



School Health Advisory Council (SHAC)

December 13, 2022



School Health Advisory Council

12/13/2022
10:00 a.m. – 12:00 p.m.
Food Production Center

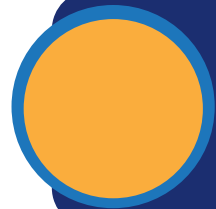
	Agenda topics	Presenter
10:00-10:10	Welcome and Introductions	Roy Garcia Chief Officer for School Leadership
10:10-10:20	Meeting Norms and Member Expectations	Allison Reimers SHAC Co-Chair
10:20-11:00	Flu, RSV and COVID-19 Updates from Harris County Health Department	Carolyn Hembree & Arlene Cortez Epidemiologists Abha Adhikari Emergency Management School Liaison Shehzana Hussaini Epidemiologist Liaison
11:00-11:45	Saving Lives Today & Educating Heroes of the Future	Katie Nippres Gulf Coast Regional Blood Center
12:00-1:00	Physical Activity and Fitness Planning Subcommittee Meeting	Elaine Waier Coordinator Elementary Music & Physical Education
Special notes:	<i>2022-23 meetings: 01/26, and 04/11 from 10:00 a.m.-12:00 p.m. at the CFISD Food Production Center</i>	

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease.”

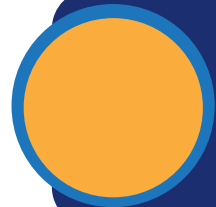
~ World Health Organization



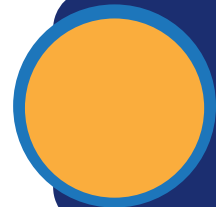
Meeting Norms



Attend all meetings and participate meaningfully in the council's work



Respect diverse thinking and values and commit to making recommendations considering our diverse community



Allow fellow members to express ideas free of interruption and derision



Silence cell phone



SHAC Purpose



Required by TEC, Title 2,
Chapter 28, §28.004 since 1995



Ensure CFISD's school health
programs reflect local
community values



Provide recommendations to Board of
Trustees on topics related to health
education curriculum or instruction



SHAC Focus Areas



Child Nutrition

Vegetarian options



Recess



Mental Health

MHIT, resources, mentors, & counselor role



Health Education



Physical Fitness

Adaptive PE & Outside PE



September 27,
2022

December 13,
2022

January 26,
2023

April 11,
2023

2022-23 Meetings

Food Production Center, 10 a.m.-12 p.m.



Harris County
Public Health
Building a Healthy Community

Flu, RSV, and COVID-19 Updates



[HCPHTX.ORG](https://www.hcphtx.org)





Harris County
Public Health
Building a Healthy Community

Introduction to Representatives

Carolyn Hembree, Epidemiologist

Sherri Hong, Epidemiologist

Abha Adhikari, Emergency Management School Liaison

Shehzana Hussaini- Epidemiologist Liaison

Harris County Public Health



HCPHTX.ORG



Overview of Presentation

- Epidemiology Updates
 - Flu and RSV
 - COVID-19
 - Long COVID
 - School Health and Holiday Recommendations
 - Outbreak Information
- Operation Updates
 - HCPH Updates
 - COVID-19 Vaccines and Booster
 - Flu vaccine
 - Available resources

Influenza (Flu)

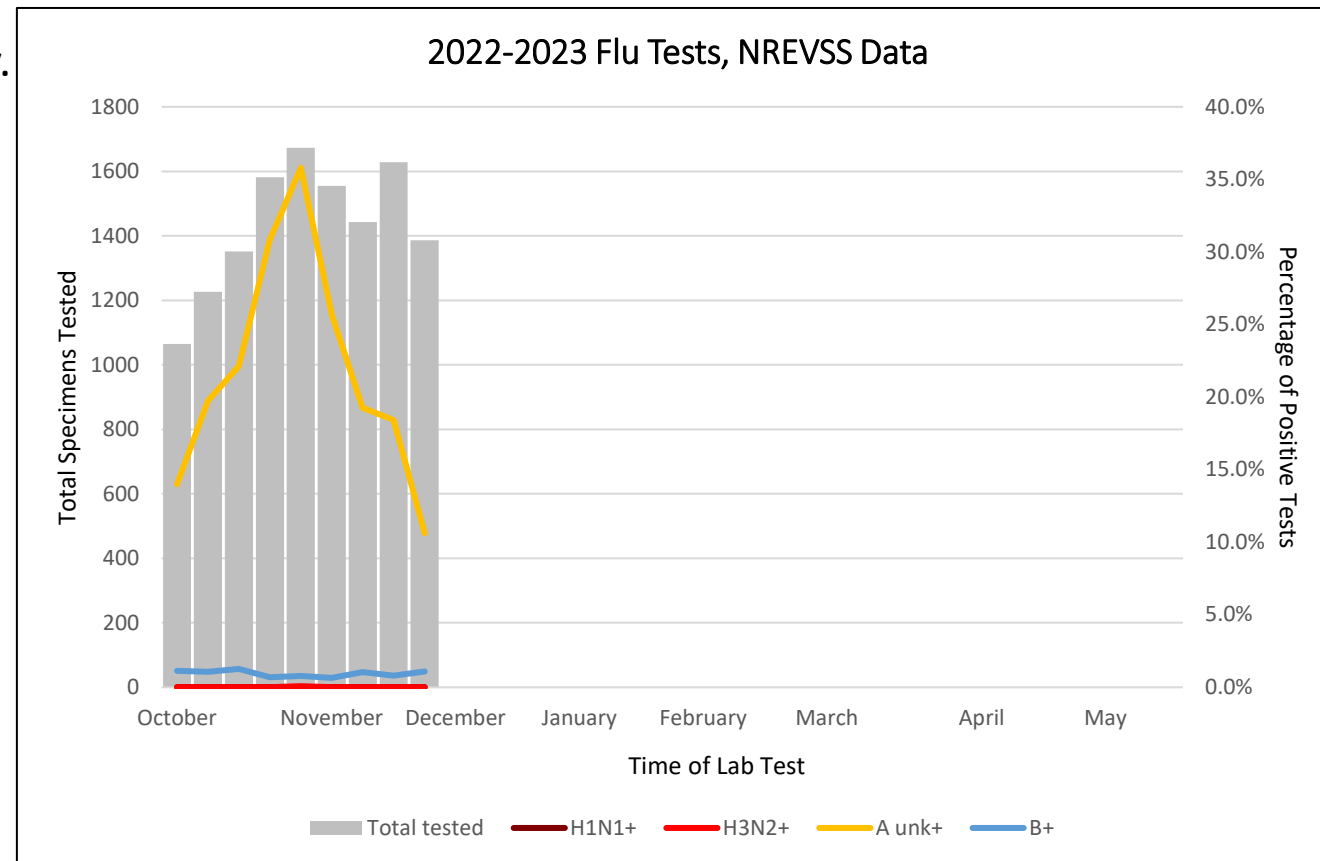
Definition: A contagious respiratory illness caused by Flu viruses that infect the nose, throat, and lungs. Two main types of influenza (flu) viruses: types A and B. These are the types routinely spread in people and responsible for seasonal flu epidemics each year.

National: Seasonal flu activity is elevated across the country. Early flu activity has brought early flu-related hospitalizations.

Local: The highest percentage of positive Flu tests occurred between October 30, 2022-November 5, 2022. This rate was higher than recent, pre-pandemic flu seasons. Since then, the percentage of positive Flu tests in Harris County has decreased.

Most common strain circulating this season: **Influenza A (H3N2)**

Disclaimer: Flu Season started October 1st, 2022



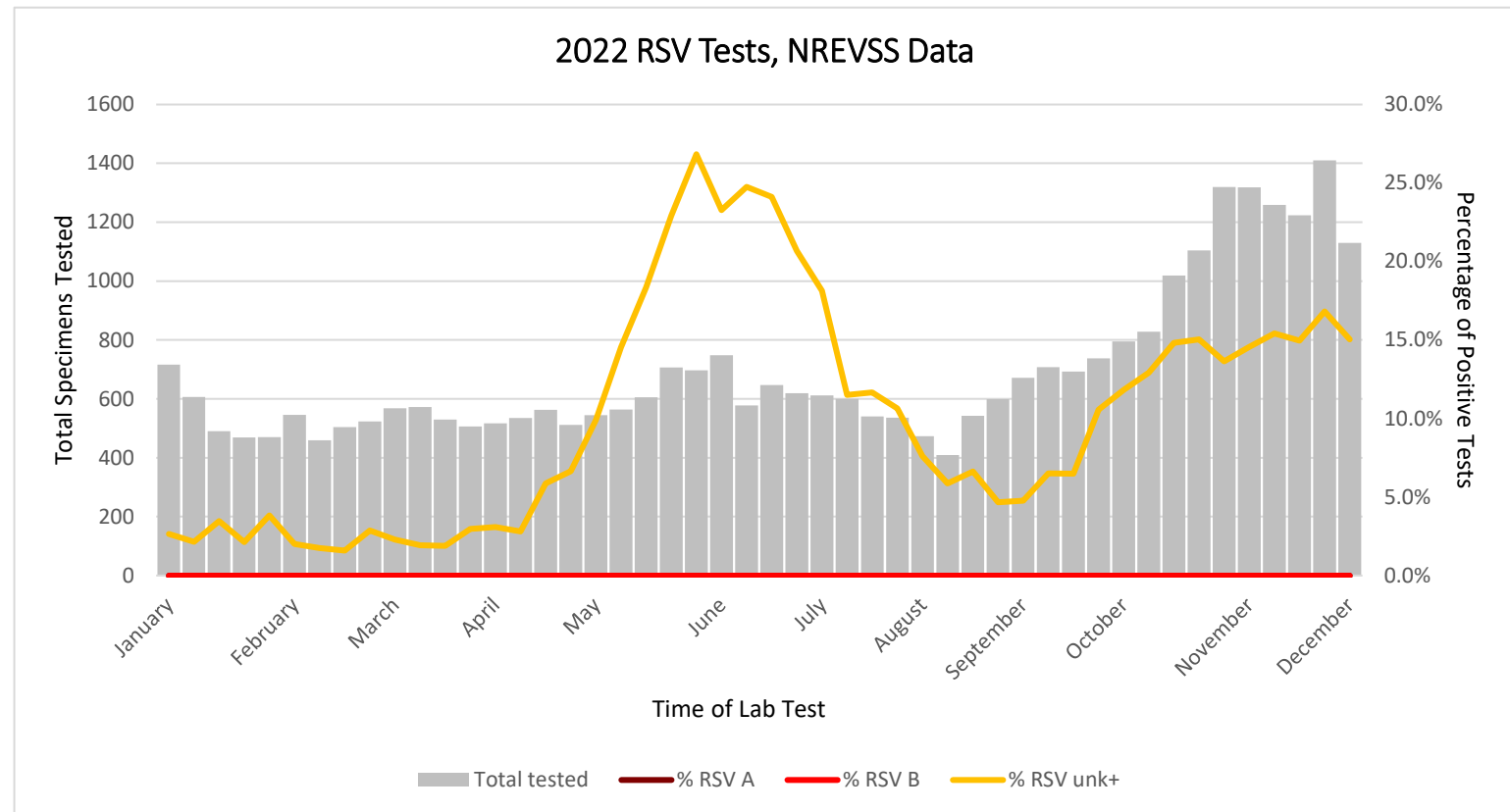
Respiratory Syncytial Virus-RSV

Definition: A common respiratory virus that usually causes mild, cold-like symptoms. The most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than 1 year of age in the United States.

Trends:

National: Activity remains elevated but RSV testing has decreased in the South and Southeast regions of the United States

Local: There was an increase in the percentage of positive RSV tests in November compared to October. The latest data indicates that between November 27-December 3rd, 2022, 15% of 1130 RSV tests came back as positive.



General Information

RSV

At Risk Population

- Infants (≤ 6 month)
- Children ≤ 2 years old
- Persons with weakened immune system
 - chronic lung disease or congenital heart disease
- Older adults (≥ 65 years)

Contagious Period:

- Contagious for **3 to 8 days** after onset
- May become contagious 1-2 days before showing signs of illness
- Some infants and people with weakened immune systems, can continue to spread the virus even after they stop showing symptoms, for as long as 4 weeks

Flu

At Risk Population

- Adults 65 Years and Older
- Pregnant People
- Younger Children
 - Children with Neurologic Conditions
- Chronic Conditions
 - Asthma, Heart Disease, Diabetes, HIV/AIDS, Chronic Kidney Disease, Cancer
- Racial and Ethnic Minority Groups
- People with Disabilities

Contagious Period:

- Most contagious in the **first 3-4 days** after the illness begins
- Some infants and people with weakened immune systems may be contagious for longer than 7 days

Transmission and Prevention


Transmission:

- Indirect Contact
 - An infected person coughs, sneezes, talks and the virus droplet lands in your eyes, nose, or mouth
 - Touching a surface that has the virus on it then touching your face before washing your hands
- Direct Contact
 - Kissing the face of a child with a respiratory illness

Prevention

- Cover coughs and sneezes with a tissue or your upper shirt sleeve, not your hands
- [Wash hands](#) often with soap and water for at least 20 seconds
- Avoid close contact, such as kissing, shaking hands, and sharing cups and eating utensils, with others
- Clean frequently touched surfaces such as doorknobs and mobile devices
- Avoid touching your eyes, nose, and mouth.
- Stay home for at least 24 hours after your fever is gone
 - Fever should be gone without the need to use a fever-reducing medicine
 - Exception to get medical care or other necessities
- Vaccination
 - RSV
 - No vaccine currently
 - Flu
 - Vaccine

Harris County Public Health: Flu Portal



Harris County Public Health
Building a Healthy Community

HCPH -School Disease Reporting Portal

Please Login

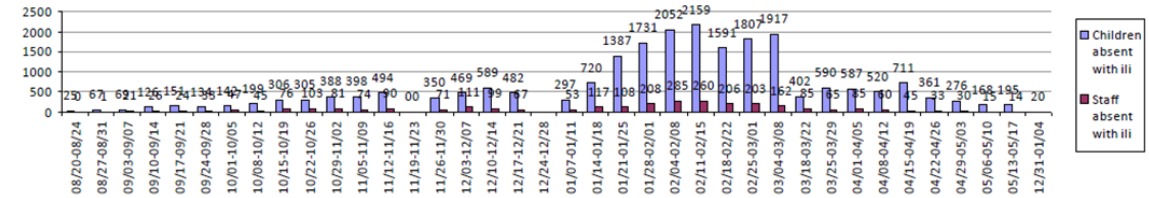
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Not more than 20 characters long.

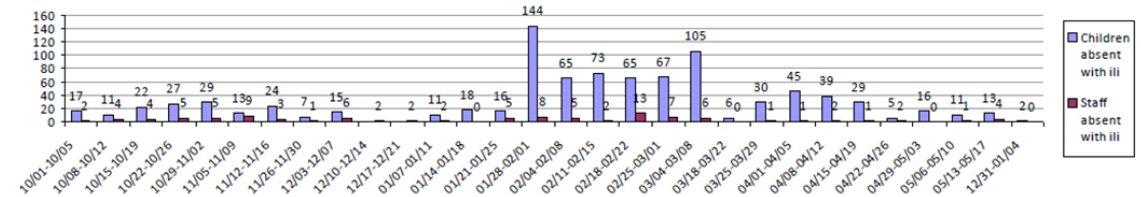
Login
Cancel

New Registration
[Forgot Password?](#)
[Contact Admin](#)

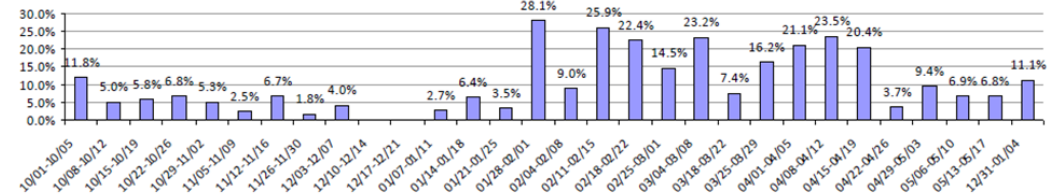
Harris County



ISD

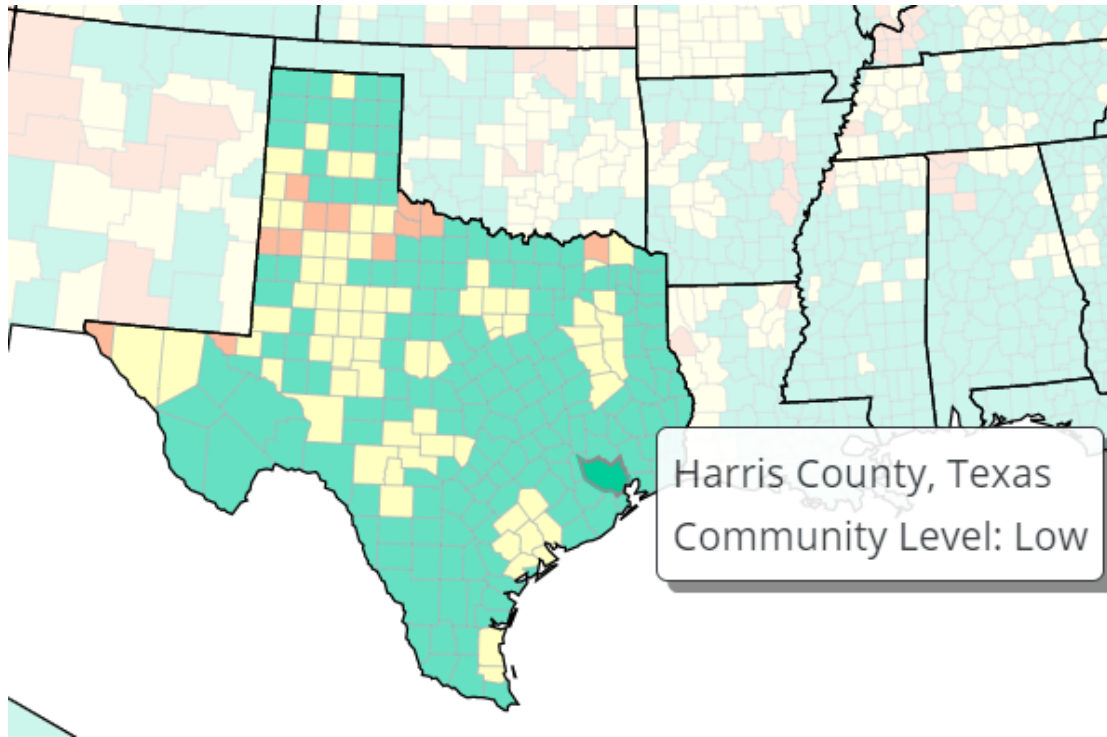


Percent of Children Absent due to ILI by Report Period, ISD



- Please e-mail us if you're interested in enrolling
- Epidemiology_Program@phs.hctx.net

Community Outlook: COVID



Low

- Stay up to date with COVID-19 vaccines and boosters
 - Updated bivalent booster
- Get tested if you have symptoms

Medium

- If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions
- Stay up to date with COVID-19 vaccines and boosters
- Get tested if you have symptoms

High

- Stay up to date with COVID-19 vaccines and boosters
- Get tested if you have symptoms
- Additional precautions may be needed for people at risk for severe illness

Trends

- Wastewater is a useful tool in public health that has grown a lot since 2020. We can use it to detect viruses, understand if the virus is spreading, and direct health resources to areas of need.
- The amount of COVID-19 in the wastewater has been increasing over the past few weeks. We appear to be at the start of a wave.
 - 262% viral loads means there is 2.6x more virus in our wastewater than when testing began in July 2020
 - 8 weeks of consistent growth
- Hospital use due to COVID-19 remains low.
- The number of cases and hospital use in the next wave will depend on vaccination and booster adoption.

COVID-19 Viral Load for the City of Houston
11/21/2022

347%

New Admission for COVID-19
per 100,000 population

8.7!

County Hospital Bed Use for
COVID-19 Patients

4.0%

Variant Updates

BQ.1, BQ.1.1, and XBB

- Not currently considered a new variant of concern
- Part of the Omicron lineage
- BQ.1 and BQ.1.1 are close descendants of BA.5. XBB is a combined variant of two different omicron variants. This is good news for the updated booster's ability to prevent severe illness.
- Spreads more easily
- Disease severity does not appear to be worse, however, we need more time to see real world outcomes
 - Monoclonal antibodies not an effective treatment option for these variants
 - Antivirals remain effective
 - Under vaccinated and immunocompromised still vulnerable to worse outcomes

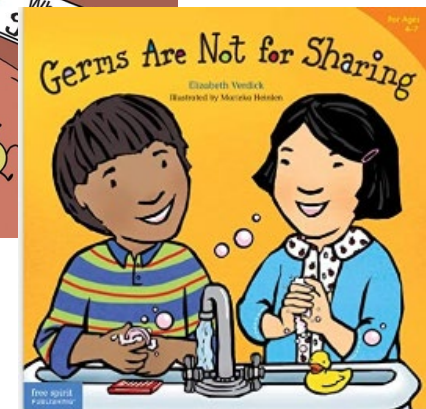
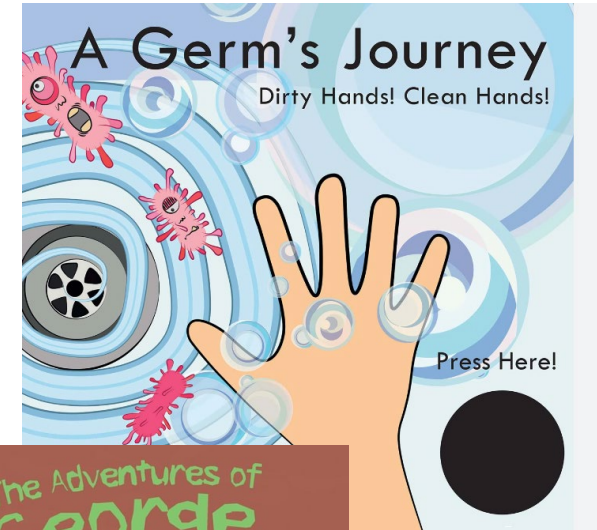
Long COVID

- Symptoms lasting longer than 4 weeks or new and unusual symptoms following a COVID-19 infection.
 - Symptoms can vary widely (Organ damage, breathing difficulties, fatigue, brain fog, persistent loss of taste and smell, and more)
 - Found in 1 in 4 children. Vaccines reduce risk of long COVID.
- Commonly shows up in children as:
 - Difficulty concentrating
 - Decreased academic performance
 - Exercise intolerance
 - Fatigue
 - Headaches
 - Persistent cough or congestion
 - Irritability
- Can be a disability under the ADA, Section 504, and Section 1557 if it substantially limits one or more major life activities.
- HCPH has a team working on Long COVID and is available to present on the topic in more detail



Illness Prevention Recommendations

- **Routinely clean and disinfect surfaces and objects that are touched often**
- **Review hand hygiene and respiratory etiquette with students**
 - Storytime activities and age-appropriate lessons about germs
 - Throw away tissues after use
 - Wash hands after coughing or sneezing
- **Improve indoor air quality**
 - HVAC maintenance
 - HEPA air cleaners
 - Outdoors venues
- **Encourage staying home if sick**
- **Allow mask use for those who wish to use them**
- **Review school policies sick policies**
 - Implement flexible sick leave policies for students & staff
 - Avoid the use of perfect attendance awards



Holiday Health Recommendations

Plan with your most vulnerable family in mind

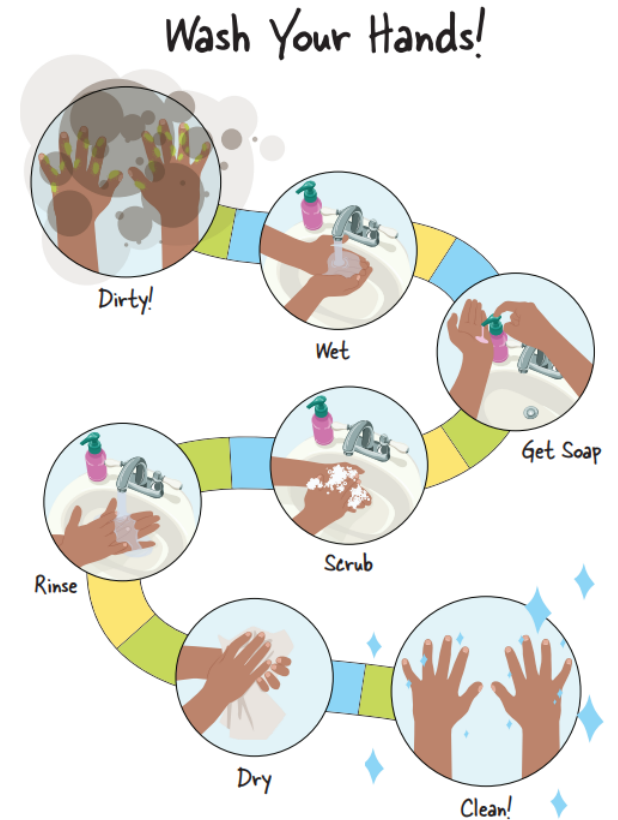
- Stay home if sick
- Test before gatherings
- Get updated on flu and covid vaccines (the sooner the better)
- Take celebrations outdoors if feasible

School Holiday Parties

- Have students wash hands before party activities
- Improve indoor air quality

Travel

- Check the situation at your destination and plan accordingly (testing, mask, etc)
- Stay home if sick; if you must travel wear an N95 mask
- If well, consider wearing a mask while boarding and while on the plane to protect yourself from illnesses that could spoil your trip



Outbreak Support

Reporting

- Schools and child care centers should continue to report COVID-19 cases to their local health department. Please note if you have concerns about an outbreak.
- Individual flu and RSV cases are not required to be reported, however, outbreaks should be reported
 - May contact HCPH even if you are unsure if there is an outbreak so that we may provide assistance

COVID –19 Outbreak Definition

- Two or more cases within two weeks in students or staff who are linked in some way (same classroom, sports team, after school group etc.)

Other Respiratory Illnesses Outbreak Definition*

- *Guidance may differ for specific illnesses. In general, signs of an outbreak include
 - Sudden increase in cases or absenteeism over the normal background rate
 - Five or more case of flu or influenza-like-illness within a week in students or staff who are linked in some way (same classroom, sports team, after school group etc.)

Office of Epidemiology, Surveillance and Emergent Diseases

COVID-19 operations will be under OESED:

- Will include COVID-19 and ILI
- Any new emergent diseases
- Expect more communication in guidance and resources for disease management and mitigation



Operations

- HCPH is offering combined events with the availability of COVID-19, MPXV and Flu vaccines.
 - Hoping to boost vaccination numbers in the community by having all 3 vaccines readily available
 - All vaccine sites continue to be free
- COVID-19 Testing sites are free and can be hosted at school sites
 - <https://publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus/Register-for-COVID-19-Vaccine>

Available COVID-19 Vaccines

COVID-19 vaccines are approved or authorized in the United States:

Pfizer-BioNTech

- 2 dose series
- 6 months and older

Moderna

- 2 dose series 6 months and older

Novavax

- 2 dose series
- 12 years and older

Johnson & Johnson's**


- 1 dose series
- 18 years and older
- Not offered at HCPH sites

COVID-19 Vaccines are Effective
Recent data on vaccine impact and effectiveness

Compared to fully vaccinated people, unvaccinated people have:

- 5.8x** the risk of **testing positive** for COVID-19
- 14x** the risk of **dying** from COVID-19

GET VACCINATED TODAY!

 Data as of October 2, 2021
Source – CDC COVID Data Tracker

cdc.gov/coronavirus

COVID-19 Bivalent Booster Updates

The updated **(bivalent) boosters** are called “bivalent” because they protect against **both**

- the original virus that causes COVID-19
- AND
- the Omicron variant BA.4 and BA.5.

Vaccination history	→	Next dose
Primary series	At least 2 months →	1 bivalent booster dose
Primary series + 1 booster	At least 2 months →	1 bivalent booster dose
Primary series + 2 booster	At least 2 months →	1 bivalent booster dose

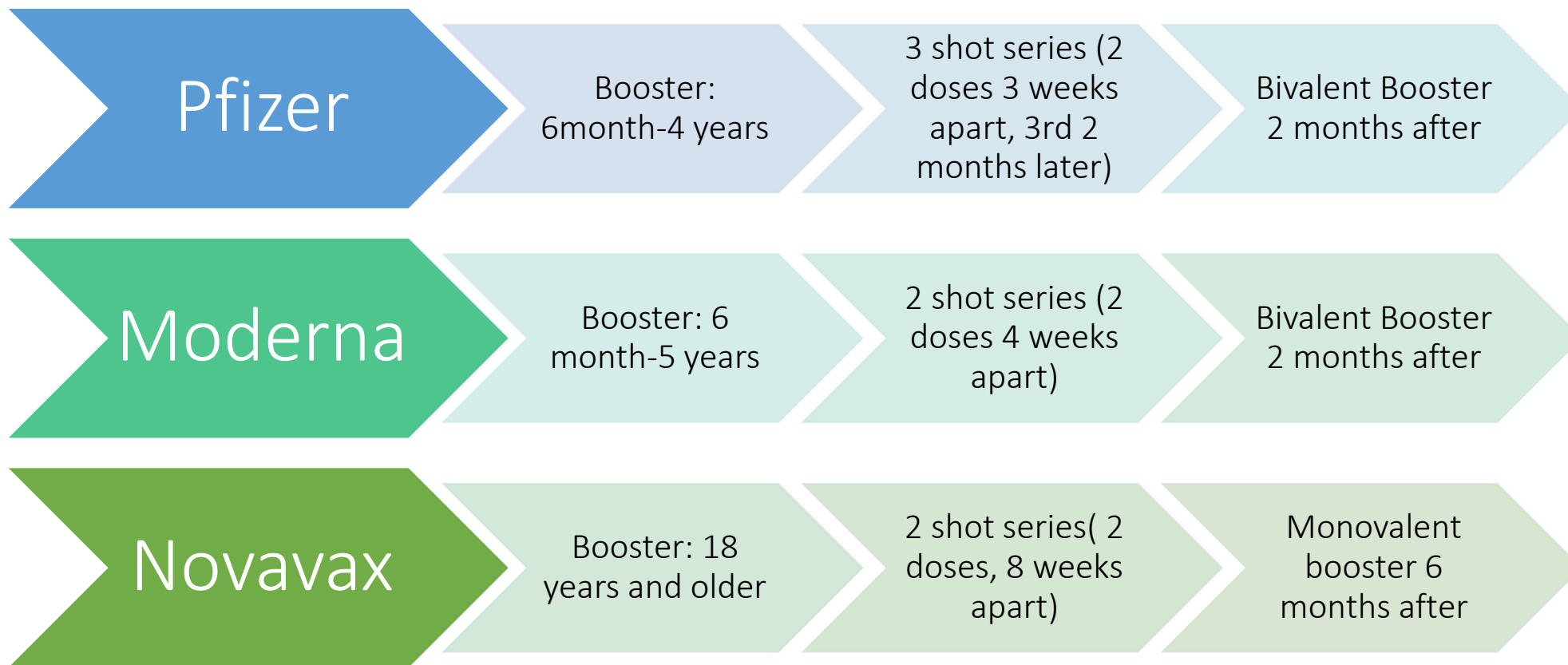
CDC recommends that people ages 6 months and older receive one updated (bivalent) booster if it has been at least 2 months since their last COVID-19 vaccine dose, whether that was:

Their final primary series dose

An original (monovalent) booster

If you received more than one monovalent booster

COVID-19 Booster Updates



Flu Vaccine Eligibility

Annual flu vaccination is recommended for everyone 6 months and older

Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.

Flu vaccination reduces hospitalizations and emergency department visits in children.

During the **2018-2019** flu season, flu vaccination reduced:

- Hospitalizations by: **40%**
- Emergency Department Visits by: **51%**

in children between 6 months and 17 years old ...*

Flu vaccination is the best way to protect children from flu and its complications.


... even though vaccines were not well matched with one of the circulating viruses.

*Study based on analysis of 3,736 children in the New Vaccine Surveillance Network made up of pediatric hospitals in 7 cities. © 2019 CDC


WWW.CDC.GOV/FLU

CDC estimates* that, from **October 1, 2021** through **June 11, 2022**, there have been:


8,000,000 – 13,000,000
flu **illnesses**




3,700,000 – 6,100,000
flu **medical visits**



82,000 – 170,000
flu **hospitalizations**



5,000 – 14,000
flu **deaths**



Partner up with HCPH for school specific testing and vaccine sites:

- Free of cost to all attendants
- No insurance information required
- Set up and break down of site is handled by HCPH personnel
- Can be one time or recurring events

To schedule and inquire more about scheduling testing and vaccine events:

Email:
abha.adhikari@phs.hctx.net

Direct cell: 713-368-8164

Student Health Advisory Committee

We are available to attend and present at your student health advisory committees!

Can present on topics as requested, like Flu, RSV, Long COVID or a variety of other topics and resources.



Contact Information

Carolyn Hembree: carolyn.hembree@phs.hctx.net

Abha Adhikari: abha.adhikari@phs.hctx.net

Shehzana Hussaini: shehzana.hussaini@phs.hctx.net

SEU Flu School Daycare Taskforce:
epidemiology_program@phs.hctx.net



Harris County
Public Health
Building a Healthy Community

Thank you!



HCPHTX.ORG





Donate Blood

**From the
Heart**



**Gulf Coast Regional
Blood Center**
Commit for Life.[®]



Gulf Coast Regional
Blood Center
Commit for Life®

We are a Community Based Blood Bank

The blood you give helps family members, friends, and neighbors in our community.





Our Stats

- Established 1975
- Provide units for over 170 Health Care Institutions,
 - Texas Children's, Memorial Hermann, St. Luke's, and MD Anderson
- Serve 26 counties

Anyone

could
need blood
at

Any Time





WE'VE JOINED



**BLOOD EMERGENCY
READINESS CORPS**



**Gulf Coast Regional
Blood Center**



**ALL BLOOD
DONORS
IN THE U. S.
MUST BE
UNPAID
VOLUNTEERS.**



**EVERY 2 SECONDS
SOMEONE NEEDS A
BLOOD TRANSFUSION.**

Stefani and Samuel

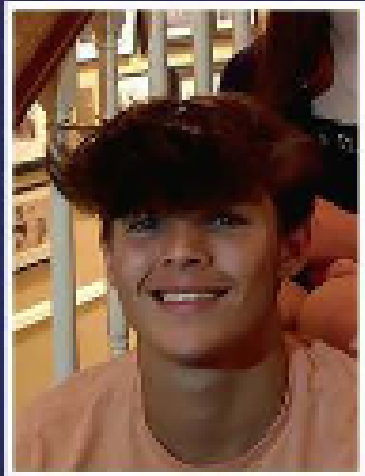
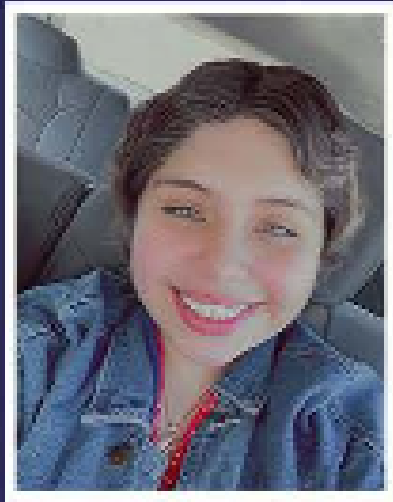
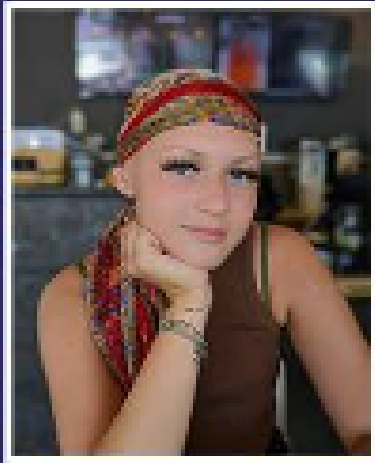


GIVE BLOOD .ORG

Blood donations, save lives! Stefani, a sophomore, was diagnosed with a cancerous brain tumor this past February. Samuel was diagnosed in November 2021 with leukemia and has been in remission since December 2021. His sister, Trinity, is a sophomore on campus. Both Stefani and Samuel continue their medical treatments, which have included multiple transfusions at Texas Children's Hospital. YOU are their HEROES!! They and their families are very grateful for your *Commit for Life* donation for all patients.



Kayla, William, and Nikki



GIVE BLOOD

Blood donations save lives! Kayla and William continue their courageous battles with leukemia. Nikki is in remission since August after being diagnosed with lymphoma. YOU are their HEROES. These students and their families are grateful for your *Commit for Life* donation.



Zoe



GIVE BLOOD .ORG

Blood donations, save lives! Zoe, a junior at Bridgeland, was severely injured in a vehicle accident last month. She has received multiple transfusions and other saving medical treatments at Memorial Hermann's trauma center. Zoe and her family, Bridgeland residents, are very grateful for your *Commit for Life* donation for all patients.





Nearly
42,000
BLOOD COMPONENTS
ARE USED BY
PATIENTS
EVERY DAY.





JACK

Jack's Story - [\(45\) Jack Morgan - "I've got this" - YouTube](#)

Jack Morgan





CORONA

COVID-19



Donate
regularly.



Connect
with us.



Spread
the word.



**Gulf Coast Regional
Blood Center**

COMMIT FOR LIFE



**DONOR
REWARDS™**



**Super
volunteers
earn super
rewards too!**

Jizyah,
volunteer

HOW DONORS EARN POINTS

Whole blood donation	=	<u>30</u> POINTS
Automated donation	=	<u>45</u> POINTS
Automated donation with platelet or double red cell	=	<u>65</u> POINTS
Keep your scheduled donation	=	<u>10</u> POINTS

EVERY TWO SECONDS
SOMEONE NEEDS A
BLOOD TRANSFUSION.

Do you
have time
to save
a life?



Ethan & Evelyn Thank You -- [\(45\) Give Blood for Ethan - YouTube](#)



Gulf Coast Regional
Blood Center



Ethan

**brave soul.
southern
hospitality.
leukemia
survivor.
blood
recipient.**

CFISD Blood Drive

CHALLENGE



**WE ARE AWARDING
43 SCHOLARSHIPS
VALUED AT **\$60,000!****

**40 - \$1,000 Scholarships
2 - \$5,000 Scholarships
1 - \$10,000 Scholarship**

**Your life-saving
ideas could help
you win money
for college.**



S·E·N·I·O·R·S

THE ONE WHERE WE WEAR RED CORDS



DONATE TODAY FOR OUR HOLIDAY GIVEAWAY

DECEMBER 1-18, 2022



Gulf Coast Regional
Blood Center



DONATE BLOOD & BRIGHTEN *The Holiday Season*

BEAR
PROVIDING HOPE AND HELP



**NOVEMBER
& DECEMBER
2022**



Start the
NEW YEAR
— in style —
DONATE
BLOOD

JANUARY 2-14, 2023



**Gulf Coast Regional
Blood Center**





Donate Blood!

**GIVE BLOOD.
EARN A FREE ENTRÉE!**

Blood Drive
JANUARY 15-31, 2023


Black Bear Diner

 Gulf Coast Regional Blood Center



One hour
changes
everything
giveblood.org

MAKE TIME
to save lives

JANUARY 15-31, 2023

 Gulf Coast Regional Blood Center

BLOOD DRIVE

EAT. DRINK. BRING I.D.

giveblood.org • 1(888) 482-5663

Commit for Life.

Gulf Coast Regional
Blood Center

GIVE BLOOD.ORG

The Buzz - Chick-fil-A at Fairfield Towne Center

Monday, December 26
11:00 am - 6:00 pm
Donor Coach

**FREE HOODIES AS A THANK
YOU GIFT FOR YOUR
LIFESAVING DONATION!**

Questions? Contact:
Katie Nippres
(832) 271-9255
Sponsor Code: B945C290



Eva, blood recipient



Now cancer free,
blood donors came to
Ezra's rescue during
his battle with acute
lymphoblastic
leukemia.

Gulf Coast Regional
Blood Center

thanks FOR giving

To schedule a blood drive at your campus, or in your neighborhood, church, or community group, please contact:

Katie Nippress

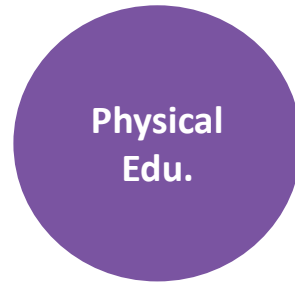
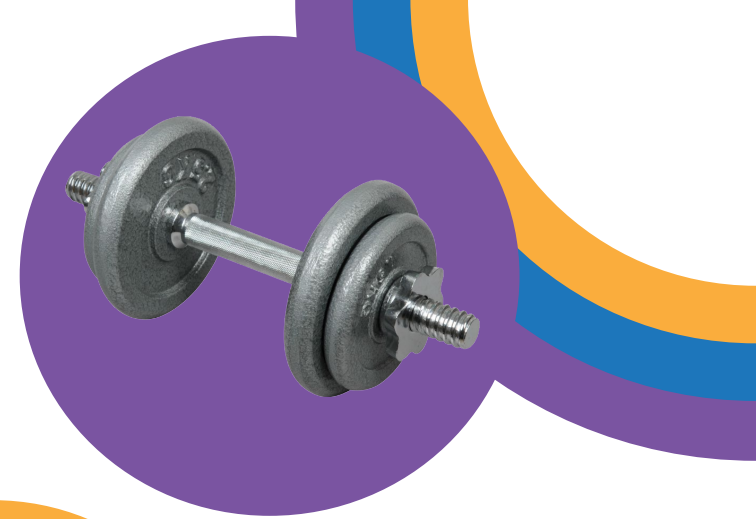
knippress@giveblood.org

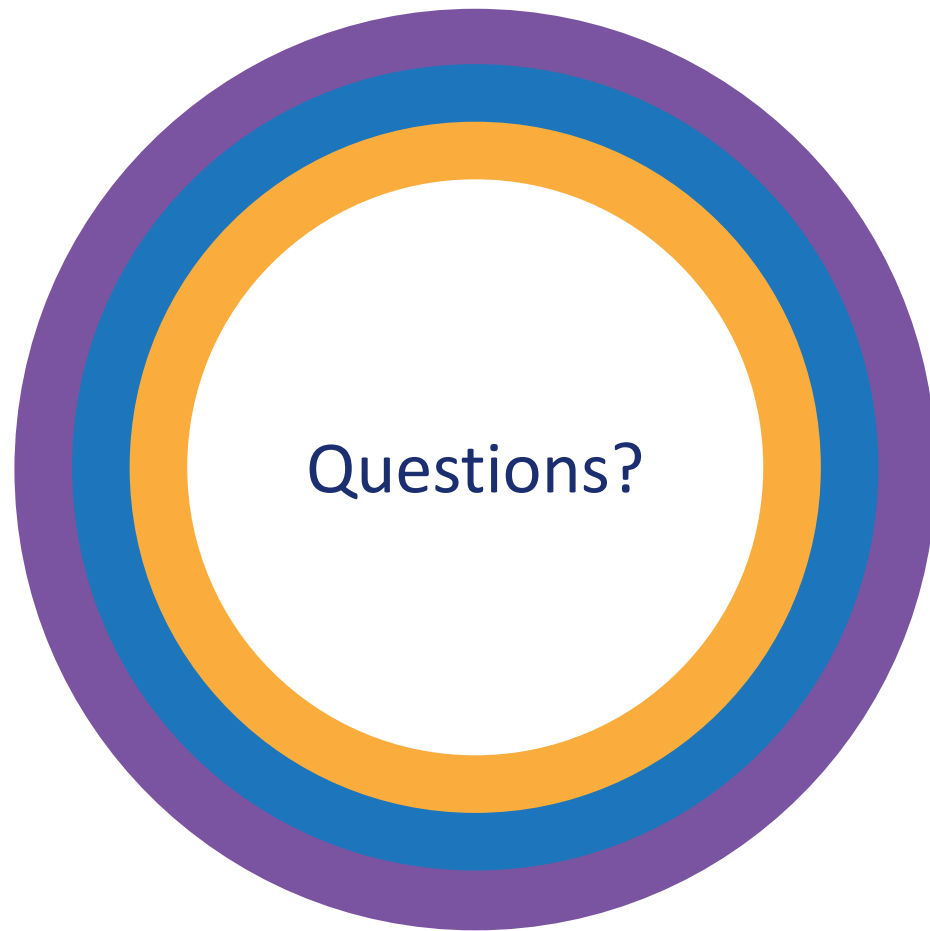
Carol Menendez

cmendez@giveblood.org

Physical Activity & Fitness Planning Subcommittee

- We will not be meeting today.
- Chairperson
 - Elaine Waier, Elementary Music & Physical Education Coordinator





Questions?