

# Nurse's Notes Vol. 10

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## Transitioning into Phase II

This week's topic is about being able to start to safely live our lives while protecting ourselves and our families from COVID-19.

As Rhode Island enters into the beginning of Phase II, it is even more important to continue to take precautions. The Coronavirus pandemic is going to be with us for months, so our mindset needs to be focused on strategies to keep us all safe. Both the Center for Disease Control and the World Health Organization have a great deal of information on their websites and update them often.

Some of their advice is old hat to us now - wash your hands, keep a space of six feet or more between people who do not live with you, don't touch your face and wear a mask when in public.

## The Great Outdoors

If there is one thing that research has shown us to be true is that if we want to be as safe as possible in social gatherings, hold them outdoors and stay socially distant. Because this virus spreads through airborne particles, it is much safer to stay outside. Open air spaces limit the ability for the virus to attach to any hard surfaces we may touch. It is easier to socially distance yourself when you are outside as well.

There has been some recent evidence to suggest that sunny, more humid conditions hinder the virus in some ways. Heat and ultraviolet light are thought to inactivate the virus as well. So if you do plan a picnic or cookout outside, remember to space the chairs out, have plenty of hand sanitizer and encourage frequent use. Remind people not to use their hands to transfer food, and have one person prepare and serve the food - after washing their hands well of course!

Make sure that you follow the guidelines of limiting your social contacts to the same fifteen people. The evidence is clear that staying out of crowded places and limiting your contacts plays a huge role in keeping the virus mitigated. Also, the longer you are in contact with a person in a small space increases the rate of spread. People who do not live together should not spend a long period of time with one another in any setting. This phase will be about being cautious, and responsible - the better we get at this, the better we will protect each other!

As always, if I can be of any help to you, feel free to email me at [mhabershaw@iccatholicsschool.org](mailto:mhabershaw@iccatholicsschool.org)

Take care!

LOWEST RISK	MODERATE RISK	HIGHER RISK	HIGHEST RISK
			
<b>HOME ALONE OR WITH HOUSEMATES</b>	<b>OUTDOOR ACTIVITIES</b>	<b>OUTDOOR GATHERINGS</b>	<b>INDOOR GATHERINGS</b>
<ul style="list-style-type: none"><li>•Stay home as much as possible.</li><li>•Try to allow only people you live with into your home.</li><li>•Wash your hands.</li><li>•If you're sick, stay home and isolate from housemates.</li></ul>	<ul style="list-style-type: none"><li>•Wash your hands and don't touch your face.</li><li>•Stay at least 6 feet from people you don't live with.</li><li>•Wear a mask.</li><li>•Avoid shared surfaces, like swings or benches.</li></ul>	<ul style="list-style-type: none"><li>•Wash your hands and don't touch your face.</li><li>•Stay at least 6 feet from people you don't live with.</li><li>•Wear a mask.</li><li>•Don't share food, toys, and other items, and avoid shared surfaces.</li><li>•Participate in events like these infrequently.</li></ul>	<ul style="list-style-type: none"><li>•Wash your hands and don't touch your face.</li><li>•Stay at least 6 feet from people you don't live with.</li><li>•Wear a mask.</li><li>•Don't share food, toys, and other items, and avoid shared surfaces.</li><li>•Open windows for better ventilation.</li><li>•Try to avoid gathering indoors as much as possible.</li></ul>