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](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

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.
**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
  - Keep windows and doors closed
  - Wash bedding in hot water weekly
  - 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.

**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

**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.
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/

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
- 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 Samaritins 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

[All content and media in the TEC nurse newsletter is created and published online for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in the]