Southern Oregon Child & Family Council, Early Head Start, Head Start, The Family Connection, LISTO & Preschool Promise



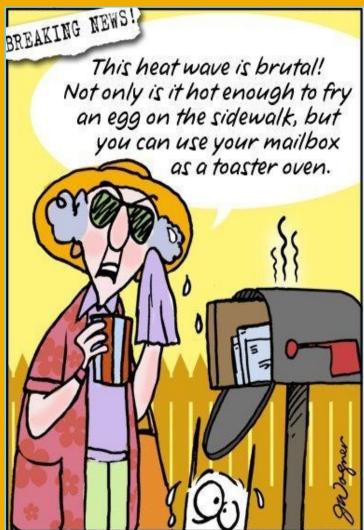
THE WEEKLY MEMO

2021-2022, Issue #41 - August 1, 2022- Editors: Angie Salazar & Ashley Clayton

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

Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.

NSIDE

2) You Make the Difference

3-4) The Science Behind False Negative Covid Tests 5) Birthdays

6-7) Anniversaries

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

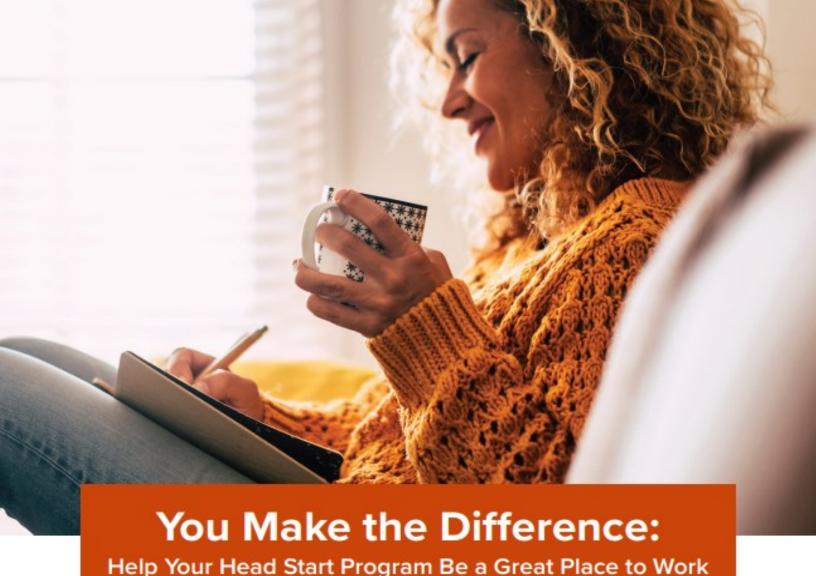
August 11 —Thursday

- 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

8/01/22



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.



1-888-227-5125 health@ecetta.info https://eclkc.ohs.acf.hhs.gov/health

April 2022

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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.

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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 athome 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.

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Jaylyn N. Ewaldt April Deagle Rebecca E. Garland Connie Sepich Sharyl Byrne Bryan G. Gonzales Sarah M. Ames Amanda Aviles Diana M. Bennington Melyndee J. Nolan Mary L. McKenzie Sheridan R. Willnitz Cassandra L. Altheide Patricia M. Maitrejean Heather M. Grove Rachel M. Carroll Susan P. Johnson Veronica L. King

August 2nd August 4th August 4th August 4th August 6th August 6th August 7th August 7th August 7th August 7th August 8th August 9th August 10th August 10th August 12th August 13th August 13th August 15th Maria Philippi Ana M. Tovar Robin Sweetser Nalita K. Baumback Claribel Magana Jeremy Talley David R. Witt Sharon L. Fast Jennifer A. McKernan Kimberly A. Willis Sadiki M. Lawson Jennipher P. Vivero Amy E. Nolan Chad M. Burcham Alexandria C. Pinney Mary N. Mesa Monserrat E. Pozas Sanchez Chalesa Duewall

Kimberly Thompson

August 15th August 24th August 24th August 26th August 28th August 28th August 29th August 30th

August 15th August 16th August 17th August 17th August 17th August 18th August 19th August 20th August 20th

August 31st August 31st

Happy Anniversary!

Denecia Ferrell	August Ist
Jennifer Ecker	August Ist
Christina L. Head	August 2nd
Lisa M. Hansen	August 2nd
Cheryl Hinds	August 3rd
Ana L. Hester	August 6th
Monserrat E. Pozas Sanchez	August 6th
Chrisitne 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
Kachelle Kiley	August 9th
Amber F. Fernandes	August 10th
Megan L. Birch	August 10th

Feliz Amiversario

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. Tuler	August 13th

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Happy Anniversary!

Feliz Amiversario

Brenda P. Solaja	August
Nichole M. Thomas	August
Nalita K. Baumback	August
Maria 6. Liberto	August
Amanda Aviles	August
Jeremy Talley	August
David R. With	August
Casey J. Wiltermood	August
Diana M. Bennington	August
Amber Dawson	August
Sarah Talley	August
Emily D. Jackson	August
Christina M. Lewis	August

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Araxi Gonzalez-Lopez	August 21st
Patricia M. Maitrejean	August 23rd
-ynda 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
Cori Anderson	August 3lst

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