



# WILSON SCHOOL NURSING DEPARTMENT NEWSLETTER

MAY 8, 2020

## CARING FOR A LOVED ONE WITH COVID-19?

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html?deliveryName=US>  
[CDC 2067-DM26308](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html?deliveryName=US)



## MAKING THE MOST OF YOUR GROCERY STORE TRIP!



## 4 STEPS TO FOOD SAFETY : ENSURING MY FOOD IS SAFE

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Therefore, the Food and Drug Administration recommends following these four safety precautions when handling food.

**CLEAN:** Wash hands, utensils and surfaces often.

**SEPARATE:** Don't cross contaminate.

**COOK:** To the right temperature.

**CHILL:** Refrigerate and freeze food properly.

To read more, click on the link below:

<https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>

## HELPFUL TIPS FOR WORKING FROM HOME

<https://www.everydayhealth.com/healthy-living/your-work-from-home-survival-guide-for-self-care/>

