**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 sight 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.

**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/](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
Health Resources for TEC Community

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!!!
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