

TEC NURSING NEWS

Health Resources for TEC Community

ISSUE 4

5/8/2020



Sun Safety



Tips for Good Nights Sleep



Screen Time During Pandemic



Bug/Tick Safety

Staying Safe While Having Fun in the Sun

- Wear sunscreen every day, in all types of weather; even when its cloudy! Your sunscreen should have an SPF of at least 30. (check expiration dates!)
- Apply 15 minutes before going outside.
- Make sure to reapply at least every 2 hours! Apply more often if you go swimming or are sweating.
- Wear sunglasses with total UV protection.
- Wear wide brimmed hats to protect your head and face.
- Make sure you find shade when the sun's rays are the strongest, between 11am-3pm!
- Always read your sunscreen labels to ensure you are using your sunscreen correctly! Ask a health care professional before applying sunscreen to infants younger than 6 months!
- Do not forget your lips can get sunburned too! Make sure to apply a lip product that contains SPF! Here are a few options to consider: <https://bestreviews.com/best-lip-sunscreens>



Joke of The Week

Brought to you by Henry
Henry's Joke

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

Having Trouble Falling Asleep



- Set a bedtime and stick to it
- Read a relaxing book For a good bedtime story listen to [Read Aloud Butterfly on Wheels](#) by Dana
- Listen to sleep sounds-white noise
- Avoid heavy meals a few hours before bedtime
- Nicotine, caffeine and alcohol can interfere with sleep
- Aromatherapy-lavender is an essential oil used for calming and sleep
- Lower the thermostat a few degrees before bedtime
- Pull the shades or wear an eye mask
- Journal-release all worries on paper
- Include physical activity into your daily routine- a brisk 20 minute walk or join Ellen and Mara for a [Standing Dance Party](#)
- For more information please see Sleep Foundation.org



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Your Child's Screen Time During a Pandemic

- ◆ Normally, parents are advised to limit their children's screen time.
- ◆ However, during a pandemic parents may find technology as a useful tool for their children for both social and educational purposes.
- ◆ If you are worried that your child is spending more time looking at a screen during this time, just remember, "There's no reason to add to the stress of this current moment with more guilt about using technology."
- ◆ For more information on rethinking your child's relationship with technology during this time visit: <https://www.nationalgeographic.com/family/2020/04/rethinking-your-childs-relationship-with-screens-media-coronavirus/>

Helpful Tips for Making the Most Out of Your Child's Screen Time

- ◆ Choose educational programs.
- ◆ Use screens together and to socialize with family and friends.
- ◆ Remember to balance screen time with other activities.
- ◆ Activity idea: Watch Christy's video on making Mother's Day cards! <https://www.youtube.com/watch?v=Qh5fnFozGUc&t=124s>
- ◆ For more tips visit: <https://theconversation.com/coronavirus-5-tips-for-navigating-childrens-screen-time-during-social-distancing-134445>



Protecting Against Mosquito and Tick Bites

- With warmer weather coming it is important to protect yourselves from Mosquito and Tick Bites
- To avoid Mosquito bites it is important to avoid being out during peak hours
- Wear insect repellent when outside to protect against Mosquitos and Ticks
- To prevent tick bites avoid walking through tall grass and stick to middle of main pathways when hiking
- If possible wear light colored long sleeve shirts and pants tucked into socks to avoid tick bites
- One of the most important things you can do is to check for ticks daily
- Remove ticks embedded in skin immediately Watch this video from MA Gov on [Proper removal of ticks](#)
- Notify your health care provider if you have been bitten by a deer tick or if you develop a rash or other signs of illness following a tick bite such as fever, fatigue or sore achy muscles
- For more information on Bug repellent visit [Healthychildren.org](https://www.healthychildren.org)
- For more information visit MA Gov pages on [Tick and Mosquito Bites](#)

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 .

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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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