



Medication Storage and Disposal



Backyard Safety



Importance of Breakfast



Controlling Your Asthma

Medication Storage and Disposal Tips to Keep Your Kids Safe

- Secure your prescriptions with a lock. Locking pill bottles can help deter the misuse that could quickly turn to addiction
- Secure over the counter medications together. Medicine lock boxes are an easy way to keep all the family's medication in one spot. A dry and cool place is best for most medications
- Keep medications out of site and out of reach. For families with young children, keeping medications stored up out of sight and out of reach can help prevent accidental poisoning. Never leave medicines stored on a countertop, bedside table, or easily accessible purse or bag where a young child could get hold of them. Always store medicines out of sight and out of reach of any children
- To help protect young children from the dangers of accidental medicine poisoning, replace the child resistant caps that come with your meds with a more secure locking cap that can more effectively keep them from accessing medications. Here is a link for locking caps. [Locked pill cap](#)
- Look for prescription takeback programs for old or unused medication
- Toss medications out correctly. If you do not have access to a drop off location or take-back program, it is ok to throw away your medications. But tossing your old medications, bottle and all, into the trash is not recommended. The FDA recommends that you first mix any pills or capsules into an inedible substance, such as kitty litter. Then, pour the entire mixture into a container that can be sealed, like a plastic bag, before tossing into the trash
- DO NOT FLUSH MEDICATION OR POUR DOWN THE DRAIN. Pharmaceutical drugs are making their way into the environment and have been detected in lakes, rivers, and even drinking water



Backyard Safety Tips

- Check fences for sturdiness and make sure gates are secure so younger children are not able to open .
- Store hoses and toys after use so they don't lead to any potential safety hazards.
- Keep ladders, garden tools, and all chemicals stored in a secure place so children will not be tempted to touch.
- Keep children indoors or at a safe distance when using lawn mowers or other power tools.
- Check play equipment for necessary repairs and periodically check for recalls . To check for recalls, utilize the following link: <https://www.cpsc.gov/>
- Check for hot play surfaces in warmer months to prevent burns.

Remember the Tools to Prevent spread of Infection During Covid

- ◆ Wash your hands for 20 seconds often throughout the day
- ◆ Remember to Social Distance and keep at least 6 feet away from others when possible
- ◆ Wear Face mask or cloth covering when out in public and unable to keep distance of 6 feet
- ◆ Watch this video on how washing your hands helps keep germs away! [Laura's Germ Experiment](#)



Joke of The Week

Brought to you by Christo
[Christo's joke](#)

Looking for student; to volunteer for Joke of the week . If interested please email one of our nurse; Email; are on 2nd page of newsletter .

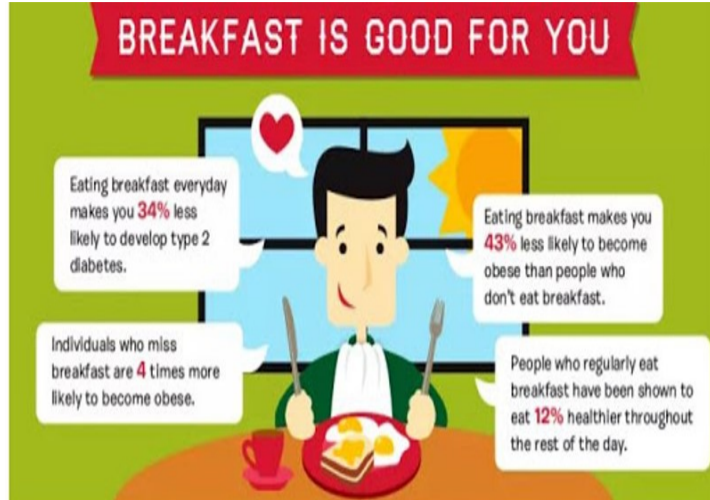
TEC NURSING NEWS

Health Resources for TEC Community

Importance of Breakfast

Making sure you eat a healthy breakfast every morning is very important! There are many benefits of making the time to eat breakfast, here are just a few!

- Energy boost to start the day
- Sharper focus
- Boosts your metabolism
- Reduces morning crankiness
- Keeps you from overeating
- Helps to lose weight
- Helps control blood sugar



Nurses Nutritious Nook

For some breakfast ideas watch the following videos from our friends at TEC

[Kayla and Derek's egg muffins](#)

[Susan's making scrambled Eggs](#)

Controlling Your Asthma

- ◆ Asthma is a chronic or long term disease that inflames and narrows the airway of your lungs
- ◆ Symptoms include: coughing, wheezing, chest tightness and shortness of breath
- ◆ At times your symptoms may vary. Asthma sufferers need to be aware of how well they are breathing, what their triggers are and how to relieve their symptoms .
- ◆ Every person diagnosed with Asthma should have an Asthma Action Plan created by you and your doctor which will:
 - *Identify and minimize your exposure to asthma triggers.
 - *Monitor your asthma and recognize early signs of flare ups and what to do if they happen.
 - *Understand and take medications as prescribed.
- ◆ Although there is no cure for Asthma, people diagnosed can learn to manage the disease and live normal physically active lives.
- ◆ For more information on Asthma and Asthma Action Plans visit <http://www.aafa.org/asthma.aspx>

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 .

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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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