

WEEKLY WISDOM

AN EARLY LEARNING NEWSLETTER | JAN. 26, 2022



OMICRON, Special Edition

With COVID cases on the rise, we wanted to share some helpful information pulled from the CDC, New York Times, and conversations with KC doctors.

What is Omicron: South African scientists discovered a new COVID-19 variant in late November 2021. Evidence shows that the Omicron Variant tends to cause less severe cases of COVID. Folks with omicron are less likely to get a fever or experience a loss of taste or smell. Generally, it feels like a bad cold or the flu.

Omicron is very contagious: The best way to protect yourself and your family? Wear well-fitting surgical masks or KN95 masks. The CDC no longer recommends wearing cloth masks and even recommends wearing two surgical masks.

Do the vaccines help fight Omicron: Evidence shows that being vaccinated can lessen your symptoms and potentially keep you from getting COVID.

Upcoming Events

- Virtual Play Group, Jan 26 from 5:30-7:00pm
- Virtual Playgroup, Feb 2 from 10:00-11:30am
- Virtual Playgroup, Feb 23 from 5:30-7:00pm
- Parent Cafe, Feb 24 from 5:30-7:00pm Theme: Black Love

A proper fitting mask: covers your nose, mouth and chin. The mask should be tight enough that no air can escape, while still allowing you to talk and breath normally.



Healing at Home: Advice from Doctors

Many thanks to Dr. Amara Seng and Dr. Sara O'hadi!

- Sleep on your stomach or side
- Take regular walks, even if it's cold outside, and do arm circles to help keep your lungs open and from accumulating fluid.
- Eat bananas, avocados, berries, and asparagus.
- Get extra electrolytes through Smart Water or Pedialyte. (Gatorade can work too, but it has LOTS of unnecessary extra sugar.)
- Avoid dairy products and drink everything at room temperature or hotter!
- Tylenol is better than Mortin and Mucinex can help w/ the symptoms.



Vaccines

Available for anyone age 5 or older can receive the two dose Pfizer vaccine. Vaccines are available at most healthcare providers free of charge. Medicare covers the cost of COVID vaccination, but you DO NOT need insurance to get vaccinated.



Testing

Due to the surge in cases, testing can be difficult to find. In some cases, it may take 5-7 days until you can schedule a test of any kind. The CDC recommends getting a PCR test instead of an antigen test or a rapid test. While both can detect the virus, PCR tests tend to be more accurate as they can detect the virus in smaller quantities.

Testing Options:

- KCATA Testing Sites (sign up on the KCMO HD website)
- Sam Rogers Health Center (816) 474-4920
- University Health, Truman-Downtown Campus (816) 404-2273
- Walgreens and CVS Pharmacies
- Find a Binax Rapid At Home Antigen Test, approx. \$23-32 at Walgreens, CVS, and Walmart

WEEKLY WISDOM

AN EARLY LEARNING NEWSLETTER | FEB. 2, 2022



Flurona + COVID Testing

As we head into our 3rd year of the pandemic, it is once again cold, cough, and flu season. Across the US, doctors are reporting cases of children and adults falling ill with multiple illnesses at one time. The main combinations:

- Flurona aka Flu + COVID
- Flu + Strep Throat
- COVID + Strep Throat

Since it's difficult to know without testing, ask your healthcare provider for flu, strep, and COVID tests.

If you haven't gotten your COVID vaccination or annual flu shot, now would be a great time. A little protection is better than none!

Upcoming Events

- Virtual Playgroup, Feb 2 from 10:00-11:30am
- Virtual Playgroup, Feb 23 from 5:30-7:00pm
- Parent Cafe, Feb 24 from 5:30-7:00pm Theme: Black Love
- Feb 23 and Feb 24: Head Start Mass Enrollment days. Details on flip side.



Use masks to learn days of the week!

Activity

Did you know: COVID can survive outside the human body for 5-7 days? Since masks can be expensive and hard to find, doctors recommend using 1 mask per day and storing it in a paper bag for 7 days, until it's safe to use again.

Practice saying (or singing) the days of the week. Then, write a different day on each bag (one per person!) and place them in an easy to access location. Each day, when you get your masks, ask: what day it is, what was yesterday, and what is tomorrow?

Bonus: spend time decorating the bags. Distinct designs will help your children remember what day it is.



Head Start Mass Enrollment Days

Want to enroll in Early Head Start or Head Start? Know someone who's interested?

Mid-America Regional Council (MARC) will host mass enrollment days to help interested families enroll in either program. Applicants can show up whichever day works for them. Expect wait times of 20-30 minutes. **All days run 8:00am-4:00pm.**

Wednesday Feb. 23

Woodland Early Learning Center

711 Woodland
KCMO 64106

Thursday Feb. 24

Richardson Early Learning Center

3515 Park Ave
KCMO 64109

Tuesday Mar. 1

Richardson Early Learning Center

3515 Park Ave
KCMO 64109

Thursday Mar. 3

Hanthorn Early Learning Center

1511 Kings Hwy
Independence MO

See attachment for more dates!