



# School Nurse Connection

## Purpose Built Schools

As we continue navigating these unforeseen circumstances with COVID-19, we wanted to make sure our students and families had access to our school nurses during the time we are out. You will find nurse contact information, prevention information, links and other helpful tips related to COVID-19.

Please stay safe and reach out if you need to- we are here to help, we are available during school hours!

Nurse Eversley- 770-696-6788

Nurse Richie- 404-874-8607

### Prevention

**COVID-19** Protect yourself and loved ones

Help prevent the spread of respiratory diseases like COVID-19

- + WASH YOUR HANDS**  
Wash your hands with soap and warm water regularly.
- + COVER A COUGH OR SNEEZE**  
Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissues and wash your hands afterward.
- + DON'T TOUCH**  
Avoid touching eyes, nose or mouth, especially with unwashed hands.
- + KEEP YOUR DISTANCE**  
Avoid close contact with people who are sick.
- + STAY HOME**  
If you experience respiratory symptoms like a cough or fever, stay home.
- + GET HELP**  
If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.

**MORE INFORMATION**  
Follow the California Department of Public Health: @calpublichealth and www.cdph.ca.gov/covid19

### Stress Relief

**Dealing with STRESS**  
During the Covid-19 Outbreak

**World Vision**  
One for Children

- It is normal to feel sad, distressed, worried, confused, scared or angry during a crisis.**
- If you feel overwhelmed, talk to a health worker, social worker, similar professional, or another trusted person in your community.**
- Talk to people you trust. Contact your friends and family.**
- Have a plan where to go and seek help for physical and mental health and psychosocial needs, if necessary.**
- Stay at home, maintain a healthy lifestyle.**
- Get true facts about your risk and how to take precautions from credible sources.**
- Keep in touch with family and friends through email, phone calls and making use of social media platforms.**
- Decrease the time you and your family spend watching or listening to upsetting media coverage.**
- Don't use cigarettes, alcohol or other drugs to cope with your emotions.**
- Draw on skills that you have used in the past during difficult times to manage your emotions during this outbreak.**

Lifted from: WHO. Helping children cope with stress during the 2019-nCoV outbreak (Handout). WHO: Geneva, 2020.

### Helpful Links:

- Stress- <https://www.umms.org/coronavirus/what-to-know/health-wellness/stress-management>
- CDC Prevention- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>