Tips for keeping your family safe during the Covid 19 crisis

This special edition of Notes from your Nurses includes a collection of articles and videos to keep you up to date and safe at home.

Prevent getting sick

Full CDC Covid-19 Information can be found at

Good morning Hillsboro families! We hope this finds you in good health. We miss seeing all of your faces. This week the Health faculty at Hillsboro would like to share some tips on keeping your family safe during this crisis. There is an information overload and recommendations seem to be ever changing. We want to continue to share reliable information so you can make an informed decision to do what you feel is the right thing for your family. The Jefferson County Health Department is following CDC guidelines at this time.

Links to the extensive information and resources on the CDC website can be found HERE
We all have lots of fears and concerns during this time of social distancing and for some people quarantine. Our lives have been completely disrupted. We have to stay home from school and well, everywhere! Even going to the grocery store can be a cause for concern. You never know what you will hear next when you turn on the news. We know our Hawk families have a lot of questions so we are going to try and offer some information that you may find useful in navigating and deciding what is right for you and your family. To the right you will find some definitions to words that are becoming popular in our household vocabulary these days. The link will take you to a full list of Covid-19 terms.

Glossary of Terms:

**Social Distancing:** the act of remaining physically apart in an effort to stem transmission of COVID-19. Social distancing can include a move to remote work, the cancellation of events and remaining at least six feet away from other individuals.

**Quarantine:** the act of refraining from any contact with other individuals for a period of time—in the case of COVID-19, two weeks—to observe whether any symptoms of the disease will arise after potential exposure. This can be a self imposed quarantine, or a person may be instructed to quarantine.

**Lockdown:** an emergency measure in which individuals are restricted from certain areas in an attempt to control exposure or transmission of disease. In a lockdown during an epidemic, individuals are encouraged to stay home.

**Flattening the curve:** an attempt to create a more gradual uptick of cases, rather than a steep rise, in an effort to avoid overburdening the health care system all once. Notably, “flattening the curve” does not necessarily decrease the projected number of cases, but spreads them out over a period of time.


What does it all mean?!?!
Masks and Gloves

The CDC recently changed their recommendations about wearing a face covering while you are out. Below you can find videos explaining how to make a cloth face covering, how to properly wear gloves, and make sure you are wearing the PPE (personal protective gear) properly.

How to properly wear a mask

How to properly wear gloves

How to make a cloth face covering

Should we all be wearing masks?
Should you wear gloves while grocery shopping?
A lesson in cross-contamination
See how germs are spread

Science lessons from the school nurses
Parents, if you are looking for a child friendly way to explain viruses and how germs are spread to your children, watch these videos with them.

What is Covid-19?
Your School Nurses and Health Staff

We are here if you need us. The best way to reach us right now is via email. Don’t hesitate to reach out!

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