



Health Info from Your Webb School Nurses: Covid- 19 Edition



Your Webb School Nurses from all campuses miss you so much and want you to know that we are here to support **YOU** (our students and families) during distance learning. We have created this newsletter where we will include important information to help promote good health! We would love to hear your ideas regarding what topics are important to you... do you need information about eating healthy? Getting exercise? Sleep habits? Brushing your teeth? Share your ideas with us by emailing

Kimberly.silva@hhchealth.org

Or

Rachel.stanley@hhchealth.org

Coming soon!! We will be starting a "story time" available for all students who would like to watch and listen in as your school nurse reads fun books about your health and taking care of yourself! We will send a link once this is available.



For parents and caregivers who need someone to listen, to understand and to talk your feelings out: Talk it out line 1-833-258-5011

Best Ways To Prevent COVID-19 aka Coronavirus

Know how it spreads!

- * The best way to prevent illness is to avoid being exposed
- * The virus is thought to spread mainly from person-to-person!

Wash your hands often!

- * With soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- * Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact!

- * Put distance between yourself and other people, at least 6 feet ***(Remember that some people without symptoms may be able to spread The virus)***

Cover your mouth and nose with a mask/cloth face cover when around others!

- * You could spread COVID-19 to others even if you do not feel sick.
- * Everyone should wear a cloth face cover/face mask when they have to go out in public, for example to the grocery store or to pick up other necessities.

(Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance)

- * Do NOT use a facemask meant for a healthcare worker (ie:N95)
- * Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes!

- * Immediately wash your hands with soap and water for at least 20 seconds.
- If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect!

- * Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Questions about coronavirus?

Call the toll free Hartford Healthcare Hotline: **833-621-0600**