

# SCHOOL HEALTH SERVICES



# Hello From Nurse Annie!

Hello! I am missing everyone and wanted to take this opportunity to reach out to all the Grammar Families. If you are anything like me, you might be feeling overwhelmed by all that is occurring. There is so much information floating out there, it can be difficult to decipher it all. Here are a few tips to follow in keeping your family safe:

- Limit your trips to the grocery store by planning meals in advance. If you plan your meals and then make a grocery list, it is possible to go 2 weeks or more without having to go to the store. Use pick up or delivery options if possible.
- Limit any unnecessary trips. Use the drive throughs at banks or pharmacies if available.
- If you go into a public place, keep your distance from others (at least 6 feet when possible). Go at a time when places are less crowded, typically in the morning.
- WASH YOUR HANDS OFTEN! If soap and water aren't available, use hand sanitizer. Always clean items in public places before using them, such as cart handles with cleaner, if provided or bring your own to use.
- Wearing masks when having to go to a public place is a good idea. As our nation moves forward and some restrictions are lifted, wearing masks may be not just a good idea but MAYBE even required when leaving our homes because you may be sick with Covid-19 and be unaware of it. By wearing a mask, you are protecting those around you. It WILL NOT protect you. It is important that you not touch the mask after placing it until you are ready to remove it. This protects you from infecting yourself with your hands ([see link below for the use of masks](#))
- Clean high touch surfaces often. Always wash your hands before preparing food and before eating.
- When looking for information, use credible sources like the Centers for Disease Control (CDC) or World Health Organization (WHO).
- If you are sick or have recently been in contact with someone who is sick, stay home ([see symptom checker link below](#))
- Take time to TAKE CARE OF YOURSELF! Take a walk, have a Zoom virtual family reunion, etc.
- Please contact me with any concerns or questions you might have and I will do my best to help. You can reach me through the school phone number at 775-738-7161 ext 2 and leave a voicemail or send a message to my school email at [aandreozi@ecsdnv.net](mailto:aandreozi@ecsdnv.net)

## *Some Helpful Links with Good Information*

### **ALSO!!!**

If your children haven't already done so, they can use these codes to access Nurse Annie's Google Class

K-2 grades use code: fe5djk7

3- 4 grades use code: olit6do



Information will be updated in the classroom regularly.

Go to Nurse Annie's Webpage at <https://grammer2healthoffice.webstarts.com/index.html?r=20200427184615>

#### HOW TO MAKE A MASK

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>

#### HOW TO WEAR A MASK

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>

#### DAILY LIFE AND COPING

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

NURSE ANNIE'S WEBPAGE – I'LL BE UPDATING THIS FREQUENTLY WITH NEW LINKS

There are currently some fun links about how germs spread and an interview by Will Smith and children with Dr. Fauci. I have also included a video link of myself with tips on how to safely wear a mask.

<https://grammer2healthoffice.webstarts.com/index.html?r=20200427184615>

CDC SYMPTOM CHECKER

<https://covid19healthbot.cdc.gov/>