

Corona Weekly Update for the week of March 23rd-27th

From the desk of ***Lori Ridings, RN***, Aquilla District Nurse

Starting today, we plan to post a weekly update to help parents, students, and staff stay up to date on information that is important for our health and that of our families. Before I get started, I would like to say how much I miss seeing and hearing from everyone. Please feel free to reach out to me if you have any questions, concerns or if you just need someone to talk to. I can be contacted at lori.ridings@aquillaisd.net.

I could throw out the numbers of people tested or the numbers of confirmed cases, however, they would just be that...numbers. Instead, I want to start off by saying we have NO confirmed cases in our area at this time. Granted that could have changed before this was posted, so instead, I want to remind everyone that even though we are trying to practice social distancing, we still need to stay vigilant in our homes. It is still important to practice good hand and respiratory hygiene.

So that means:

- Wash your hands often with soap and water for 20 seconds (you can sing the “Happy Birthday” song twice, and that would be the correct amount of time to wash).
- Always wash immediately after removing gloves and after contact with an ill person.
- Hand sanitizer: If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- Additional key times to clean hands include:
 - After blowing one’s nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g. a child)
- Avoid touching your eyes, nose, and mouth with unwashed hands.

For more information on cleaning and disinfecting your home go to:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>

Remember to be aware and NOT scared. I miss you all and will keep you in my thoughts and prayers.

Nurse Ridings
#washyohands