

# **Coronavirus (COVID-19)**

## Parents Toolkit



Dear Parents:

In response to the current Coronavirus Disease 2019 (COVID-19) situation, Ochsner Health has created a toolkit of resources for your employees, parents and students. Please find helpful tips to keep you and your families healthy and prepared. Included in this toolkit are the following:

- Five Things to Know about COVID-19
- Talking to Kids about COVID-19
- Hand Hygiene Tips
- Staying Healthy While Traveling
- Preventing Cabin Fever and Staying Healthy at Home
- Building Your Family's First Aid Kit
- What is a Virtual Visit?
- COVID-19 Resource Guide

As the COVID-19 situations continues to evolve, we encourage you to check [www.cdc.gov](http://www.cdc.gov) and [www.ochsner.org/coronavirus](http://www.ochsner.org/coronavirus) for the latest information. We've included a list of other helpful resources in the last page of this toolkit.

Thank you,

Ochsner Health

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# 5 Things You Should Know About Coronavirus

Coronavirus Disease 2019 or COVID-19 is a new strand of coronavirus to infect humans. It was first detected in China and has now spread around the world, including the United States. Information on COVID-19 is constantly changing. As the CDC continues to update information, here are five basic facts you should know about COVID-19.

## 1. What are the symptoms of COVID-19?

COVID-19 is a respiratory disease. Some symptoms may include a runny nose, cough, sore throat, headaches and possibly fever. For people who have a weakened immune system, such as the elderly, the very young or immunocompromised patients, symptoms can become severe quickly and can cause serious respiratory tract illnesses, such as pneumonia or bronchitis.

## 2. Should I buy a mask to protect myself from contracting COVID-19?

If you are sick, a mask is a good way to help prevent the spread of your germs and the virus when you sneeze or cough. However, if you are not sick, wearing a mask will most likely not protect you from contracting a virus or other sickness. Additionally, most people do not know how to wear masks properly and end up touching their faces more, which can increase your chances of contracting the virus. The best thing to do is to wash your hands thoroughly. For best handwashing techniques, follow the [CDC's guide](#).

## 3. What preventions and treatments are available?

Currently, there is no vaccine to prevent COVID-19. The best way to prevent contraction is to avoid being exposed to the virus. Some everyday preventions the [CDC recommends](#) are:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your cough or sneezes with a tissue and immediately throw it away in the trash.
- Disinfect objects that you frequently use, such as your phone, computer, purse, remotes, chargers, kids' toys, water bottles, etc.
- Wash your hands frequently with soap and water for at least 20 seconds, especially after going to the bathroom, before eating or after you cough or sneeze.

## (Cont'd: Things You Should Know About Coronavirus)

There is no specific treatment for COVID-19. People who contract the virus should receive supportive care from their healthcare team to help alleviate symptoms. People with a severe case will need care that involves support for vital organs.

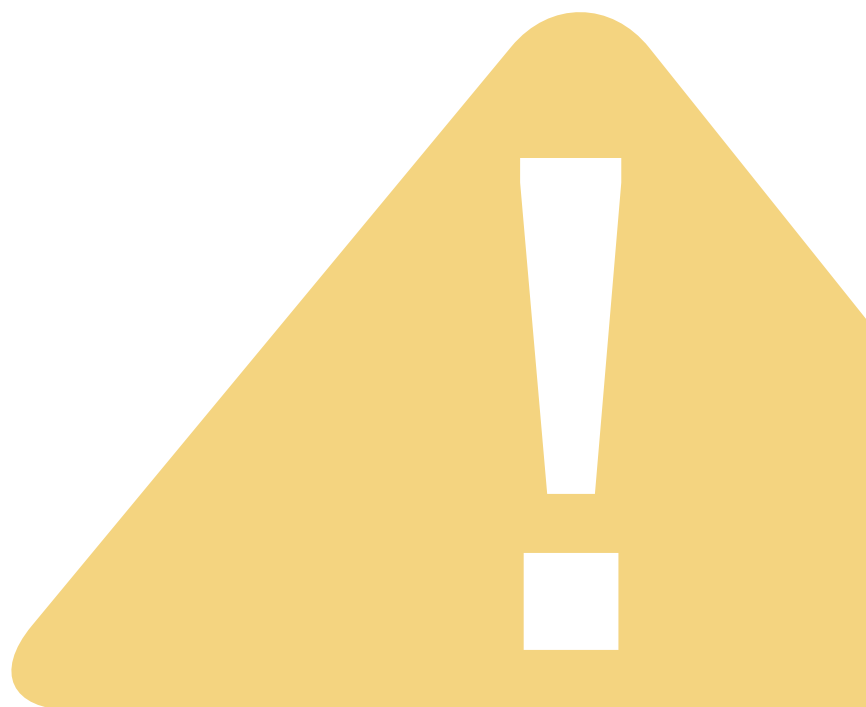
### 4. Can I still travel?

The CDC currently lists six locations with various levels of travel warnings: China, Iran, South Korea, Italy, Japan and Hong Kong. People traveling to these areas should take extreme caution and if trying to return to the United States, can expect restrictions on entry and quarantines upon return. The status of COVID-19 is changing every day, so continue to monitor the [CDC's list](#) of travel notices before traveling.

### 5. What should I do if I think I have COVID-19?

If you are experiencing symptoms of COVID-19, please follow the steps below:

- Call our free information line **844-888-2772** for 24/7 advice and COVID-19 information
- Call your primary care physician's office or send a secure message via [MyOchsner](#) for guidance
- Schedule a Virtual Visit with a provider at [www.ochsner.org/virtualvisits](http://www.ochsner.org/virtualvisits)



# Talking to Kids about COVID-19

As talk of the coronavirus grows, it is possible that your child will hear about it through the media, their school or friends. Until the outbreak is contained, citizens are being prompted to prepare for school and work closures.

Parents should be mindful that this can seem a bit scary for kids. Here are a few ways to prepare them and ease their anxiety.

## Talk to your children

Your child has most likely heard of coronavirus, but you want to ensure that the information they are getting is accurate and age appropriate.

### The best way to approach the topic is by using (AIR): Ask, Inform and Reassure

**Ask:** Ask what the child already knows and if they have any concerns or fears related to the virus.

**Inform:** Parents should be honest but deliver the content in a way that is calming and understandable for the child.

**Reassure:** Make sure your child feels at ease about the situation and explain to them that most people don't get sick, and of those not every case is life-threatening. It is good to remind them that doctors, scientists and other leaders are hard at work to prevent the virus.

## Teach your children how to properly wash their hands

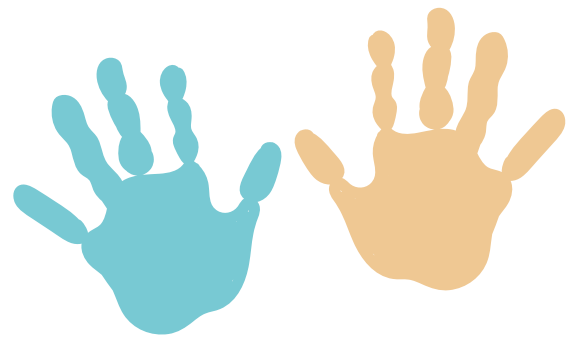
Coronavirus is spread via droplets that could get into your child's nose or mouth. Schools are a petri-dish for bacteria, but proper hand hygiene is the best way to ward off germs. The easiest way for your child to remember how to properly wash hands, is by telling them to sing "Happy Birthday" twice while scrubbing hands thoroughly with soap and clean water. They should wash their hands regularly after playing with others, touching commonly used surfaces, eating and going to the restroom.

## Learn about their school's protocols

Just like your child's school has a plan in place for natural disasters, they will most likely have one for infectious disease outbreaks. Take time to familiarize yourself with the protocol and begin organizing options for your child if they are required to stay home. It's important to frame it as a positive and maintain routine as much as possible to avoid confusion or fear. Tele-schooling is an option for some students, but some kids could warrant supplemental activities to mediate the cabin fever. For some great activities to keep your children occupied and stimulated, [check out these options](#).



## (Cont'd: Talking to Kids about COVID-19)



It is also important to let your child's school know of recent travel activity to prevent any possible contagious interactions amongst students.

### **Stock up on common household items**

Many grocery stores across the United States are experiencing a shortage of basic items. If you are concerned about the availability of your child's favorite items near you, consider stocking up on nonperishable groceries including:

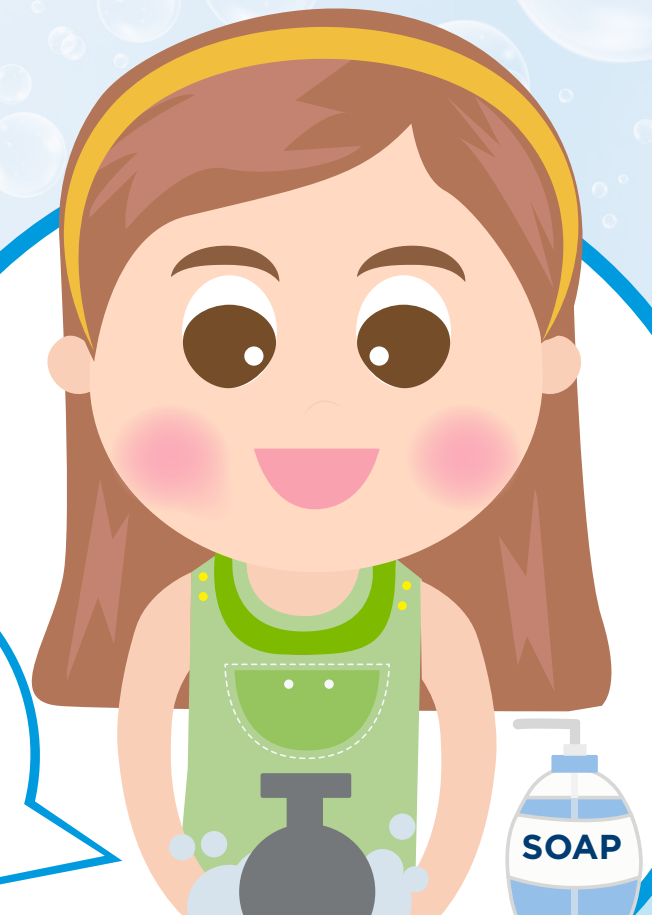
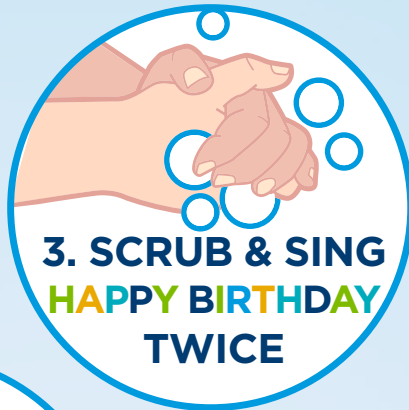
- Crackers
- Canned goods
- Boxed macaroni and cheese
- Frozen foods
- Trail mix

For more healthy food options to stock up on, [click here](#).



**Parents should be honest but deliver the content in a way that is calming and understandable for the child.**

# How to Wash Your Hands





# How to Clean Your Hands

Clean hands are the key to staying healthy.



## WET

Use warm or cold running water.



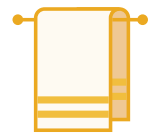
## LATHER & SCRUB

Scrub for 20 seconds and get the backs of your hands, between fingers and under nails.



## RINSE

Use clean water, warm or cold.



## DRY

Use clean towel or air dry.

See a provider 24/7,  
visit [ochsner.org/virtualvisits](https://ochsner.org/virtualvisits)



# Is it Safe to Travel with the Coronavirus Outbreak?

If you have travel plans during the COVID-19 outbreak there are a few things you need to know. Check out the frequently asked questions below.



## Should I cancel my trip?

The first question you may be asking is, “Should I cancel my trip?” The answer may depend. [The CDC is providing recommendations for travel](#) based on the assessment of potential health risks involved with traveling to certain countries. Additionally, domestic travel to areas with high community transmission should be cautiously re-considered, particularly for older adults or those with underlying health issues. You should check the risk associated with your destination before your departure. [The World Health Organization](#) is recommending that elderly travelers and those with underlying health conditions avoid travel to areas that are experiencing ongoing transmission of COVID-19. For those who decide to cancel or postpone their travel, many airlines and other organizations are offering flight credits or some form of reimbursement to reschedule your travel. It is recommended that you check with your airline or travel agent for full details on flight change or cancellation policies.

## Is it safe to go on a cruise?

[The CDC is now recommending that travelers](#), particularly those with underlying health issues, defer all cruise ship travel worldwide. The CDC states: “Cruise ship passengers are at increased risk of person-to-person spread of infectious diseases, including COVID-19. Older adults and travelers with underlying health issues should avoid situations that put them at increased risk for more severe disease. This entails avoiding crowded places, avoiding non-essential travel such as long plane trips, and especially avoiding embarking on cruise ships.”

If you do go on a cruise, make sure you are maintaining proper hand hygiene and stay in your cabin if you are sick. You should also let the onboard medical center know immediately if you develop a fever or have other symptoms such as cough, shortness of breath or sore throat.

## Should I wear a face mask while traveling?

[The World Health Organization](#) only recommends wearing a mask if you are already sick or if you are caring for a person with a suspected COVID-19 infection.

If you decide to wear a mask you must know how to use it and dispose of it correctly. Additionally, masks are only effective when used in combination with frequent hand washing. If you need to wear one, the World Health Organization has a few tips on [how to properly use a mask](#).



## (Cont'd: Is it Safe to Travel with the Coronavirus Outbreak?)

Other ways to protect yourself and others from COVID-19 include:

- Staying away from people who are sick
- Avoiding touching your eyes, nose and mouth
- Cleaning and disinfecting frequently touched objects and surfaces
- Washing your hands with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing.

### What kinds of quarantines or restrictions should I expect upon my return?

At present, the CDC has warned people to avoid nonessential travel to China, Iran, South Korea, Italy and Japan. American citizens returning to the United States who have been in China or Iran in the past 14 days will be redirected to one of 11 airports to undergo health screenings. Depending on your health and travel history, there will be some level of restrictions on movement for two weeks after you have departed.

### How else can I stay healthy while traveling?

There are several ways to promote health and minimize your risk of developing illness while traveling. These include:

- **Get plenty of rest and maintain a balanced diet**

It's easy to overdo it while traveling, especially when dealing with jet lag and new cuisine. Try to get at least seven to nine hours of sleep each night and maintain a diet consisting of fresh fruits and vegetables, fiber and lean protein to support a strong immune system.

- **Stay hydrated**

Hydration is key to good health no matter where you are, but when you travel it can become even more essential. Drinking water can keep the mucous membranes in your throat and nasal passages from drying out, which can protect you from germs.

- **Bring your own disinfectant**

Pack hand sanitizer and sanitizing wipes so you can wipe down frequently touched places and items, particularly those that are shared with others. This includes armrests, seatbelts, tray tables and any touchscreen entertainment systems. If you're traveling via an airline, make sure your hand sanitizer is 3.4 ounces or less per TSA policy. The CDC recommends hand sanitizers that contain at least 60% alcohol content, so check the active ingredients on the back of the bottle when you choose one.

You can learn more about COVID-19 at [ochsner.org/coronavirus](https://www.ochsner.org/coronavirus). The CDC's information regarding travel restrictions is subject to change, for up-to-date information regarding COVID-19 and travel visit: [CDC COVID-19 Information for Travel](https://www.cdc.gov/coronavirus/2019-ncov/travelers).



# Preventing Cabin Fever and Staying Healthy at Home

No matter the season, there may come a time — or several — throughout the year when you are stuck inside the house. With your kids. For days at a time. With no way out. What's a parent to do?

TV, tablets and video games can provide some sweet relief, and while they can be useful (and educational!) for an [age-appropriate amount of time](#), sometimes you need to throw it back and have some good old-fashioned fun with your kids. Below are some time-tested, kid-approved cures for cabin fever. It's just what the doctor ordered.

## Kids

### Make a cooking show

With the popularity of TV shows such as “Chopped Junior” and “MasterChef Junior,” it's never been cooler for kids to cook. Look in your pantry and refrigerator and shop for ingredients, menu plan and get started creating a fabulous meal! Bonus: Your kid does the cooking. Be sure to supervise, and for a fun twist, record it on your phone and have your aspiring chef talk you through the steps like a pint-sized Bobby Flay.

### Balloon races

All you need is a pack of balloons handy and these ideas: Have the kids hop across the room with a balloon between their legs. Or blow a balloon across the room with a straw or paper towel tube. Or, balance the balloon on a spoon while racing across the room.

### Make slime

This can be messy and not for the faint of heart, but kids really love it and keeps them occupied. There are tons of recipes out there, but we've picked a couple [here](#) (without Borax), [here](#) (with Borax) and [here](#) (fluffy slime).

### Treasure hunt

Hide a prize; it doesn't have to be a toy (it could be a drink they don't always get to have or another special treat). Then hide clues to find where you've hidden the prize. Try riddles, short rhymes or question-based clues. Each one should lead the child to a spot where the next clue is hidden.

## Toddlers

### Color scavenger hunt

Send your toddler around the house to find different-colored items and have them bring back to you. Bonus: They'll learn colors as they play. For multiple players, you can make it a race to find an object faster.

## (Cont'd: Preventing Cabin Fever and Staying Healthy at Home)

### Dance party

Know any 2-year-olds who like to sit still? Me neither. Crank up the music or make your own and dance like no one's watching. Or like there's no tomorrow. You get the idea. Bonus: You all get a little exercise, and it could result in a nice nap after all that spent energy.

### Cotton ball races

If you have a toddler, you also have cotton balls and a nasal aspirator (a turkey baster or an empty condiment bottle works, too). Line up cotton balls and squeeze the aspirator behind it so that the puff of air moves the cotton ball forward. Race to a finish line of your choosing. Bonus: Squeezing is an essential fine motor skill.

## Babies

### Sensory bags

You'll need a plastic sandwich bag, water, tape and a sensory item (like gel, toothpaste or body lotion). Fill the bag with water and the sensory item, tape it to the wall at about eye level of your seated baby and encourage him to reach for the bag and squish the different textures.

### Fun with fabric

For this idea, just grab an old wipe container and fill it with small pieces of fabric like wash clothes or bibs. Babies will love opening and closing the lid and pulling the fabric out.

**Bonus:** They will also strengthen their tactile and fine motor skills.





# 7 Tips for Eating Healthy During a Coronavirus Quarantine

The coronavirus (COVID-19) is in the United States, and people are taking extra care in public spaces. Maybe you're playing it even safer by staying home for a couple of weeks, either by choice or doctor's orders.

If you're quarantined at home, it's important to eat healthy foods. Stock up on easy ways to soak up the nutrients.

## 1. Gather your favorite fruits and veggies

Fruits and vegetables get your immune system in fighting shape. Chop and store fresh vegetables now or buy pre-cut packages to save prep time. It's a good idea to buy frozen fruits and vegetables too. They're nutritious, and you won't have to worry about them spoiling.

- Add spinach and berries (or other fruit) to smoothies.
- Top oatmeal or Greek yogurt with fresh or defrosted berries.
- Toss colorful veggies together to make salad, stir-fry, wraps and omelets.
- Avoid frozen foods packed in sauces. Punch up the flavor with spices or [a delicious dip](#).

## 2. Power up with protein

Keep up your strength and fight fatigue by eating lean protein. It's not just for dinner. Add protein to breakfast and snacks too.

- Add frozen shrimp to stir-fry or zucchini noodles.
- Grill fresh fish, meat, skinless chicken or veggie burgers.
- Heat up frozen grilled chicken.
- Use guacamole in a pouch or tub on eggs, toast, salad or wraps.  
(Fresh avocados spoil quickly.)
- Avoid fatty cuts of meat, battered fish or chicken and sugary nut butters.

## 3. Stock up on soup and beans

- You can make a pot of soothing soup or beans then freeze in several smaller containers. Or try healthy, convenient boxed and canned options.
- Don't have Grandma's chicken soup recipe? Try this easy, slow cooker [Mexican chicken soup](#).
- Save time with an electric pressure cooker recipe, like this [black and red lentil chili](#).
- Reach for boxed soups, especially ones made with bone broth. These have up to 11 times more protein than soups made with other broth.
- Try [Blue Runner creole cream style red beans](#) (no salt added).
- Avoid packaged soups or beans loaded with sodium.



#### 4. Pack in the probiotics

Probiotics are “good bacteria” that offer [several health benefits](#). Probiotics occur naturally in:

- Greek yogurt: Look for plain, low fat (2%).
- Top with fruit or add to smoothies.
- Use as a base for dips or creamed spinach.
- Sauerkraut: Look for refrigerated kinds or make your own.
- Avoid added sugar and choose flavors lower in calories and sugar.
- Avoid canned versions; the process kills probiotics.
- Kombucha: Look for unpasteurized, preservative-free brands.
- Look for “live active cultures” on the label.

#### 5. Be ready for comfort food cravings

What do you reach for when you’re sick, tired or bored? It’s likely something starchy, creamy, crunchy or sweet — and not very healthy. Know your favorite go-tos and be ready with healthier swaps:

- Something starchy? Try this [sweet potato casserole](#).
- Crave creaminess? Here’s a [creamy cauliflower garlic soup](#).
- Need a crunch? Try [Beanitos](#) instead of tortilla chips. Switch saltines with Triscuit Thin Crisps. Mary’s Gone Crackers and Van’s Crackers are great gluten-free choices.
- Sweet tooth? Soothe it with a protein-rich [ice cream alternative](#) or dark chocolate (70% or higher).
- Even with healthy swaps remember to practice portion control.

#### 6. Stay hydrated

Fluids help thin mucus, flush out germs, and keep you running smoothly. Aim for half of your body weight in ounces of fluid. 80 oz of liquid for a 160 lb person.

- It’s easier than you might think to reach your goal:
- Broths, smoothies and Greek yogurt count toward your fluid total.
- Sugar-free sports drinks and electrolyte tablets add flavor and minerals. We like BODYARMOR Lite and Nuun tablets.
- Squeeze a little lemon, lime or orange into your water or tea for flavor and vitamin C.

#### 7. Call for backup

No matter how well you prepare, you’re bound to forget or run out of something. Stay home. Instead, use grocery delivery or ask a friend for a favor. Either way you can shop and pay online, then have items dropped off on your doorstep. Just don’t open the door until the coast is clear.

Download the Eat Fit app for more ideas. Find recipes, shopping lists, brand name suggestions and more. Search “Eat Fit” in the App Store or on Google Play.



# Building Your Family's First Aid Kit

From kitchen mishaps like cuts and minor burns to outdoor hazards like scraped knees and bug bites, there are plenty of opportunities for injuries at home. Having a well-stocked first-aid kit in case of accidents that require basic medical attention is important for preventing infections, as well as lessening the potential severity of an injury.

A first aid kit also contains all the necessary medical supplies in one easily accessible location, helping you to save time. First aid kits usually include a variety of supplies that will help treat cuts, scrapes, sprains and burns. You can buy a prepared kit online or prepare one on your own. We've listed some common supplies that should be in a first aid kit to keep you and your family safe. What's in your home first aid kit? Here are some items the [Red Cross](#) recommends:



## Basic First Aid Kit for Family of Four

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of large, non-latex gloves
- 2 hydrocortisone ointment packets
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet
- Flashlight or glow sticks



## Over-the-Counter Medicines to Consider

- Ibuprofen (Advil), 20+
- Acetaminophen (Tylenol), 15+
- Aspirin, 15+
- Antihistamine, x10
- Immodium/Loperamide, x10
- Sudafed (or an equivalent), x10
- Throat lozenges, 10+
- Bismuth tabs, x20
- Oral rehydration, x3
- Cranberry extract, x10
- Dramamine, x10
- Stool softener (laxative), x15



# What Is a Virtual Visit?

Buying a car. Earning a college degree. Finding a dream job. These days you can do almost everything online. Why shouldn't you be able to see a doctor online too? You've heard of virtual reality – why not virtual visits?

Here in Louisiana, you can have a face-to-face appointment – even if you're still in your pajamas – with Anywhere Care from Ochsner Health. It's the next best thing to a house call.

According to the American Telemedicine Organization, more than half of all U.S. hospitals use telemedicine. Virtual visits aren't the next thing – they're a now thing. After you download the Ochsner Anywhere Care App, you can be seen by an expert provider 24 hours a day, 7 days a week via a video connection just like Skype or Facetime.

Virtual visits are a great solution for people with minor or chronic conditions. Get advice when your child wakes up with a fever in the middle of the night. Be reassured when your elderly parent has the sniffles but insists they won't go to the doctor. Figure out what is going on when you just can't afford to take two hours out of your busy schedule to sit in a waiting room – even though you know you'd get better faster if you did. It also may be the answer when you're on vacation and need a prescription refilled.

If you lack transportation, have limited healthcare providers in your area, or just don't want to battle the pouring rain, access Ochsner Anywhere Care and let us come to you over your phone, tablet or computer.

When called for, your Anywhere Care doctor will recommend you go to an urgent care or emergency room. And the doctor may recommend you make a follow-up appointment with a primary care provider or a specialist.

[Start Your Virtual Visit with Ochsner Anywhere Care](#)

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# COVID-19 Resource Guide

Links to more information about COVID-19 can be found on the following sites.

## **Centers for Disease Control and Prevention (CDC)**

[CDC COVID-19 Alerts](#)

[CDC Frequently Asked Questions: COVID-19 and Children](#)

[CDC Guidelines for Schools](#)

[CDC Handwashing Guide](#)

[CDC Official Twitter](#)

## **Louisiana Department Health**

[Louisiana Department of Health COVID-19 Information](#)

[Louisiana Office of Public Health Twitter](#)

## **Ochsner Health**

Free COVID-19 Information Line **844-888-2772**

[Ochsner Virtual Visits](#)

[To Your Health Content Hub](#)

[Ochsner Health Twitter](#)