

News from Hill

3.24.20

Dear Students and Parents,

I hope this email finds you staying safe and healthy and following the guidance for social distancing seriously during this difficult time. Please know that our teachers and administrators are very proud of you for all of the hard work you are doing as we transition to Distance Learning. This is a heavy lift for all of us but I promise you it will get easier as we all get better at it. This edition of The News contains some important information regarding COVID 19.

Stay well and healthy!

Ken Chichester

Principal

Northwestern's Family is Fighting COVID 19

I am so proud, energized and humbled by the school communities call to help out with the critical shortage of PPE's by making masks and providing supplies to our local ambulance associations. We were even able to donate several boxes of the critical N95 masks that we had in school to several hospitals.

Our robotics team led by Mr. Trotto and Mr. Carey have researched how to use our 3D printers to make N95 masks and you will be excited to that production of the masks begins this evening.

Thanks to all of you who have been able to help!

From our Nurses

Our nurses have started a health series that you can find on our webpage called RN Real News from the nurses. Please visit the website on a regular basis to review their updates.

From the CDC:

Before a COVID-19 outbreak occurs in your community:

Plan

A COVID-19 outbreak could last for a long time in your community. Depending on the severity of the outbreak, public health officials may recommend community actions designed to help keep people healthy, reduce exposures to COVID-19, and slow the spread of the disease. Local public health officials may make recommendations appropriate to your local situation. Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community. You should base the details of your household plan on the needs and daily routine of your household members.

Create a household plan of action

Talk with the people who need to be included in your plan. Meet with household members, other relatives, and friends to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.

Plan ways to care for those who might be at greater risk for serious complications. There is limited information about who may be at risk for severe complications from COVID-19 illness. From the data that are available for COVID-19 patients, and from data for related coronaviruses such as SARS-CoV and MERS-CoV, it is possible that older adults and persons who have underlying chronic medical conditions may be at risk for more serious complications. Early data suggest older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19. CDC will recommend actions to help keep people at high risk for complications healthy if a COVID-19 outbreak occurs in your community.

Get to know your neighbors. Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.

Identify aid organizations in your community. Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.

Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

Make sure you have 2 weeks of your prescription medications available.

NEXT: Signs and symptoms of Covid 19

How to differentiate between a cold, the flu and the Covid 19

Links to Local Health Care Resources: Charlotte Hungerford

<https://hartfordhealthcare.org/health-wellness/coronavirus>

Health Insurance Provider Resources:

Please check with your provider for information.

<https://blog.connecticare.com/coronavirus/>

ACCESSING HEALTH CARE COVERAGE

Access Health CT

New special enrollment period for uninsured individuals

Access Health CT (ACHCT) has announced a new special enrollment period so uninsured Connecticut residents can sign up for health insurance during this public health emergency.*

The special enrollment period runs through Thursday, April 2, 2020. Coverage begins April 1, 2020.

Individuals must enroll by phone. Call [1-855-805-4325](tel:1-855-805-4325) (TTY: [1-855-365-2428](tel:1-855-365-2428)), from 8 a.m. to 5 p.m., Monday to Friday.

Learn more at Learn.AccessHealthCT.com.

Connecticut Husky Health

<https://portal.ct.gov/HUSKY>

Supporting Older Children and Young Adults in this difficult time

The article in the link below provides wonderful guidance to parents regarding how to support adolescents right now. I hope that you find it helpful:

: https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/#.XnqSiicMQ_w.email