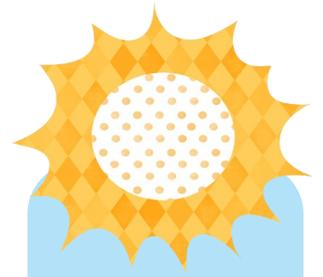


# Newtown Public Schools Health Services



## “Spring Break” Newsletter

### Message from Your School Nurses

The Newtown School Nurses want you to know that we continue to think of our students and their families as we all “stay home to stay safe”. We can’t be in our offices caring for our students, but we want families to know that your school nurses are available during this time to answer questions that parents and students may have about COVID and to point you towards reliable information and resources. The easiest way to reach your school nurse is by email. Emails are noted in the column to the right.

#### For healthy family members...

- Keep washing your hands!
- Cover coughs & sneezes
- Keep hands away from your face
- Keep social distance of at least 6 feet from non family members
- Stay home as much as possible
- Clean and disinfect surfaces frequently, especially food preparation areas and high touch areas such as door knobs, keyboards, phones, keys, game controls
- Eat well, get plenty of sleep
- Try to enjoy the “silver linings” of quiet time at home with family; time to get outside;

#### For sick family members...

- Isolate sick family members in separate room and separate bathroom if possible.
- Have one person act as caregiver to limit family exposure
- Family of ill people should stay home
- Call your doctor for advice for temperature  $\geq 100.4$  and cough or shortness of breath. People with mild COVID 19 can be usually be treated at home. Your health care provider will be able to tell you if testing is needed. If you don’t have a health care provider, call an Urgent Care to speak to a provider.
- For medical emergencies, call 911.

#### School Nurse’s emails:

**Hawley School, Juliann Johnson, RN, BSN**  
johnsonj@newtown.k12.ct.us

**Head O’Meadow School, Maddy Allen, RN, BSN**  
allenm@newtown.k12.ct.us

**Middlegate School, Trish McDonald, RN, BSN**  
mcdonaldp@newtown.k12.ct.us

**Sandy Hook School, Mariza Borges, RN, BSN**  
borgesm@newtown.k12.ct.us

**Reed Int. School, Deirdre Murphy RN, BSN**  
murphyd@newtown.k12.ct.us

**Newtown Middle School, Jocelyne Taweh, RN, BSN**  
tawehj@newtown.k12.ct.us

**Newtown High School, Karen Powell, RN, BSN**  
powellk@newtown.k12.ct.us  
and Stephanie Daly, RN  
dalys@newtown.k12.ct.us

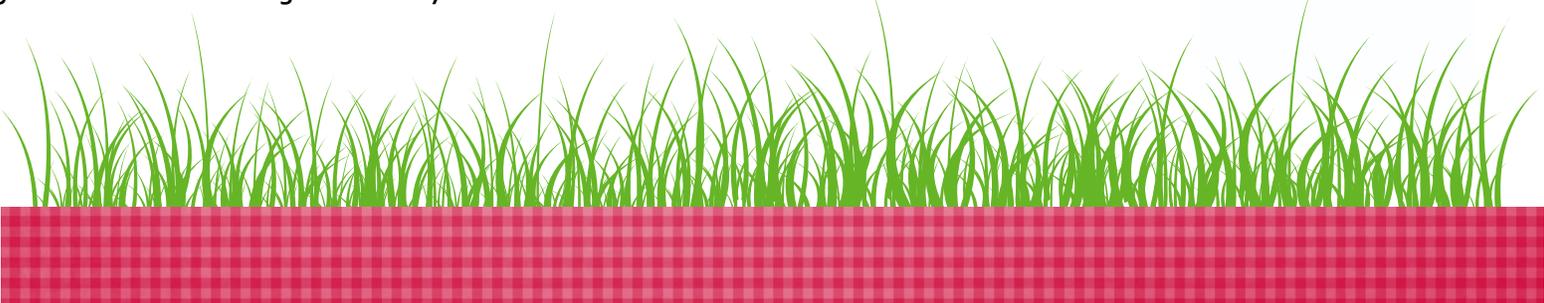
**St Rose School, Bonnie Nezvesky, RN**  
nurse@stroseschool.com

**Fraser Woods Montessori, Christina Benoit, RN, BSN**  
cbenoit@fraserwoods.com

**Newtown School Nurse Supervisor,**  
Anne Dalton, RN, BSN

### Kids and COVID

Children and adolescents tend to have much milder cases of COVID than adults according to a study cited recently by Dr Maldonado, of the American Academy of Pediatrics. The reason for this difference is not well understood. It may be related to children’s young and evolving immune systems. Although children are at less risk for serious disease, it is important for EVERYONE to maintain social distancing of at least 6 feet from anyone outside of their household. Children and teens play an important part in stopping the spread of the virus and in protecting those most at risk (the chronically ill and the elderly). People with no symptoms or mild symptoms (like a cold) can act as spreaders of the disease. That is why all of us, including teens and children, need to pull together by moving apart. It is challenging but staying home is the best way to slow the spread of COVID and to allow the people who need a high level of health care to get what they need.





## RELIABLE RESOURCES

### General COVID Information and Updates

- Call 211 or text CTCOVID to 898211
- Local info:
  - Town of Newtown: <https://www.newtown-ct.gov/covid-19-information-newtown-residents-and-businesses>
  - Newtown Bee: <https://www.newtownbee.com/>
- Connecticut Dept of Public Health: <https://portal.ct.gov/coronavirus>
- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

### Testing

Call your primary provider for person with fever >100 with cough or shortness of breath. Your health care provider will determine if testing is needed. If you cannot reach your primary provider, please call one of these community hotlines for assistance:

Danbury Hospital, Nuvance Health: 888-667-9262  
Hartford Healthcare Hotline: 860-972-8100  
Yale New Haven Health: 833-484-1200  
Bristol Hospital Coronavirus Info Line: 860-261-6855  
Stamford Health: 203-276-4111

Greater Danbury Health Center offers telehealth assessments including for COVID:  
<https://www.ct-institute.org/virtual-televisit-faqs>

### Other Supports

- ACCESS HEALTH open enrollment for uninsured from March 19-April 2 , Monday through Friday, 8 am-5 pm by phone only 855-805-4325
- Local grocery delivery: <https://www.instacart.com/>
- Booth Library-Information and entertainment for all: <https://chboothlibrary.org/>
- Wellness Guide: [https://www.newtown-ct.gov/sites/newtownct/files/uploads/newtown\\_wellness\\_guide\\_covid\\_19.pdf](https://www.newtown-ct.gov/sites/newtownct/files/uploads/newtown_wellness_guide_covid_19.pdf)
- Resource Guide: [https://www.newtown-ct.gov/sites/newtownct/files/uploads/dhs\\_resource\\_guide\\_covid\\_19\\_3\\_30.pdf](https://www.newtown-ct.gov/sites/newtownct/files/uploads/dhs_resource_guide_covid_19_3_30.pdf)

