



# WILSON SCHOOL NURSING DEPARTMENT NEWSLETTER

MAY 1, 2020

## Dry, Cracked Hands?

The link below provides some helpful tips on how to keep your hands from drying out and cracking due to performing frequent handwashing.

<https://www.aad.org/public/everyday-care/skin-care-basics/hand-care/hand-washing>



## Tired of being indoors?

The following link provides some great suggestions for outdoor activities for children and their families.

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Getting-Children-Outside.aspx>



## STAY HOME. STOP THE SPREAD.

### SAFE TO DO:

- \*Order online for home delivery/pick-up
- \*Yard work
- \*Go for a walk
- \*Video chat with family and friends
- \*Work/school work from home
- \*Make home cooked meals
- \*Stream your favorite show or movie



### USE CAUTION:

- \*Grocery shopping (wear gloves and face mask)
- \*Ordering food for take-out/delivery
- \*Picking up medications (try switching to mail-order)
- \*In-person doctor visits (use telemedicine if available)
- \*Walking or playing in a public park near other people



## TIPS FOR BOOSTING YOUR IMMUNE SYSTEM

The following article provides suggestions for ways to help boost your immune system during the fight against COVID-19.

<https://www.heartfoundation.org.nz/about-us/news/blogs/boost-your-immune-system-to-fight-infection>



### AVOID:

- \*Visiting the elderly
- \*Visiting a friend or family member in the hospital
- \*Shopping at retail stores and malls
- \*Riding on public transportation
- \*Group gatherings
- \*Playground equipment
- \*Playdates

