



WILSON SCHOOL NURSING DEPARTMENT NEWSLETTER

APRIL 24, 2020

HOW TO HELP PROMOTE CHILDREN'S RESILIENCE TO THE COVID-19 PANDEMIC

- *Be sensitive and responsive to children's needs
- *Meet the basic needs of children
- *Offer emotional support to children
- *Be sure to care for yourself as parent too
- *Maintain social connections between children and peers

For more information, click the link below:

[https://www.childtrends.org/wp-content/uploads/2020/04/COVIDProtectiveFactors_ChildTrends_April2020.p](https://www.childtrends.org/wp-content/uploads/2020/04/COVIDProtectiveFactors_ChildTrends_April2020.pdf)

[df](#)

FOOD RESOURCES IN OUR COMMUNITY

HELPING HARVEST FRESH FOOD BANK

<https://helpingharvest.org//food-assistance/>

SHEETZ FREE MEAL PROGRAM FOR CHILDREN

<https://www.sheetz.com/newsroom/article?title=sheetz-launches-free-meal-program-for-children-in-need&id=4xenMZH3lwtc1LhCfWITow>

WILSON AREA FOOD PANTRY

<http://wilsonareafoodpantry.org/>



HOW TO PROPERLY REMOVE GLOVES



Wearing gloves helps protect you from coming in contact with germs. It is very important that prior to removing gloves, you do not touch your eyes, nose or mouth and other clean objects such as your keys, the interior to your car or door knobs to your home. It is important that after removing gloves you wash your hands with soap and water. If that isn't possible because you are out and about, be sure to clean your hands with an antibacterial wipe. The link below demonstrates the proper method for removing gloves.

<https://www.cdc.gov/vhf/ebola/pdf/poster-how-to-remove-gloves.pdf>



HOW TO PROPERLY CARE FOR YOUR FACEMASK

SNUG AND TIGHT FIT

Your facemask should lie flat against your face. It is important that your facemask be secured to your face using bands around your ears or be tied at the back of your head.

MAKE IT IN LAYERS

Your facemask should include multiple layers of fabric. Be sure to allow for breathing without restriction.

HOW TO APPLY AND REMOVE YOUR FACEMASK

When applying and removing your mask, be sure you do NOT touch your eyes, nose or mouth. Also, try not to adjust your mask while it is in place. This will reduce the chance of your mask or hands being contaminated with the virus. Be sure you wash your hands immediately before putting the mask on and after taking it off.

BE SURE TO KEEP IT CLEAN!

Be sure to clean your face mask after every use. This may include washing it in your wash machine. Also, make sure after laundering, your facemask retains its shape so that you stay protected.