

# From the AACMS Health Room



## HOME STRETCH

The 2020/2021 school year is quickly coming to an end, and what a year it was! We are all counting down the final days of school and getting ready for summer! This month, new updates have been given by the CDC and advances have been made on vaccinating larger age groups. As we slowly return to the world we once knew, here are some new updates and safety measures related to COVID-19. Wishing you all a safe, happy, and healthy summer break!

Nurse Andrea

**Andrea L. Angstadt, RN BSN CSN**  
**School Nurse AACMS**  
**610-351-0234 ext 517**  
**[AAngstadt@arts-cs.org](mailto:AAngstadt@arts-cs.org)**

## Key Things to Know about COVID-19 Vaccines

AACMS is gearing up to host a COVID-19 vaccine clinic for registered students on June 3. This vaccine is not mandatory for attendance; however, it is recommended that everyone age 12 and older receive one. COVID-19 vaccines are safe and effective, and the federal government is providing the vaccine for free to anyone living in the United States. You are not fully vaccinated until 2 weeks after the 2nd dose of a two-dose vaccine or two weeks after a one-dose vaccine. People who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19.

### What We Are Still Learning

- We are still learning how well vaccines prevent you from spreading the virus that causes COVID-19 to others, even if you do not have symptoms. Early data show that vaccines help keep people with no symptoms from spreading COVID-19.
- We are also still learning how long COVID-19 vaccines protect people.
- We are still learning how many people have to be vaccinated against COVID-19 before the population can be considered protected (population immunity).
- We are still learning how effective the vaccines are against new variants of the virus that causes COVID-19.

## Have You Been Fully Vaccinated?

In general, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated. If you have a condition or are taking medications that weaken your immune system, you may NOT be fully protected even if you are fully vaccinated. Talk to your healthcare provider. Even after vaccination, you may need to continue taking all precautions.

## PA COVID-19 Restrictions Ending May 31

Pennsylvania will lift all COVID-19 restrictions - except an order to wear a mask while in public - on May 31. This means, capacity restrictions on restaurants and indoor/ outdoor gatherings will go away.

The Health Department said the order requiring people to wear masks while away from home will be lifted once 70% of Pennsylvanians aged 18 and older are fully vaccinated. Pennsylvania revised its masking order to bring it in line with new federal recommendations-fully vaccinated people don't have to wear masks outside anymore unless they're at a crowded event.

The Department of Health recommends that Pennsylvanians refer to CDC guidance and recommendations regarding ongoing COVID-19 safety measures and procedures.

These updates do not prevent municipalities and school districts from continuing and implementing stricter mitigation efforts. While we are excited about the CDC's recent guidance relaxing, all COVID-19 health and safety procedures at AACMS will remain in until the end of the 2021 school year. All faculty, staff, students, and visitors must wear a mask and maintain appropriate physical distancing at all times while on school premises. We appreciate your help in ensuring the health and safety of everyone in the school community.

### Summer Travel During Covid-19

Fully vaccinated travelers are less likely to get and spread SARS-CoV-2 and can now travel at low risk to themselves within the United States. International travelers need to pay close attention to the situation at their international destinations before traveling due to the spread of new variants and because the burden of COVID-19 varies globally.

CDC prevention measures continue to apply to all travelers, including those who are vaccinated. All travelers are required to wear a mask on all planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.

#### Domestic travel (within the United States or to a U.S. territory)

- Fully vaccinated travelers do not need to get a SARS-CoV-2 viral test before or after domestic travel, unless testing is required by local, state, or territorial health authorities.
- Fully vaccinated travelers do not need to self-quarantine following domestic travel.

#### International travel

- Fully vaccinated travelers do not need to get tested before leaving the United States unless required by their destination.
- Fully vaccinated air travelers coming to the United States from abroad, including U.S. citizens, are still required to have a negative SARS-CoV-2 viral test result or documentation of recovery from COVID-19 before they board a flight to the United States.
- International travelers arriving in the United States are still recommended to get a SARS-CoV-2 viral test 3-5 days after travel regardless of vaccination status.
- Fully vaccinated travelers do not need to self-quarantine in the United States following international travel.

## Summer Health Tips

### For the Whole Family!

#### CHOOSE THE RIGHT DRINKS



Sugar loaded drinks can wreak havoc on teeth, so instead of reaching for a cold soda when the temps are high, stick with water instead!

#### STOCK UP ON HEALTHY SNACKS



Think fruits, veggies, cheese, and almonds – these snacks are both tooth friendly and good for overall health.

#### PLAY OUTDOORS



Limit screen time this summer and get outside! Gather the whole family and head out for a bike ride, take your dog for a walk, or spend a day at the park.

#### WEAR SUNSCREEN



Apply sunscreen (SPF 30 or higher) that offers UVA and UVB protection at least 30 minutes before going outside. Then, be sure to apply every two hours!

#### FOLLOW POOL RULES



No running and no diving into shallow waters! Swimming pool accidents are a common cause of dental emergencies. Keep those tiny teeth intact!

#### DON'T FORGET TO BRUSH



With later curfews, summer camps, and family vacations, it's important to make sure this doesn't slip through the cracks. Always brush for 2 minutes, 2x a day!