



THE WEEKLY MEMO

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Mission Statement

Southern Oregon Head Start prepares all children and their families for success in school and throughout life.



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Weekly Memo Submission

Please send your PDF's, jpegs, and text to

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By Thursday @ 12 p.m.

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Meetings and Trainings

August 1 —Monday

- NEP, Library
- 9:00-12:00 ED Dept. Meeting, TEAMS

August 2 —Tuesday

- NEP, Library
- 9:00-11:00 Directors' Meeting, Blue Building Conf. Rm.
- 1:30-2:30 PC Executive Committee Meeting, TEAMS

August 3 —Wednesday

- NEP, Library
- 1:00-2:00 Onboarding Updates

August 4 —Thursday

- EHS HB Ends
- 9:00-10:00 PFCE Dept. Meeting, TEAMS

August 5 —Friday

- EHS Transition Conferences and Reports due
- 10:00-11:30 Center Meeting, TEAMS
- 1:00-2:45 Jax & JoCo Safety Committee Conf. Rm.
- 1:00-2:30 Hands On CPR Class, Blue Building Conf. Rm.

August 8 —Monday

- 8:00-5:00 NEO, Blue Building Conf. Rm.
- 9:00-10:00 NEP, Library

August 9 —Tuesday

- 8:00-5:00 NEO, Blue Building Conf. Rm.

August 10 —Wednesday

- Last Day of EHS
- 8:00-5:00 NEO, Blue Building Conf. Rm.
- Department Directors' Meeting, Library
- Training with Amy Lanato MANDATORY for ED Coaches/ ED Sups, Virtual
- 1:00-2:00 Onboarding

August 11 —Thursday

- Last day for EHS HB Staff
- 8:00-12:30 SM Training, Blue Building Conf. Rm.
- 8:00-9:00 SM RTW Training, M.O. & PV
- Training with Amy Lanato MANDATORY for ED Coaches/ ED Sups, Virtual
- 9:00-10:00 PFCE Dept. Meeting, TEAMS
- 1:00-3:00 EHS Return to Work Training: MANDATORY (T/SP/TA/FA/SM), VIRTUAL
- 1:00-2:30 Dare to Lead Meeting, HS & EHS SMs, TEAMS

August 12 —Friday

- Last Day for EHS Staff
- Training with Amy Lanato MANDATORY for ED Coaches/ ED Sups, Virtual
- 8:00-8:45 EHS RTW Training (part 2) (T/SP/TA/FA/SM/AA), TEAMS
- 10:30-11:30 SM Training, VIRTUAL



You Make the Difference:

Help Your Head Start Program Be a Great Place to Work

Every job has stress, but there are things you can do to make your workplace a great place to be.

REFLECT EVERY DAY – Remind yourself of the best parts of your job:

- Create a list of things you like about your job. Keep the list handy where you can see it often and keep adding to it.
- Learn something new that you can use in your job.
- Practice finding and acknowledging the good parts of each day. Write them down and notice patterns.
- Take your breaks. Use them to let go of stress and focus on the positive parts of your job and your life.
- Reflect on colleagues who make your workplace fun, effective, or supported.
- Remember the reasons why you do this work: to support children, to help families, to strengthen your community.
- Practice “reframing” by looking at things that feel negative in a different way.

**National Center on
Health, Behavioral Health, and Safety**

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<https://eclkc.ohs.acf.hhs.gov/health>

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The science behind false negative COVID-19 tests

Posted on July 26, 2022

Available in Spanish



COVID-19 tests are extremely reliable when they give a positive result, but a negative result can't always be trusted.

False negatives test results are tests that show a negative result even when the person is infected with the COVID-19 virus, and they are common.

"If you have any COVID-19-like symptoms, you should assume you have COVID-19," said Melissa

Sutton, Oregon Health Authority's medical director of respiratory viral pathogens.

"Never rely on a negative test result to inform an important decision such as visiting a loved one who might be at risk of severe COVID-19," said Sutton. "Always assume your stuffy nose, sore throat or other symptoms are a result of COVID-19 and take precautions."

The basics of testing

The two kinds of COVID-19 tests – rapid antigen tests and polymerase chain reaction (PCR) tests – work to detect the virus in your body, but in different ways.

Rapid antigen tests (the kind used at home that return results in 15 minutes) detect pieces of the virus called antigens. Anything your body's immune system might respond to, such as viruses, bacteria or toxins, has antigens.

PCR tests, meanwhile, detect the virus's genetic material.

Because COVID-19 most commonly infects the upper respiratory tract, both tests require a sample from your nose. If enough of the virus' genetic material or antigens are present, the tests should detect them.

Science behind false negatives

There are two main reasons the rapid antigen or PCR tests might not work:

1. **The test was done incorrectly.**

"We see clearly in studies that when health care personnel perform a test, it's more likely to detect the virus than when people test themselves," Sutton said.

Some people might be too "timid" when swabbing their nose, she said. They might not rub against the sides of the nostril, or they might not swab long enough. Some testing kits say to circle the swab inside each nostril five times, for example.

"Everyone who's been tested at a doctor's office knows it's less comfortable than the at-home test," Sutton said. That's because the health care provider knows to how to perform the test correctly.

2. **Someone might not be shedding virus particles in their nose.**

Another reason either at-home tests or PCR tests could come back negative despite an active infection is that some people might "shed the virus differently throughout the course of their infection," Sutton said.

The virus can infect cells in many different parts of the body, from your mouth, nose and lungs, to the large and small intestines. Someone could be shedding more virus in their throat or gut than their nose, which would mean a nose swab wouldn't pick up enough viral particles to show a positive test.

If you have symptoms, take precautions

Because the virus is spreading so widely, if you have symptoms "it no longer matters whether you were exposed to someone who tested positive – take precautions—stay home if you can, wear a mask and avoid individuals at risk of severe disease," Sutton said.

Happy Birthday!

Feliz Cumpleaños!

Jaylyn N. Ewaldt	August 2nd
April Deagle	August 4th
Rebecca E. Garland	August 4th
Gonnie Sepich	August 4th
Sharyl Byrne	August 6th
Bryan G. Gonzales	August 6th
Sarah M. Ames	August 7th
Amanda Aviles	August 7th
Diana M. Bennington	August 7th
Melyndee J. Nolan	August 7th
Mary L. McKenzie	August 8th
Sheridan R. Willnitz	August 9th
Cassandra L. Altheide	August 10th
Patricia M. Maitrejean	August 10th
Heather M. Grove	August 12th
Rachel M. Carroll	August 13th
Susan P. Johnson	August 13th
Veronica L. King	August 15th

Maria Philippi	August 15th
Ana M. Tovar	August 15th
Robin Sweetser	August 16th
Nalita K. Baumbach	August 17th
Claribel Magana	August 17th
Jeremy Talley	August 17th
David R. Witt	August 18th
Sharon L. Fast	August 19th
Jennifer A. McKernan	August 20th
Kimberly A. Willis	August 20th
Sadiki M. Lawson	August 24th
Jennipher P. Vivero	August 24th
Amy E. Nolan	August 26th
Ghad M. Burcham	August 28th
Alexandria G. Pinney	August 28th
Mary N. Mesa	August 29th
Monserrat E. Pozas Sanchez	August 30th
Chalesa DUEwall	August 31st
Kimberly Thompson	August 31st

Happy Anniversary!

Denecia Ferrell	August 1st
Jennifer Ecker	August 1st
Christina L. Head	August 2nd
Lisa M. Hansen	August 2nd
Cheryl Hinds	August 3rd
Ana L. Hester	August 6th
Montserrat E. Pozas Sanchez	August 6th
Christine D. Russo	August 6th
Karen A. Wheatly	August 8th
Mikayla Crosswhite	August 8th
Elie Krische	August 8th
Mackenzie Mulkey	August 8th
Bethanee Grace	August 9th
Rachelle Riley	August 9th
Amber F. Fernandes	August 10th
Megan L. Birch	August 10th

Feliz Aniversario!

Rebecca E. Garland	August 10th
Rachel M. Carroll	August 10th
Dulce M. Salinas	August 11th
Shandi N. Phelps	August 11th
Elizabeth M. McClain	August 11th
Cynthia J. Hall	August 11th
Kalie Ward	August 12th
Chad M. Burcham	August 13th
Cecilia A. Hurt	August 13th
Laura Rogers	August 13th
Andrea V. Sedano Sanchez	August 13th
Elida Cabrera	August 13th
Glenda R. Tyler	August 13th

Happy Anniversary!

Feliz Aniversario!

Brenda P. Solaja

August 14th

Nichole M. Thomas

August 14th

Nalita K. Baumbach

August 15th

Maria G. Liberto

August 16th

Amanda Aviles

August 16th

Jeremy Talley

August 17th

David R. Witt

August 18th

Casey J. Wiltermood

August 19th

Diana M. Bennington

August 19th

Amber Dawson

August 19th

Sarah Talley

August 19th

Emily D. Jackson

August 20th

Christina M. Lewis

August 20th

Araxi Gonzalez-Lopez

August 21st

Patricia M. Maitrejean

August 23rd

Lynda M. Beamish-White

August 23rd

Susan E. Johnson

August 23rd

Danyelle Wise

August 23rd

Dane T. Miller

August 23rd

Shalana M. Yarbrough

August 23rd

Vanessa M. Hopf

August 24th

Cassandra L. Altheide

August 25th

Alicia A. Harrington

August 27th

Pureza V. Villa Lorenzana

August 28th

Sherry Whaley

August 28th

Vicki W. Kelley

August 29th

Kori Anderson

August 31st