

H-3 Monthly Newsletter

August is:

- Children & Youth Preparedness Month / Back to School Month
- CDC Recommends Masks for ALL K-12 students (The Vaccinated and The Unvaccinated)
- Delta Variant: 8 Things to Know About This COVID-19 Strain
- Children's Eye Health & Safety Month
- National Immunization Awareness Month
- Safe & Sound Week, August 9 - 15



²¹For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of man.

2 Corinthians 8:21

In His Service,
H-3 Ministry



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The Centers for Disease Control and Prevention recommended July 27, 2021 that all students in kindergarten through 12th grade should wear masks when they return to classrooms for the new school year.

The newly issued CDC guideline includes youngsters who have already been vaccinated.

CDC Director Rochelle P. Walensky urged all schools reopen to in-person learning in the fall, but with proper safety protocols — and that now includes masks.

"CDC recommends that everyone in K-12 schools wear a mask indoors, including teachers, staff, students and visitors regardless of vaccination status," she told reporters.

President Joe Biden said he understands the masking recommendation will be a disappointment to many children, parents, teachers and school staff.

" July 27, 2021, the CDC also reaffirmed that we can safely reopen schools this fall — full time," he said in a statement. "Masking students is inconvenient, I know, but will allow them to learn and be with their classmates with the best available protection."

Last week, the [American Academy of Pediatrics](#) also [recommended](#) that children 2 and older should wear masks when they go back to school.

Children [12 and older are now eligible](#) to be vaccinated against Covid-19.

Walensky on July 27, 2021 also confirmed earlier reports that the Biden administration is now recommending indoor mask use for anyone in areas of high transmission.

The CDC director acknowledged that these new masking recommendations will not be welcomed by millions of Americans who believed the nation had gotten past the virus.

"Not only are people tired, they're frustrated," she said. "This was not something that we took lightly and something that I know weighs heavily with me and with all America."

More than 163 million Americans have been fully vaccinated, according to CDC data July 27, 2021, though public health officials are concerned that the sizable unvaccinated population is contributing to rising cases of the virus' delta variant.

When asked if CDC would ever call for mandatory vaccinations, Walensky said those are decisions best left for private businesses and local governments. She also acknowledged that mandates could fall on deaf ears.

"We're encouraging really any activities that would motivate further vaccination," she said. "Not all communities are going to be responsive to a mandate in the same way."

The president said more vaccination is the only way Americans will finally vanquish the virus and take off their masks for the last time.

"Most importantly, the announcement from July 27, 2021 also makes clear that the most important protection we have against the Delta variant is to get vaccinated," he said. "Although most U.S. adults are vaccinated, too many are not. While we have seen an increase in vaccinations in recent days, we still need to do better."

Delta variant: 8 things you should know about this COVID-19 strain



A newer strain of COVID-19 is causing concern as cases are rising in California and across the U.S. The Delta variant, which originated in India, began spreading more rapidly and making news around the middle of June. Now, health experts are warning of another surge of COVID-19. Here's what health experts have learned about the Delta variant:

1. Delta variant is highly contagious

As of July 22, nearly 80% of UC Davis Health patients who tested positive for COVID-19 had the Delta variant. According to the CDC during the same week, the Delta variant accounted for more than 80% of new cases in the U.S. Health experts say it's typical for a new strain of a virus to be more contagious because it often becomes much more efficient and easily transmitted.

2. Delta variant symptoms are the same

The symptoms of the Delta variant appear to be the same as the original version of COVID-19. However, physicians are seeing people getting sicker quicker, especially for younger people. Recent research found that the Delta variant grows more rapidly – and to much greater levels – in the respiratory tract.

Typically, vaccinated people are either asymptomatic or have very mild symptoms if they contract the Delta variant. Their symptoms are more like those of a common cold, such as cough, fever or headache, with the addition of significant loss of smell.

3. Delta variant is affecting unvaccinated people more

Most patients hospitalized at UC Davis Medical Center are people who have not received the COVID-19 vaccine. Nationally, 97% of patients hospitalized with COVID-19 are unvaccinated, as of July 22. Vaccines are highly effective at preventing COVID-19 infection and are also effective in fighting against the Delta variant.

In California and across the U.S., data shows that areas with lower vaccination rates tend to have higher COVID-19 infection rates. Health experts urge that COVID-19 vaccines work to prevent severe disease, which may be fatal.

4. Breakthrough cases for vaccinated people are rare, but do happen

When a vaccinated person tests positive for COVID-19, most either have no symptoms or have very mild symptoms, and it rarely results in hospitalization or death. Their symptoms are more like those of a common cold, such as cough, fever or headache, with the addition of significant loss of smell.

As of July 22, there were 65,000 breakthrough cases (or people who are vaccinated but got COVID-19) among the 160 million people who are fully vaccinated. That's 0.04% of vaccinated people reporting breakthrough cases. No vaccine is 100% effective. With the COVID-19 vaccines averaging about 90% efficacy, health experts expect about 10% of those vaccinated could be infected.

5. Delta variant could be catastrophic in some communities

In communities with lower vaccination rates, particularly rural areas with limited access to care, the Delta variant could be even more damaging. This is already being seen around the world in poorer countries where the COVID-19 vaccine isn't as accessible. Health experts say the impact could be felt for decades to come.

6. Many unvaccinated patients with COVID-19 wish they had gotten the vaccine

UC Davis Health physicians have noted that a number of younger patients, when they come in with critical illness, say that they wish they would have gotten the COVID-19 vaccine. Many patients have told their physicians, "Why did I not get the vaccine?" or "Why did I not listen?"

7. Some experts are recommending to wear masks, even if you're fully vaccinated

Many health experts across the country are wearing masks themselves even though they're fully vaccinated against COVID-19. They're also advising vaccinated people to avoid large gatherings and mask up indoors where the vaccination status of other people is unknown.

8. More COVID-19 variants are likely to come

The Delta variant is currently the most prominent strain of COVID-19, but the Lambda variant out of South America is also emerging. Health experts urge that if people want to get back to normal, a significant portion of the population needs to be vaccinated. As long as a chunk of people across the world are unvaccinated, new strains of the virus will continue to develop and cause problems.

August is Children's Eye Health and Safety Month



With a large number of states beginning the school year earlier, August is the new September! Along with school supply shopping and purchasing those back-to-school clothing items, it's time to make **comprehensive eye exam** appointments for the kids. Conveniently, August is designated as Children's Eye Health and Safety Month!

A good rule of thumb is to have your children's eyes examined during well-child visits, beginning around age three. Your child's eye doctor can help detect refractive errors such as nearsightedness,

farsightedness and astigmatism as well as the following diseases:

- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelid)
- Color deficiency (color blindness)

If you or your doctor suspects that your child may have a vision problem, you can make an appointment with your local ophthalmologist for further testing. There are some specific warning signs that may indicate that your child has a vision problem. Some of these include:

- Wandering or crossed eyes
- A family history of childhood vision problems
- Disinterest in reading or viewing distant objects
- Squinting or turning the head in an unusual manner while watching television


Keeping your children's eyes safe is another part of maintaining healthy vision. Eye injuries are the leading cause of vision loss in children. There are about 42,000 sports-related eye injuries every year in America, and children suffer most of these injuries. Help prevent your child from being one of the more than 12 million children who suffer from vision impairment by remembering a few basic rules of safety:


All children should wear protective eyewear while participating in sports or recreational activities


Purchase age-appropriate toys for your children and avoid toys with sharp or protruding parts (Source: HAP).


Help your children have a successful school year by scheduling a comprehensive eye exam and taking safety measures to ensure their eyes are free from injury.

ABC'S OF VISION LEARNING:



Attention problems are often caused by correctable vision disorders 


Behavioral problems can also be a sign of vision disorders 

Correction is possible. The earlier the vision problem is caught, the less your child will struggle 

lets **go** see.net




HOW IMPORTANT IS AN ANNUAL EYE EXAM ?

1 IN 4 CHILDREN HAS A VISION PROBLEM.¹



EVERY CHILD. EVERY YEAR.


VISION CAN AFFECT SPORTS PERFORMANCE, TOO!

-  HAND-EYE COORDINATION
-  DEPTH PERCEPTION
-  EYE TRACKING ABILITY


60% OF CHILDREN WITH LEARNING DIFFICULTIES HAVE AN UNDETECTED VISION PROBLEM.²

80% OF INFORMATION CHILDREN RECEIVE IN THE CLASSROOM IS PRESENTED VISUALLY.⁴

70% OF JUVENILE DELINQUENTS HAVE AN UNDETECTED AND UNTREATED VISION PROBLEM.³

JOIN LET'S GO SEE IN OUR COMMITMENT TO **GIVE 10,000 EYE EXAMS AND GLASSES.** 

DAVIS VISION™



1. According to Prevent Blindness America, one in four school-age children have vision problems that, if left untreated, can affect learning ability, personality and adjustment in school.
2. Children's Vision Quarterly, (n.d.).
3. College of Optometrists in Vision Development, (n.d.).
4. Helling, G., O.D., & Polonsky, J. O.D. (May 2013). Eye Exams: Cost, How to Prepare and What to Expect.



August is here! August is **National Immunization Month (NIAM)**. NIAM is a yearly observance in August to highlight the importance of vaccination for people of all ages from infants to elderly. The goal of NIAM is to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.

Why are vaccines so important?

- Vaccines protect against serious diseases.
- These diseases still exist and outbreaks do occur.
- Vaccines are recommended throughout our lives.
- Vaccines are very safe.

Who all needs vaccines? Everyone!

Children:

- Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to protect their child's health. Diseases can quickly spread among groups of children who aren't vaccinated. Whether it's a baby starting at a new child care facility- or even a college freshman – parents should check their child's vaccination records.
- When children are not vaccinated, they are at increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities – including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.
- Babies receive vaccinations that protect them from 14 different diseases. After age 2, children are still recommended to receive a yearly flu vaccine and will be due for additional vaccine doses between 4 and 6 years of age. Make sure your child receives every dose along the way and every dose on time!
- States may require children who are entering child care or school to be vaccinated against certain diseases. Colleges and universities may have their own requirements, especially for students living in a dormitory. Parents should check with their child's doctor, school or the local health department to learn about the requirements in their state or county.

Preteens and Teens:

- By making sure vaccines are up to date, parents can send their preteens and teens to middle school and high school – and also off to college –with protection from vaccine preventable diseases.
- Preteens and teens need four vaccines to protect against serious diseases:
 - quadrivalent meningococcal conjugate vaccine to protect against meningitis and blood infections (septicemia);
 - HPV (human papilloma virus) vaccine to protect against cancers caused by HPV;
 - Tdap vaccine to protect against tetanus, diphtheria, and whooping cough (pertussis); and
 - a yearly flu vaccine to protect against seasonal flu.

Adolescents and Adults:

- All adults should get vaccines to protect their health. Even healthy adults can become seriously ill, and can pass certain illnesses on to others.
- Everyone should have their vaccination needs assessed at their doctor’s office, pharmacy or other visits with healthcare providers. Certain vaccines are recommended based on a person’s age, occupation or health conditions such as asthma, chronic obstructive pulmonary disease (COPD), diabetes or heart disease.
- Vaccination protects the person receiving the vaccine, but also helps prevent the spread of disease, especially to those that are most vulnerable to serious complications such as infants and young children, elderly, and those with chronic conditions and weakened immune systems.

Pregnant Women: Vaccines are an important part of a healthy pregnancy!

- Women should be up to date on their vaccines before becoming pregnant and should receive flu and whooping cough vaccines during pregnancy.
- Pregnant women are at increased risk for serious complications from the flu.
- The pregnant mother passes flu shot antibodies on to her developing baby so the baby is protected for several months after birth.
- A pregnant woman should get the whooping cough vaccine in the third trimester. Antibodies are also passed on to the developing baby so that the baby is born with protection against whooping cough.
- Speak with your doctor and plan for vaccines. Some vaccines must be done several weeks before becoming pregnant such as the measles, mumps, rubella (MMR) vaccine.

Seniors:

- Seniors may need one or more vaccines, even if they received vaccines as a child or as a younger adult. Ask your doctor which ones are right for you. Don’t forget if you are traveling, you may need additional vaccines.

Remember the Flu Vaccine:

- Vaccines protect you all year round, but August is a great time to get vaccinated! August is also a good time for you and your family to make plans to get the flu vaccine. The vaccine usually

becomes available in mid- to late-August. Getting the vaccine early can help prevent you and your family members from getting the flu throughout all of flu season. You can learn more about the flu and flu vaccine at Flu.gov.

- When taking yourself and your family for your flu shots, you can also ask your health care provider about other routinely recommended vaccines you might need. Make sure that the whole family is up-to-date on their DTap/Tdap and MMRV boosters too!

Remember, it's NIAM! Vaccines are the best defense we have against these and other serious diseases, and it's important to make sure that you're up to date on all recommended vaccines. Use National Immunization Awareness Month as your chance to make sure that all your vaccinations are current!

NATIONAL SAFETY MONTH

Safety Week Celebration Ideas - Creative Events and Activities

- Hold safety specific activities throughout the week.
- Invite the local union representative to engage in Safety Week events.
- Hold safety training sessions for staffs.
- Conduct Safety Assessment for your unit.
- Hold Emergency Response Drills.

Resources:

<https://www.nbcnews.com/news/us-news/cdc-recommends-masks-all-k-12-students-even-those-who-n1275173>

<https://health.ucdavis.edu/coronavirus/covid-19-information/delta-variant.html>

<https://yoursightmatters.com/august-childrens-eye-health-safety-month/>

<https://medicalwesthospital.org/national-immunization-month.php>

https://www.google.com/search?client=safari&hl=en-us&q=Safety+Week+ideas&sa=X&ved=2ahUKEwiA-d_p24byAhVpTDABHSIID_AQ1QIwD3oECCEQAQ&biw=375&bih=622&dpr=2#imgrc=4OefHq6tGJXIwM