

Greetings to Families, Students and Staff,

I wanted to let you know I am thinking of you and sending my well-wishes to you and your families. Please adhere to the “stay-at-home” guidelines and keep yourselves safe and healthy. I realize that this is a very difficult time for everyone and many of you are frightened and feeling isolated. My hope is that you will take some time for self-care and spend quality time with your families. It is also important to maintain connections with friends, teachers, neighbors, and other supports via Facetime, Skype, Zoom, Nextdoor, etc.

Here are some self-care tips:

- Keep your immune systems strong by getting plenty of rest, eating nutritious foods, venturing outside for fresh air, sunshine and exercise (be sure to keep 6 feet away from people who do not live with you).
- Physical activity helps to flush bacteria out of your lungs, which decreases your chance of getting a cold or the flu. It also reduces stress levels by lowering levels of stress hormones. Exercise stimulates chemicals in the brain which act as natural painkillers and mood elevators.
- Wash your hands with soap and water (for 20 seconds) after going to the bathroom, sneezing or coughing, coming into your home after being outside, touching your face or touching anything that comes into your home (such as incoming mail, groceries or other supplies).
- Use hand sanitizer (with at least 60% alcohol content) whenever it's not possible to wash your hands with soap and water.
- Cough and/or sneeze into your sleeve or a tissue. Throw away the tissue and wash your hands afterwards.
- Wipe items down with a Clorox wipe when bringing them into your home (such as groceries, grocery bags, car keys, phone, etc.).
- Periodically wipe down door knobs, light switches, keyboards, bathrooms, countertops and other frequently used places/items with a Clorox wipe. (If you don't have wipes, you can make your own: 4 teaspoons Clorox bleach with 1 quart of cool water. Soak paper towels in the solution - store them in a baggie inside of a container. You can also place the solution into a spray bottle. Spray solution onto surfaces - leave for a minute, then wipe.)
- Wash all fresh fruits and vegetables with lukewarm water before eating to remove harmful germs, bacteria, pesticides and to prevent food-borne illness. It is recommended to soak vegetables such as broccoli and cauliflower in water for 2 minutes, then rinse. Dry fruits/vegetables well before refrigerating (to prevent bacterial growth).

Health experts believe the Coronavirus can live up to 72 hours on some surfaces, so wiping things down is a good idea.

The Ballmer Peak Distillery (12347 W. Alameda Parkway, Lakewood, CO 80228, phone) is currently making and distributing FREE hand sanitizer between the hours of 12:00 pm - 5:30 pm. Bring your own 4 oz container and they will fill it.

Look for a Little Free Library in your area - they are scattered throughout neighborhoods. This is a great way to recycle old books and pick up new ones. I have also heard of Little Free Libraries being re-purposed for free non-perishable food items.

Listed below are some links to community resources. I hope you find them helpful. If you would like to contact me directly, please feel free to send me an email.

State Resource Hotline - dial 211 **(for all COVID-19 related needs, including homelessness)**

Colorado Help Line (for general questions regarding the Coronavirus), phone 303-389-1687

Colorado Crisis Services (mental health services available 24 hours a day), phone 844-493-8255

Heat Help Line (assistance with paying energy bills) phone 1-888-775-5327

The Gathering Place (daytime drop-in center that serves women, transgender individuals, and their children who are experiencing poverty and/or homelessness) 1535 N. High St., Denver, CO 80218, phone 303-321-4198

Please call for help regarding possible domestic abuse, child abuse/neglect issues. Reach out to friends, neighbors or co-workers - advocate on their behalf if you suspect abuse.

National Domestic Violence Hotline: (800) 799-SAFE (7233)
or text LOVEIS to 22522

Crisis Text Line: Text HOME to 741741

National Child Abuse Hotline: (800) 422-4453 (Available in 170 languages)
Colorado Child Abuse and Neglect Hotline: 844-CO-4-KIDS

Resources for Families and Students (through DPS). includes information about how to support students at home, internet access (including free WiFi through xfinity, educational programming through Rocky Mountain PBS, Food distribution, including “Grab and Go” meals (breakfast, lunch, dinner) including weekends.

<https://www.dpsk12.org/coronavirus/#food>

Access to free meals for students and food assistance for families:

<https://www.foodbankrockies.org/emergency-assistance/>

Access to emergency pet food:

<http://www.coloradopetpantry.org/about-us/how-to-get-pet-food/emergency-pet-food-program/>

Free Exercise, Yoga and meditation websites:

P.E. with Joe Wicks on YouTube (30 minute daily exercise classes for kids)

YMCA360.org (also have exercise classes for seniors)

Gold's Gym

Anytime Fitness

24-hour Fitness

Yoga with Adrienne (UTube)

Calm (The APP for Meditation and Sleep Stories)

Onlinemeditation.org

Mindfulnessexercises.com

Smoking Cessation (Smoking and vaping are linked to increased lung inflammation and lowered immune function. You may experience a more severe response if contracting COVID-19 and you are a smoker).

Call the Quitline, free online consultation to help you quit smoking

1-800-784-8669 (1-800-QUIT-NOW)

Ways to help your community

Donate Blood. There is an urgent need for blood. Consider this if you are generally healthy and not currently sick:

https://www.vitalant.org/Home.aspx?fbclid=IwAR0ncj9KCidC-l9w5MOo6PDPnS6B2_-VHjWIGpiYYKwKta2zEU-NqOw27Eg

Advice for People with Eczema

It is best to wash your hands with soap and water, gently pat dry and apply a generous amount of moisturizer while hands are slightly moist. Avoid using hand sanitizer, if possible. Wear gloves to disinfect surfaces (when using Clorox wipes), wash hands and apply moisturizer afterwards. Carry a small tube of moisturizer with you when going out and apply often (be sure to disinfect it when you return home).

Medical guidance for people with Asthma

According to the American College of Allergy, Asthma and Immunology:

“It is important if you have been diagnosed with COVID-19 or suspect you may have COVID-19 and are using a nebulizer at home, that you know the virus may persist in droplets in the air for 1-2 hours.

Therefore, you should administer nebulized albuterol in a location that minimizes exposure to members of your household who aren’t infected. Choose a location for your treatment where air is not recirculated into the home – places like a porch or patio, or in a garage – areas where surfaces can be cleaned more easily or may not need cleaning.

What should you do if you or your child are having trouble getting an albuterol inhaler? The recommendations below from the American College of Allergy, Asthma and Immunology (ACAAI) offer practical ideas for coping:

- 1. First, don’t panic. Check your inhaler to make sure it still has medicine.*
- 2. If necessary, you can likely use your expired albuterol inhaler as it is probably still at least partially effective.*
- 3. If you can’t get a refill on your metered dose inhaler, contact your allergist or health care provider as there are other options available which they can prescribe.*

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Students First • Integrity • Equity • Collaboration • Accountability • Fun

Mon/Thurs – Doull Elementary 720-424-8061

Tues – Pascual LeDoux Academy 720-423-9262

Weds/Frid – Grant Ranch School 720-424-6889

PLEASE WASH YOUR HANDS!!!

Our Vision: Success in School, Success in Life

Our Mission: We work with you to remove the barriers that impact student growth and achievement.

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