



Childhood Trauma



Skin Care Awareness



Constipation



Concussions

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

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

<https://www.fda.gov/drugs/drug-safety-and-availability/fda-alerts-patients-and-health-care-professionals-amneal-and-impax-laboratories-epinephrine-auto>

## Childhood Trauma

- Trauma is deeply distressing or disturbing experience
  - Some signs and behaviors that a child might exhibit after a traumatic event include:
    - \*Easily startled
    - \* self harm
    - \* sleeping troubles
    - \* worry, panic
    - \* Losing interest in their friends and activities
    - \*Physical symptoms (headache, stomach upset)
    - \*trouble concentrating
    - \* avoiding places or people
    - \*acting younger than their age
    - \*self harm
    - \*restlessness, irritability
    - \* Problems in school
  - With support people can heal
- \*Find your child professional support with a trained specialist.  
\*Get support for yourself The following resource is available for parents and caregivers [Resources for Parents and caregivers on understanding trauma](#)  
\*[Virtual Calming Room](#) is another great resource to help deal with challenges brought upon by stress/trauma.

## Skin Cancer Awareness

- 1 in 5 people in the U.S. will develop skin cancer by age 70
- More than 2 Americans die of skin cancer every hour
- 5 or more sunburns increases your risk for melanoma Early detection increases the five year survival rate for melanoma to 99%
- For information on skin cancer prevention, risk factors, early detection, treatments, and resources, visit the Skin Cancer Foundation: <https://www.skincancer.org/>
- To learn how to detect skin cancer and how to perform a self exam, visit the American Academy of Dermatology Association: <https://www.aad.org/public/diseases/skin-cancer/find/check-skin>

Utilize the mole map to detect skin cancer: [Skin mole map//assets.ctfassets.net/1ny4yoiyrgia/6wNdpZvXXhBc1sutZyaLno/bf43919baa27521dc3479c564178bffa/body-mole-map.pdf](https://assets.ctfassets.net/1ny4yoiyrgia/6wNdpZvXXhBc1sutZyaLno/bf43919baa27521dc3479c564178bffa/body-mole-map.pdf)

## Joke of The Week

Brought to you by Joey



### Joey'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 .

## Constipation

- Constipation is a common problem in children. It's one of the main reasons children are referred to a specialist, called a pediatric gastroenterologist.
- Constipation can be caused by underlying medical conditions, diet, illness, withholding and other changes such as stress, travel, and changes in routines.
- Symptoms include: Having lumpy, hard, dry stool, difficulty passing stools, Pain or bloating in the abdomen, reduced appetite, sluggishness or lethargy.
- Treatment /therapy is based on the cause of the constipation. Treatment may include foods high in fiber, increasing water intake, non-stimulant laxatives, stimulant laxatives, enemas, suppositories, biofeedback training, prescription medications, and surgery.
- You should contact your MD to discuss causes and come up with an individualized treatment plan to treat constipation for you or your child.
- For more information on constipation visit [GI kids](#)

For a nice lunch or light dinner check out [Susan's English Muffin Pizzas](#).



### What is a Concussion?

- A concussion is a traumatic brain injury that affects your brain function.
- Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination.
- Some concussions cause you to lose consciousness, but most do not.
- Falls are the most common cause of concussion. Concussions are also common if you play a contact sport. Most people usually recover fully after a concussion.

### Signs and Symptoms of a Concussion

- \*Headache
- \*Ringing in the ears
- \*Nausea
- \*Vomiting
- \*Fatigue or drowsiness
- \*Blurry vision

### Symptoms in Children

- \*Dazed appearance
- \*Listlessness and tiring easily
- \*Irritability and crankiness
- \*Loss of balance and unsteady walking
- \*Excessive crying
- \*Change in eating or sleeping patterns
- \*Lack of interest in favorite toys
- \*Vomiting
- \*Seizures

For more information on concussions go to [CDC headsup](#)  
[Hoja informativa](#)

## 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)

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# 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](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](#)

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