



PUBLIC HEALTH COMMITTEE REPORT

Essential Service #5. *Develop public health policies and plans*

Back to School Toolkit

Kane County Health Department (KCHD) staff have created a Back to School Toolkit to assist schools opening during the COVID-19 pandemic. The document contains guidance for school personnel to understand what processes to follow to report any individuals who test positive or have COVID-like symptoms to KCHD. The toolkit provides resources for school personnel to help implement state and federal guidance.

Contents include a COVID-19 fact sheet, key definitions and concepts, best practices, symptoms of coronavirus, the reporting process with scenarios, IDPH school exclusion guidance, an overview of isolation and quarantine guidance as well as additional resources and contact information for KCHD.

Staff members Apryll Elliott, Assistant Director of Communicable Disease, Jennifer Thorud, COVID-19 Communicable Disease Coordinator and Kathy Zhang, COVID-19 Communications Coordinator created the 30-page guide.



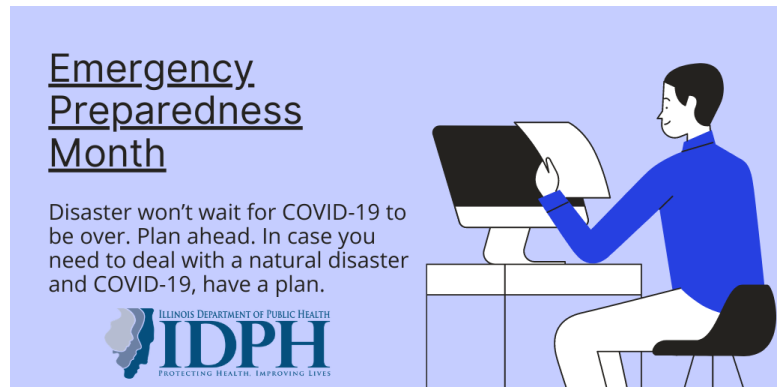
Ten essential services of Public Health

1. Monitor health status and understand health issues facing the community
2. Protect people from health problems and health hazards
3. Give people the information they need to make healthy choices
4. Engage the community to identify and solve health problems
5. Develop public health policies and plans
6. Enforce public health laws and regulations
7. Help people receive health services
8. Maintain a competent public health workforce
9. Evaluate and improve programs and interventions
10. Contribute to and apply the evidence base of public health

Essential Service #2: *Protect people from health problems and health hazards*

September Is Emergency Preparedness Month

This year has brought a pandemic, flooding, hurricanes, tornados, extreme heat, drought, wildfires, and even a rare derecho to the continental United States. The lesson learned is to be prepared for any type of emergency that can impact your family, home, and finances by planning ahead.



The Department of Homeland Security has created a website at www.ready.gov/plan with helpful tips on planning, keeping in mind that even during this time of isolation, families may still not be together if a disaster strikes. Items to include in a plan is to know how to contact one another and reconnect if separated at home, work, school or travelling. Establish a family meeting place that's familiar and easy to find. Learn how to receive emergency alerts and warnings, including several civil defense applications and subscribe to the CodeRED® Emergency Telephone Notification System operated by the Kane County Office of Emergency Management at www.kcoem.org/pages/codered.aspx.

It is especially helpful to check with the Centers for Disease Control (CDC) and update emergency plans due to Coronavirus. Plan to have adequate cloth face coverings for everyone over 2 years old, disinfectants, and check sheltering plans for social distancing.

Essential Service #4. *Engage the community to identify and solve health problems*

September Is National Recovery Month

Now in its 31st year, Recovery Month celebrates the gains made by those in recovery, just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery from alcohol or drugs is a community- and family-centered approach, calling in community-based partners to aid in the recovery process.

People in recovery have overcome much adversity so in many ways they are uniquely prepared mentally and emotionally to cope with the difficulties they are facing during the COVID-19 pandemic. However, what they are not used to in recovery is isolation and social distancing.

The members of the Association of Recovery Community Organizations (ARCO) have stepped up to the challenge of keeping their peers engaged in recovery support services despite the countless obstacles they are facing. Resources can be found online at facesandvoicesofrecovery.org/resources/covid-19-resources.



DAY 1 Share your recovery story	DAY 2 Take a mindfulness walk	DAY 3 Make plans with a friend	DAY 4 Share a reason you stay sober	DAY 5 Spend some time outside
DAY 6 Meditate before bed	DAY 7 Share a way you engage in self-care	DAY 8 Do something kind for a stranger	DAY 9 Draw or color a picture mindfully	DAY 10 Share your favorite recovery quote
DAY 11 Share a picture of a person who inspires you	DAY 12 Take 15 minutes to stretch in the morning	DAY 13 Turn off your phone for the evening	DAY 14 Get dressed up a take a picture	DAY 15 Cook a meal from scratch
DAY 16 Set a mini-goal and achieve it	DAY 17 Share a song that inspires you	DAY 18 Call a family member	DAY 19 Practice 5 minutes of gratefulness meditation	DAY 20 Read a book for fun
DAY 21 Dance to music from when you were in high school	DAY 22 Practice deep breathing before bed	DAY 23 Volunteer at a local shelter	DAY 24 List 5 things you like about yourself	DAY 25 Share an activity that helps you keep sober
DAY 26 Go for a walk/run	DAY 27 Eat a meal without distractions	DAY 28 List 5 things you are grateful for	DAY 29 Hug a loved one or animal	DAY 30 Share a link to a local support group

#RECOVERYAWARENESS