

# Nurses' Notes

## "Can I Have an Ice Pack?"

### How To Make Your Own!

Jam your finger typing?

Strain your muscle doing Mrs. Blaha's  
Seven Day Challenge?

1. Find a ziplock bag.
2. Fill it with ice.
3. Wrap in a thin towel.
4. Apply to area of pain for 20 min.
5. Voila!

## Tips To Stay Healthy At Home

1. Get Fresh Air Every Day.
2. Exercise to maintain fitness and lift spirits.
3. Drink Lots of Water.
4. Wash Your Hands Frequently.
5. Remember to Wash All New Produce.
6. Try to maintain a healthy diet.
7. Avoid unnecessary trips from home.

### Resources for COVID-19

If you or your child is having trouble breathing, please go to the Emergency Department Immediately.

Please [visit the VDH website](#) to learn how to isolate and seek care. Please call ahead before going to any medical facility.

Inova is providing several testing clinics in our area. You must have an appointment. Please call 855-IMG-Docs for assistance.

If your child does not have a primary, PMpediatrics can help. Click [here](#) to schedule a televisit to determine if testing is necessary.

## Maintain Your Schedules

**Remember to take your medicine around the same time every day to maximize therapeutic levels and energy.**

**Pharmacies are encouraging patients to use drive-thru and mail delivery whenever possible to reduce exposure and transmission. Please call your doctor's office or insurance for assistance.**

## It's Allergy Season!

### Here Are Some Tips To Help

- Wear a baseball cap and sunglasses when playing outside.
- Take a shower after playing outdoors to remove pollen from hair, eyebrows, and skin.
- Use a wet compress to temporarily relieve itchy eyes.
- Wash clothes daily.
- Keep the windows closed (if you can) to prevent pollen from blowing into the house.
- Take off your shoes when you come in the house to avoid tracking in pollen.
- If your doctor suggests taking allergy medicine, now is the time to start using it. Please call to consult your doctor on which medicines and doses are appropriate for you and your child. If you cannot find your regular allergy medicine in the grocery store, try smaller stores such as CVS or Walgreens. Amazon is also prioritizing shipments of medicine. Schedule your deliveries in advance.