



Hello, Reading Families,

We know this has been quite an adjustment getting used to this “new normal” as we work through this stay at home order. We know that everyone is familiar with the terms being used lately, but we want to offer some clarity.

**First - the best way to protect you and your loved ones from getting ill:**

- Wash your hands frequently using soap and water and washing all surfaces of your hands for 20 seconds is the correct way.
- Do not touch your face. This is a very hard habit to break because we don't realize how much we do it. Touching your eyes, nose, and/or mouth allows germs to enter your system directly - thus making you sick.

**What does the stay-at-home order mean?**

The stay-at-home order is just that - staying at home with those who live in your physical household as much as possible. The idea is that if we socially distance ourselves, we can slow the spread of the Coronavirus. We all have extended family who do not live with us - our grandparents, adult children, siblings, etc. We should not be visiting these people's homes or gathering with them. Our children should not be visiting or “hanging out” with their friends. This is difficult for many families, including us, but we need to keep our “circle” as small as possible.

**Can we go to the store?**

Yes - we can go to the store for essential items, such as groceries and medications. We need to limit these shopping trips as much as possible - going only when necessary. We should also keep distance from others while we are shopping. Stores are limiting the number of people allowed in at one time, and they have markings on the floor to help people stay apart while waiting in line. When we go to the store, we need to be there only as long as it takes to get these necessities and leave. No one should be going to the store to browse through the aisles.

**Can we go outside?**

ABSOLUTELY! It is encouraged to go outside and get fresh air, play, exercise, etc. Walking around my neighborhood, I have seen beautiful sidewalk chalk artwork, colored Easter eggs decorating windows, teddy bears peeking out waiting to be “found”. Communities are coming together to show support, and even entertain each other. Taking walks, running, cycling, playing are all encouraged at this time. Getting outside is a great way to reduce stress and take breaks from school work, cleaning, or just feeling “stuck in the house.” Remember to stay at least 6 feet away from others even while you are outside.

**What about masks and gloves?**

The most recent recommendation is to wear masks in public situations. Many people are making masks and selling or donating them. There are also videos of how to make simple masks if you cannot sew. Masks also help you keep from touching your face. Now, what about gloves? Gloves are good if used correctly. If you wear gloves into a store and touch everything and then touch your face or cell phone, etc, you have not protected yourself from exposure to germs. If you want to use gloves, do not touch any of your personal items while you are wearing them (cell phone, etc), take them off immediately when you are finished - depositing them in a trash can, and wash your hands or use hand sanitizer.

We hope these tips have been helpful. We miss you all and want to remind you that we are here for any questions you may have. You can email any of us directly, and we will get back to you in a timely manner.

Nurse Heidi - [hsandlin@readingschools.org](mailto:hsandlin@readingschools.org)

Nurse Victoria- [vpetry@readingschools.org](mailto:vpetry@readingschools.org)

Nurse Katie - [kcarlin@readingschools.org](mailto:kcarlin@readingschools.org)

Stay healthy,

Heidi Sandlin, BSN, RN, LSN