

## **Nursing Newsletter**

Greetings from the Nursing Office. We understand what an extraordinary time this is for all of us, especially our Senior Class, who will be missing out on many activities due to school closure. As our Nation prepares for the peak of the COVID-19 pandemic, we want to reach out with some information for our BCHS students and families. The most important thing right now is for everyone to stay as healthy as possible, despite the many challenges we face: family members ill with COVID-19, unemployment, healthcare workers dealing with Covid-19 patients, essential workers coming in contact with people during their workday, and many others. The purpose of this newsletter is to share some information which hopefully will be helpful.

### **RESOURCES:**

As we know, the COVID-19 situation changes rapidly. The two sources with the best information regarding COVID-19 are listed below.

Indiana State Department of Health  
[in.gov/coronavirus](https://www.in.gov/coronavirus) 877-826-0011

U. S. Centers for Disease Control and Prevention  
[coronavirus.gov](https://www.cdc.gov/coronavirus) 800-232-4636

These sites can be utilized to gather information and they include:

1. Signs and symptoms of the COVID-19, including a sudden loss of sense of smell and/or taste.
2. Actions one can take to decrease the spread of COVID-19 (including use of personal protective equipment)
3. Information on disinfecting face masks so they can be used again, and which disinfectants are effective against COVID-19.
4. The latest statistics regarding COVID-19 cases locally, in the U.S. and worldwide.
5. Steps a person should take if he/she thinks he/she may be infected with COVID-19.

### **OTHER RESOURCES:**

Indiana 2-1-1

This is a free and confidential service that helps Indiana families find the local resources they need.

[IN211.org](https://www.IN211.org) or dial 2-1-1 to connect with a navigator (open 24 hrs/day, 7 days/week)

Indiana Family and Social Services Administration Benefits  
[FSSAbenefits.IN.gov](https://www.FSSAbenefits.IN.gov) 800-403-0864

### **ACTIONS WE CAN DO NOW:**

Please continue practicing thorough hand washing and Social Distancing. It is now recommended, but not required, for people to use face masks when out in public (grocery shopping, etc.) where you cannot avoid having contact with people. Using disinfectant wipes to wipe off credit cards, cell phones, and anything that is used after touching groceries or other items is recommended. Isopropyl Alcohol (>60%) can be applied to paper towels and used to disinfect items if you do not have disinfectant wipes.

Please continue to take good care of yourselves. It is a stressful time, but eating healthy foods, getting enough sleep, and getting some exercise is very important to maintaining good health. If we stay healthy, we have more internal resources to fight off infection. Talking about stressors and worries is one way to acknowledge one's feelings and realize that we are not alone with our thoughts. Most of us have the same concerns right now about our own health and the health of our loved ones. We also have economic concerns related to the COVID-19 situation. We need to stay strong and support one another. This will pass, but it will take time.

Please consider reaching out to an elderly neighbor/friend who may need some extra assistance at this time.

Take care, and may God Bless us and Keep us safe.

Jeanne and Monica, Bishop Chatard School Nurses

*Resources: State senator John Ruckelshaus flyer*