



Maintaining Smoke and Carbon Monoxide Detectors



Seatbelt Safety



Heat Exhaustion/Stroke

## The Importance of Maintaining Smoke & Carbon Monoxide Detectors

<p><b>1.</b> Place smoke detectors on every level of your home.</p>	<p><b>1.</b> Install carbon monoxide detectors on every level of your home.</p>
<p><b>2.</b> Test smoke alarms monthly.</p>	<p><b>2.</b> Place carbon monoxide detectors within 10 feet of bedroom doors or anywhere one may be sleeping.</p>
<p><b>3.</b> Change batteries once a year. Your detector will make a chirping sound to remind you when it is time to change the batteries.</p>	<p><b>3.</b> Check for approval label of an independent testing company upon purchasing a carbon monoxide detector.</p>
<p><b>4.</b> Replace smoke detectors every 10 years. Check manufacturer date and if your detector does not have a manufacturer label, it must be replaced.</p>	<p><b>4.</b> Carbon monoxide detectors should be replaced every 5 to 7 years. Check your make and model.</p>

For additional information and resources, go to: <https://www.mass.gov/service-details/smoke-and-carbon-monoxide-alarms>



## Seatbelt Safety

Seatbelts save lives! Make sure you are wearing yours properly. Here are some steps:

- 1) Pull belt across body:  
Sit in any of your vehicle seats and secure the three-point harness in its buckle by pulling it across your body.
- 2) Adjust lower belt:  
Adjust the lower belt snugly across your lap and pelvis area, NEVER your stomach. Pregnant women should wear the lap belt below their belly, not on or above it
- 3) Adjust shoulder belt:  
Adjust the shoulder belt to fit comfortably across the collarbone and chest. It should never rub on your neck or face. Never put the shoulder belt behind your back or under your arm
- 4) Check that the belt is secure before driving!

Remembering to buckle up is very important!!  
-A total of 23,714 drivers and passengers in passenger vehicles died in motor vehicle crashes in 2016.<sup>2</sup>  
-More than half (range: 53%-62%) of teens (13-19 years) and adults aged 20-44 years who died in crashes in 2016 were not buckled up at the time of the crash.

-Here is a great resource for updated seatbelt laws, statistics, and safety programs: [Buckleup, Restraint use in Massachusetts](#)



## Joke of The Week

Brought to you by Christian



**Christian' 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 .

## Heat Exhaustion and Heat Stroke

### Heat Stroke

A life-threatening illness in which body temperature may rise above 106° F in minutes. Symptoms include dry skin, a rapid strong pulse, dizziness, nausea, and confusion. If you see any of these signs, get medical help right away

To prevent heat exhaustion /heat stroke

\*Drink plenty of fluids, such as water or sports drinks.  
Avoid alcohol or caffeine

\*Get out of the heat quickly and into a cool place, or at least shade.

\*Do not leave children or pets in a closed parked vehicle.

\*Take off any tight or extra clothing.

\*Lie down and elevate your legs to increase blood flow to your heart.

\*Limit time outside and when going outside wear a hat, sunscreen, light weight clothes.

\*Apply cool towels to your skin or take a cool bath. This will help regulate and lower your internal body temperature.

### Heat Exhaustion

Heat exhaustion occurs when the body loses excessive water and salt usually due from sweating after prolonged exposure to the heat

People at risk for heat exhaustion include babies, children, the elderly , those with underlying medical conditions , the obese and those who work outside in hot weather.

Signs and Symptoms include :

\*Pale, ashen or moist skin \* Fatigue, weakness or exhaustion \* Sweating

\*Headache, dizziness or fainting \*Nausea or vomiting

\*Rapid heart rate

\*Muscle cramps (especially for those working or exercising outdoors in high temperatures)

For More Information visit the CDC website for

[Heat related Illness](#)



HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> <li>Get to a cooler, air conditioned place</li> <li>Drink water if fully conscious</li> <li>Take a cool shower or use cold compresses</li> </ul>		<p><b>CALL 9-1-1</b></p> <ul style="list-style-type: none"> <li>Take immediate action to cool the person until help arrives</li> </ul>
<a href="#">Weather.gov/socialmedia</a> <a href="#">Weather.gov/heat</a>		<a href="#">@SacramentoOES</a> <a href="#">SacramentoReady.org</a>



### Nurse Nutritious Nook

For a healthy breakfast try : [Kayla and Derek's Gluten Free Blueberry Muffins](#)



## 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](mailto:kkubera@tec-coop.org)

Allison Rondeau RN [arondeau@tec-coop.org](mailto:arondeau@tec-coop.org)

Mary Beth Kilcommons RN [mkilcommons@tec-coop.org](mailto:mkilcommons@tec-coop.org)

Laura McCarthy RN [lmccarthy@tec-coop.org](mailto:lmccarthy@tec-coop.org)



# TEC NURSING NEWS

## 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](http://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](#)
- ◆ [Resources for Parents and caregivers on understanding trauma](#)

#### 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](http://teen.smokefree.gov)

#### Forms to fill out to prepare Individuals with Developmental/Intellectual Disabilities in case of Hospitalization

- ◆ [Disability Covid19 Forms](#)

The FDA has issued an alert regarding malfunction of epinephrine auto-injectors

Please visit the following [link](#) for more information

◆