

TEC NURSING NEWS

Health Resources for TEC Community

ISSUE 2

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Tips for Protecting self and others from Coronavirus



Cleaning Tips During Covid 19 Pandemic



Tips to Cope with Physical Distancing



Boosting your Immunity to Fight off Infection.

Tips for Protecting Yourself and Others During Coronavirus

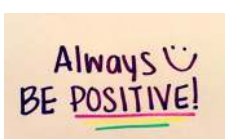
- Handwashing, Handwashing, Handwashing
- Make sure to look to a reputable source when getting information on protecting yourself and others text COVIDMA to 888-777
- Stay at home whenever possible but if you do need to go out it is recommended to cover your face with cloth masks. For more information check out the following websites/videos.
[CDC : Cloth face coverings](#) **[No sew mask video](#)**
- Cancel non urgent appointments or communicate by telephone or telehealth with your doctors
- If you think you are sick and suspect you are infected with COVID 19 call your healthcare provider, the CDC also offers some guidelines to follow:
[If you are sick or caring for someone with COVID 19](#)

Cleaning and Disinfecting Tips

- Early studies have shown that the coronavirus can live on surfaces for days..
- It is especially important to disinfect high-touch surfaces in your household every day. This includes doorknobs, handles, tables, countertops, keyboards, light switches and wheelchairs.
- For further tips on cleaning during the outbreak check out information provided by the CDC: **[Cleaning and disinfecting your home](#)**

Ideas to Cope with Physical Distancing

- Find something to look forward to each day of the week (e.g. Monday is game night, Tuesday is movie night, Wednesday is pizza night, etc.)
- Look up some arts and crafts ideas on YouTube or Pinterest
- Read your favorite books , Check out our literacy videos in **[The TEC CAMPUS LIBRARY](#)** to hear some of your favorite staff reading books
- Go for a walk while maintaining your distance from others
- Stay positive! Think of all the things that you are grateful for!



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Boosting your Immunity

1. Eat a healthy diet. Snack on some of these immune boosting foods!

Top 10 Foods to Boost your Immunity



2. Control your stress levels. Some techniques include...



- ◆ Meditation. Try out the Calm app.
- ◆ Listening to Music : Check out [Mara's latest video](#)
- ◆ Art projects: Try Christy's plant art project

<https://www.youtube.com/watch?v=PfEn-uWn2XE>

3. Get an ample amount of sleep (at least 7 hours) this will help boost your mood and energy levels.

4. Exercise

- ◆ Try gentle chair yoga: <https://www.youtube.com/watch?v=G8BsLIPE1m4>
- ◆ Impromptu at home dance party

5. Bring the Outdoors Inside

- ◆ Bring some yard clippings inside, put them in a vase



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

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)

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.

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