

TEC NURSING NEWS

Health Resources for TEC Community

VOL. 1, ISSUE 1

4/1/2020

In this issue



Covid 19 symptoms versus other Respiratory infection

Handwashing: Good Hand hygiene and prevention of infection

Boosting your Immunity to Fight off Infection.

The Importance of Physical Distancing

Coronavirus Vs. Other Respiratory Illness

There are many respiratory illnesses that are spreading throughout MA at this time. The following is a chart to help families understand the differences in symptoms related to these respiratory illnesses. Remember to always check with your Doctor regarding any symptoms. Many offices are now offering telehealth visits to prevent the spread of illness.

SYMPTOM CHART: WHAT TO WATCH FOR			
Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
Fever	Common	Rare	Common
Fatigue	Sometimes	Sometimes	Common
Cough	Common* (usually dry)	Mild	Common* (usually dry)
Sneezing	No	Common	No
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Common	Sometimes
Sore throat	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes for children
Headaches	Sometimes	Rare	Common
Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, you should take steps to help prevent the disease from spreading to people in your home and community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.

Handwashing can save lives!

Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Whether you are at home, at work, traveling, or out in the community, find out how handwashing with soap and water can protect you and your family. Want to learn the proper ways to wash your hands? Watch this video from the CDC and learn. [CDC handwashing video](#) (To open link hold down Ctrl and click on it)



TEC NURSING NEWS

Health Resources for TEC Community

VOL. 1, ISSUE 1

5.6.2016

Boosting your Immunity



There are many things that we can all do to boost our immunity and ward off infection.

- ◆ **Eat a Healthy nutrient rich diet**
- ◆ **Stay up to date with your immunizations/flu shot**
- ◆ **Get proper amount of Sleep**
- ◆ **Reduce Stress**– Some sites we think you would enjoy include:
[Georgia Aquarium Livestream](#) or [Three Bears Live Stream](#)
- ◆ **Exercise...One way to Exercise...One way to get your bodies moving is by watching our own OT Christy's exercise** <https://youtu.be/MPB1qFf9T7A>

Physical Distancing

- **using phone calls, text messages, video chat and social media to access social support networks . Set up virtual hangouts to stay connected.**

TEC Nursing Support

Any students, family or staff that would like to contact the Nursing staff regarding questions/ concerns regarding Covid 19 please reach out to the nursing staff via email .

In addition any Parents or students who would like to reach out to us regarding health concerns or questions or updates on students may email the nursing staff as well

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

Please see the following page for a list of resources available to all .

- * 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.

TEC NURSING NEWS

Health Resources for TEC Community

Some Resources For Students, Families and Staff

Some trusted sources to stay informed on Covid 19

- ◆ <https://www.mass.gov/covid19>
- ◆ Call 2-1-1 and choose call2talk option

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

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