



Vaccine Updates



Signs of Dehydration



Pet Safety/Rabies



Water Safety

New Vaccination Guidelines

There are new vaccination requirements for the 2020-2021 school year. **New Meningococcal Conjugate Vaccine (MenACWY) Requirement for School Entry.**

- ◆ 1 dose will be required entering Grade 7
- ◆ 1 booster dose received on or after 16 years of age

Please click on link for frequently asked questions [NEW MENINGOCOCCAL CONJUGATE VACCINE AND FAQs](#)

Importance of Keeping Up to Date with Immunizations

It is important to continue to stay up to date on vaccines for both you and your child.

- Vaccines may prevent COVID-19 complications.
- Vaccines can prevent co-infection
- Vaccines reduce the burden on the medical system.
- Vaccinating now prevents outbreaks down the line.

Contact your Pediatrician/PCP to find out what their office plan is to continue with vaccinations. Many offices are separating times and spaces for well and sick visits to allow the safest environment to continue preventative care.

Are you Dehydrated? Here's How to Tell

Signs of Dehydration in Children and Infants:

- Easily irritable
- The top of the skull has a sunken soft spot
- Tearless crying
- Dry tongue and dry mouth
- Sunken cheeks and eyes
- Infrequent urination (no wet diapers for three hours)

DEHYDRATION CAN BE SERIOUS IN A BABY OR YOUNG CHILD

Consult a doctor right away if your child:

- Is extremely sleepy
- Is less responsive than usual
- Has cold and blotchy hands and feet
- Has dark yellow urine
- Has a very dry mouth



Signs of Dehydration in Adults:

- Muscle fatigue
- Reduced cognitive processing
- Dizziness
- Bad breath
- Headache
- Confused or dazed states of awareness
- Thirst
- Infrequent urination and dark colored urine
- Dry mouth
- Rapid Heart Rate
- Dry Skin

Seek Medical Attention Right Away if:

- You have not urinated in 8 hours
- You have had a seizure
- You are disoriented or confused
- You have a weak or rapid pulse

Joke of The Week

Brought to you by Harry



Harry's Joke

TEC NURSING NEWS

Health Resources for TEC Community

Pet Safety

- Never leave pets alone inside vehicles on hot days. Temperatures inside cars can rise quickly and be detrimental to your pet's health.
- Be vigilant of walks on hot surfaces that can burn your pet's paw pads
- Pets can also be sunburned, suffer heat stroke, and become easily dehydrated.
- Consider pet sunscreen for animals, especially those with white fur or pink noses.
- On hot summer days remember to monitor your pet's outdoor activities and provide constant access to water, shade, and a cool spot to rest.
- Maintaining routine veterinary visits will help keep your pet healthy.

What You Should Know About Rabies

- Rabies is a viral disease that can spread to people and pets after being bit or scratched by a rabid animal.
- In the U.S., the rabies virus is primarily spread by wild animals, such as bats, foxes, racoons, and skunks, just to name a few.
- The disease can be fatal, but is preventable.
- To prevent rabies, vaccinate pets, stay a safe distance from wildlife, and seek medical attention immediately after potential exposure.
- To learn more about rabies, visit the CDC webpage: <https://www.cdc.gov/rabies/index.html>

Nurses Nutritious Nook

Check out Kayla and Dereks recipe for [Eggplant Pizza Bites](#)



May is National Water Safety Month

The following information on water safety and drowning is provided by Children's Safety Network.

Between 2015 and 2018, 3,923 children and adolescents died from drowning. Drowning is the leading cause of unintentional death for children ages 1-4 and a leading cause of death among teens. The U.S. Consumer Product Safety Commission found 60% of children under 5 were not expected to be in or around the pool when they drowned. Measures can be taken to prevent children from drowning. With children spending more time at home during the COVID-19 pandemic, and the summer season upon us, promoting water safety is critically important. Learn more about water safety and drowning prevention from the resources below.

[Interview: How Drowning Can be Prevented | CSN](#)

[Infographic: The Facts on Childhood Drowning | CSN](#)

[Pool Safety | Consumer Product Safety Commission](#)

[Drowning Prevention | CDC](#)

[Keeping Kids Safe in Open Water | Safe Kids Worldwide](#)

[Drowning Prevention | American Academy of Pediatrics](#)



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 http://covid19healthliteracyproject.com/](http://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 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](#)

□ 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 newsletter.