



Poison Ivy and Other
Poisonous Plants



Bike Safety



Allergies vs Covid



Anaphylaxis

Protecting Yourself From Poison Ivy, Poison Sumac & Poison Oak



- Educate yourself on what poison ivy, poison sumac, and poison oak look like (see link below)
- Contact with these plants may cause a rash to develop on the skin
- A rash presents as small itchy red bumps with possible blister formation
- Contact can be direct with the plant's urushiol oil, indirect with the urushiol oil on objects other than the plant, and airborne particles that may fall on your skin
- Wash off garden tools and clothing worn outdoors
- Wash your pets if they've been outdoors and may have come in contact
- Use a washcloth with soap and cool water using friction to wash areas of the skin that have been in contact with any of these poisonous plants
- Treatment for your rash may include a cool wet compress, calamine lotion, topical steroid cream, oral antihistamine, or a brief lukewarm colloidal oatmeal bath
- A rash from poison ivy, poison sumac, and poison oak is not contagious to others

Follow these FDA tips to outsmart poisonous plants: <https://www.fda.gov/consumers/consumer-updates/outsmarting-poison-ivy-and-other-poisonous-plants>

Want to go for a Bike Ride? Here is How to Stay Safe!!

- Most importantly, WEAR A HELMET! Make sure to complete the helmet check shown in the picture!
- Wear reflective or bright clothing for nighttime or low-visibility conditions
- Listen for vehicles or others on the road, leave your headphones at home!
- Check your tires for air before each ride and make sure your breaks work properly!
- Make sure to look both ways before riding across a street!
- Always ride with two hands on the handlebars unless signaling a turn
- Watch out for hazards in the road such as potholes, broken glass, gravel, puddles, leaves, and small animals such as cats or dogs!
- Make sure to learn your hand signals shown below before riding on the road!

Joke of The Week

Brought to you by Stuart

Stuarts Joke

Stuarts Joke



Looking for students to volunteer for Joke of the week . If interested please email one of our nurses; Emails are on 2nd page of newsletter .

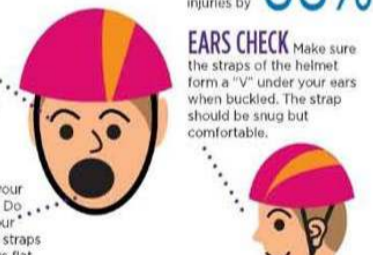
Why Wear a Helmet?

Use the Eyes, Ears and Mouth Test

Helmets can reduce the risk of severe brain injuries by **88%**

EYES CHECK Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.

MOUTH CHECK Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat.



Use your Hand Signals!



TEC NURSING NEWS

Health Resources for TEC Community

Seasonal Allergies and Covid 19

- ◆ Sometimes it is difficult to differentiate between Seasonal Allergies and Covid 19
- ◆ The only way to determine Covid from seasonal Allergies is to be tested, but due to limited tests this is not always possible.
- ◆ For any new or unusual symptoms such as cough, fever or shortness of breath you should contact your doctor immediately to discuss and act as if you have Covid and self isolate until you hear from your doctor.
- ◆ If you and your doctor are confident it is allergies here are some tips to help control your symptoms:
 - * Limit outdoor activity when pollen counts are high *Bathe daily
 - * Keep windows and doors closed *Manage pet dander
 - * Wash bedding in hot water weekly *Keep house clear of dust and allergens
- ◆ Talk to your doctor about taking a daily over the counter antihistamine such as Zyrtec, Allegra or Claritin. Make sure to take consistently for full effect.

Seasonal/Environmental Allergies

- Runny/stuffy nose
- Sneezing
- Cough (wet/dry)
- Itchy nose, eyes, ears
- Watery red eyes
- Swelling around eyes
- Irritated throat
- Occasional fatigue
- Headache/Sinus
- headache

COVID-19

- Cough usually dry
- Fever*
- Shortness of breath*
- Fatigue and weakness*
- Runny or stuffy Nose
- Aches and Pains*
- Sore throat
- Headaches
- Diarrhea, nausea and vomiting *
- Loss of smell / taste *

* This symptom is unusual for seasonal allergies

Treating Anaphylaxis

- ◆ Anaphylaxis is a severe, potentially life-threatening allergic reaction
- ◆ Anaphylaxis requires immediate medical treatment, including immediate injection of epinephrine and a trip to a hospital emergency room
- ◆ Some symptoms of anaphylaxis include: Cough, shortness of breath, Tightening of chest, Swollen mouth or body parts, rash, vomiting, diarrhea.
- ◆ If you've had anaphylaxis once, your risk of having this serious reaction increases. Future reactions might be more severe than the first reaction.
- ◆ Carry your prescribed EpiPen with you at all times.



The Nurse's Nutritious Nook

Try this healthy [Cauliflower Pizza Recipe](#) video by Kayla and Derek McCarthy

EPINEPHRINE MYTHS & FACTS

MYTH Wait until symptoms are serious to use	FACT Use as early as possible, even if unsure	
MYTH You must remove clothes to use it	FACT Epinephrine injectors will work even through thick clothes	
MYTH Using an EpiPen® will solve the problem	FACT Once you use it you still need to seek medical attention	

To learn how to use an EpiPen®, visit NationwideChildrens.org/EpiPen

TEC Nursing Support

The Nursing Staff has office hours available and listed on the remote learning plans. We are always available by email to answer any questions for students, families or staff .

Kerry Kubera RN Nurse Leader kkubera@tec-coop.org

Allison Rondeau RN arondeau@tec-coop.org

Mary Beth Kilcommons RN mkilcommons@tec-coop.org

Laura McCarthy RN lmccarthy@tec-coop.org

TOGETHER WE WILL GET THROUGH THIS!!!



Please see the following page for a list of resources available to all .

TEC NURSING NEWS

Health Resources for TEC Community

Some Resources For Students, Families and Staff

NEW RESOURCE COVID-19 RESOURCES FOR STUDENTS:

Please see the following resources for students of all ages created by the COVID-19 Health Literacy Project in collaboration with Harvard Health Publishing. They can also be accessed via [this link https://covid19healthliteracyproject.com/](https://covid19healthliteracyproject.com/)

Some trusted sources to stay informed on Covid 19

- ◆ <https://www.mass.gov/covid19>
- ◆ Call 2-1-1 and choose call2talk option

Worried about symptoms? Buoyhealth helps residents assess their symptoms and find the right care. Access this free tool at

- ◆ [Buoyhealth.com](https://www.buoyhealth.com)
- ◆ Mass Health offers a resource map that list all public services available to public, food banks, spiritual resources, project bread : [Mass Health Public Resource](#)

Resources for Mental Health

- ◆ Mental Health Crisis hotline open 24/7 Samaritans 1-877-870-4673
- ◆ Crisis Text Line 24/7 text HOME to 741741
- ◆ MA Dept of Mental Health Emergency/Crisis Service
24/7 1-877-382-1609
- ◆ Substance Abuse and Mental Health Services Administrations (SAMHSA's)
Disaster Distress Hotline 1-800-985-5990 or text TalkWithUs to 66746
- ◆ Parent Support Program
- ◆ Special Education Resource Toolbox [SPED Toolbox](#)

Resource for parents ensuring access to Personal Care Attendant (PCA)

Services

- ◆ Call 1-844-422-6277
to be connected to home health services in your region.

Quitting vaping or other tobacco products

- ◆ Call or text Start My Quit to 855-891-9989 or visit teen.smokefree.gov

Forms to fill out to prepare Individuals with Developmental/Intellectual Disabilities in case of Hospitalization

- ◆ [Disability Covid19 Forms](#)

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