine: Brush teeth, read a story, name your favorite thing you did today and 1 thing for which you are grateful
- Never ignore or minimize feelings of sadness, threats of self harm, or suicide. Seek professional help immediately



Mental Health Resources

- National Alliance on Mental Illness (NAMI) 833-626-4244
 - Also offers virtual support groups
- Substance Abuse and Mental Health Services Administration (SAMHSA) 800-662-4357
- No Shame On U --
<http://www.noshameonu.org/chicagoland>



In Crisis

- National Suicide Prevention Lifeline 800-273-8255
- Crisis Textline: Text NAMI to 741741
- CARES/SASS 800-345-9049



Suicide Plan

Adapted from HealthyChildren.org

A word about suicide risk in teens

Not everyone who considers suicide will talk about it, and not everyone who talks about suicide will act on their words. However, any talk about suicide should be taken seriously. **If you are worried about your teen, it is critical to make your space safe by removing things that can be used as weapons and securing medications in a locked box.**

Seek help immediately by calling the National Suicide Prevention Lifeline at 1-800-273-TALK or texting the Crisis Text Line by texting 'TALK' to 741741.

Reserve 911 for situations where self-harming actions are happening or are about to happen. In a non-crisis situation, talk with your pediatrician about any concerns you have about your teen's mental health.



Multisystem Inflammatory Syndrome in Children (MISC-C)

- This is a rare condition
- Seems to occur ~4 weeks after the start of COVID-19
- These patients typically look sick and will likely require hospitalization
- There is much to learn about this



MIS-C : Variable Symptoms

- Fever
- GI symptoms – abdominal pain, diarrhea, vomiting
- Rash
- Fatigue/more tired than usual
- Neurologic symptoms – headache, confusion, mental status changes
- Blood shot eyes
- Neck pain
- Cough



Resources

- Center for Disease and Control—[cdc.gov](https://www.cdc.gov)
- Illinois Department of Public Health—dph.illinois.gov
- Chicago Department of Public Health—[chicago.gov](https://www.chicago.gov)
- Chicago Health Alert Network—www.chicagohan.org
- Healthy Children (American Academy of Pediatrics)—[HealthyChildren.org](https://www.healthychildren.org)
- AAP: State-level data Report—
<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/children-and-covid-19-state-level-data-report/>
- National Alliance on Mental Illness—[NamiChicago.org](https://www.nami.org)

Future Topics & Next Session



Future Topics & Next Session

Future Topics

- 1. Pediatrics Health Concerns due to COVID-19-** Please join pediatricians from the Illinois Chapter of the American Academy of Pediatrics for a webinar discussing the health effects of COVID 19 on children.
2. ??? (Put it in the [chat](#))
3. Email (twinbush@allchicago.org)

Next Session

Thursday, June 11th

2:30 pm – 3:30 pm

Same Link as This Week?



**Would you like to help plan or facilitate a future session?
Contact Torelen (twinbush@allchicago.org)**

Thank You!

- Questions
- Ideas
- Feedback

The screenshot shows a GoTo Webinar interface. At the top, there is a menu with 'File', 'Options', 'View', and 'Help'. Below the menu, it says 'In Practice Mode' with a 'Start' button. A list of features is visible: Audience view (100%), Sharing, Webcam, Audio, Dashboard, and Attendees (1 of 501 (max)). Below this, there are sections for 'Attendees (0)' and 'Staff (1)'. A search bar is present with the text 'Search'. Below the search bar, there are sections for 'Polls (0/0)', 'Questions', 'Handouts (0 of 0)', and 'Chat'. The 'Chat' section is highlighted with a red box. Below the chat box, there is a text input field with the placeholder '[Type message here]'. Below the input field, there is a 'To:' dropdown menu set to 'All - Entire Audience' and a 'Send' button. At the bottom of the interface, there is a title 'COVID-19 Housing Provider Sharing & Pro...' and 'Webinar ID: 245-470-699'. The GoToWebinar logo is at the bottom center.

