



April 1, 2020

Dear EASTCONN Families,

We trust that this letter finds you and your family continuing to be healthy and safe. We know you are facing unprecedented challenges during the COVID-19 (Coronavirus) crisis. In light of that, EASTCONN's nursing staff would like to offer their support.

Effective immediately, the school nurses for NRP, EVC, EAP, ACT and QMC will be available to parents and guardians to assist with your health questions. While we may not be able to diagnose or provide medical recommendations, please know that we are available to help you during this time of uncertainty.

Feel free to contact our nurses, Monday – Friday, 9 a.m. – 3 p.m. Email is the best way to communicate, and we will respond to messages as quickly as possible. Please do not call your school nurse for emergencies. If you are having a medical or mental health emergency, call 911 or go to your nearest Hospital Emergency Room.

Students, family and even staff may be experiencing increased anxiety during this uncertain time. It is very important to take steps to lessen anxiety in any way you can. Maintaining healthy eating habits, exercising, keeping a schedule and getting outside for fresh air and sunshine are all healthy ways for children and adults to minimize the impact of anxiety.

We have posted links to COVID-19 resources on the **EASTCONN Communication & COVID-19 Updates** link on the EASTCONN website landing-page pop-up at www.eastconn.org.

Reminder: The best ways to avoid the Coronavirus and keep your family healthy are widely shared on TV, radio and social media, but are worth repeating. The World Health Organization (WHO) recommends these 5 steps:

1. HANDS – Wash them often.
2. ELBOWS – Cough into them.
3. FACE – Don't touch it.
4. SPACE – Keep a safe distance.
5. HOME – Stay home if you can.

We will work to help your family in any way we can. And we all look forward to seeing your children back in our schools and classrooms, once again.

Sincerely,

Your School Nurse Team

Katrina Cote, RN, BSN
NRP, Nurse Facilitator
kcote@eastconn.org, 860-377-3841

Mary Murtha, RN
QMC
mmurtha@eastconn.org, 860-792-6172

Michelle Smith, RN
EVC, EAP
msmith@eastconn.org, 860-931-6429

Amanda Neal, RN
ACT, LEAP
aneal@eastconn.org, 860-942-7873