C♥RE

Weirton School Based Health Program Newsletter
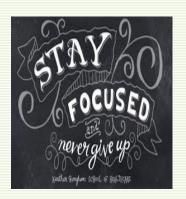**October 2020   ISSUE 4**

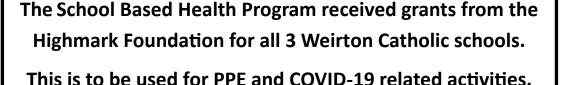### SBH Team
Jill Mullens
School Nurse

Erin McFarland
Counselor

Monica Murray
Clerical Assistant

STAY FOCUSED and never give up

Heather Bingham: School of Healthcare

BE a BUDDY NOT a BULLY

The School Based Health Program received grants from the Highmark Foundation for all 3 Weirton Catholic schools.

This is to be used for PPE and COVID-19 related activities.

Each grant was $3000

HIGHMARK.

Is Your Family Putting On And Taking Off Their Masks Safely?

Amid the uncertainties surrounding COVID-19, one thing is certain: Masks, along with handwashing and social distancing, are necessary in our defense against the spread of the coronavirus. Masks help prevent viral particles from spreading through the respiratory droplets when a person talks, coughs, or sneezes. When worn over the mouth and nose, masks have been shown to be effective in slowing the spread of the virus.
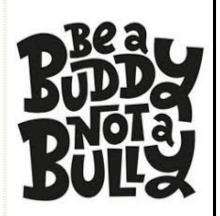
Since not everyone with COVID-19 has symptoms, the Centers for Disease Control and Prevention (CDC) recommends that anyone 2 years or older wear a mask, with the exception of those who have trouble breathing or who are unable to remove the mask without assistance.

STEPS FOR PUTTING ON THE MASK

When putting on your mask, keeping it clean and ensuring a snug fit should be the focus:

1. Wash your hands with soap & water or apply hand sanitizer before touching the mask. Be sure to rub your hands until the hand sanitizer evaporates.
2. Ensure the mask covers both your nose and mouth and is secure under your chin without any gaps on the sides. If the mask has a metal strip at the nose, adjust the shape so that the mask is snug and air does not escape from the top when you are breathing.
3. Make sure you can breathe and talk easily with the mask in place.

Try not to touch the mask while you are wearing it. If you do touch the mask, either wash your hands with soap and water or use hand sanitizer to disinfect your hands. It is important that children are taught not to touch the mask as they get used to wearing it.

STEPS FOR REMOVING THE MASK

How you take off your mask is probably even more important than how you put it on because of the chance of inadvertently exposing your eyes, nose and mouth to germs:

1. Handle the ear loops or the tie behind your head when removing the mask to avoid touching any germs that are on the mask itself.
2. Loosen the band around the ears or untie the band behind your head:

   ~If you will be discarding the mask: Fold the outside corners of the mask together so that the part that was facing "the world" is on the inside. That helps keep virus particles that could be on the mask away from your hands.

   ~If you will be using the mask again: In these cases, fold the outside corners of the mask together so that the part that was touching your face is on the inside. That way, when you put your mask on again the "inside" of your mask will not have touched any surface that could be contaminated with the virus.

   ~Putting the used mask back on: Remember the mask should be treated as if it is contaminated. Therefore, touch the mask as little as possible when putting it back on, and try not to touch your eyes, nose or mouth. Wash or sanitize your hands after putting the mask back on.

3. Once you are home, remove the mask and place it in the trash or laundry receptacle. Do not lay it on random surfaces in your house. Wash your hands immediately before starting to do other things, so if any virus is on your hands, you do not contaminate high-touch surfaces.

Washing your mask

Wash your mask frequently (at least every 2-3 days) and use laundry detergent and choose the warmest setting suitable for the material used to make the mask.

Source: CDC & Children's Hospital of Philadelphia

Nothing is impossible, the word itself says 'I'm possible!'

Audrey Hepburn

EYES UP, HEARTS UP, MINDS SHARP, COMPASSION ON FULL BLAST.

OK, LET'S GO.

Two Very Important Tips for Stress Management

We are living in such an uncertain world right now. This, coupled with high rates of anxiety disorders in all ages of humans, makes a need to use coping skills on a daily basis. Below are two very important tips for stress management that anyone can use, anywhere, any time:

Belly breathing

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

1. Sit or lie flat in a comfortable position.

2. Put one hand on your belly just below your ribs and the other hand on your chest.

3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.

4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.

5. Do this breathing 3 to 10 times. Take your time with each breath.

6. Notice how you feel at the end of the exercise

It is recommended to practice this daily (like when lying in bed at night) so when you need to use this technique, your body is more likely to automatically do it.

Grounding

Look around you for 5 things that you can see.

Find 4 things that you can feel.

Listen for 3 things that you can hear.

Sniff for 2 things that you smell.

Think of 1 thing that you can taste