



CMC Nursing Newsletter



1 Best Practices: Continue to Follow

1. Hand Washing: wash your hands for at least 20 seconds. Soap and water is always the best method; however, hand sanitizer may be used if soap and water is not available.
2. Masks: wear your masks when out in public where social distancing is not possible and inside all stores.
3. If you are sick please stay home to prevent the spread of illness.
4. Contact your PCP with any concerns over illness and they will direct you to the appropriate resources.
5. Call 911 in case of true emergency.

2 Self Care During COVID

1. Eat a healthy diet (including colorful veggies and berries)
2. Cut out sugars to support immune system function
3. Drink plenty of filtered water
4. Practice self-care and stress reduction
5. Get adequate sleep, exercise, and rest
6. Find ways to engage with loved ones
7. Get in essential vitamins: 10 min of sunlight daily can give your daily Vitamin D
8. Follow Guidelines from the Medical Community

3 Beaches & COVID

To quote Governor Baker “ Respect the virus”

1. Bathrooms and water fountains closed
2. No large social gatherings
3. No organized games (ball games)
4. Mask wearing: anyone over 2 years old needs to wear a mask.
5. Social distancing, stay six feet apart
6. Do not need mask while swimming
7. No groups larger than 10 people to gather at beach. 12 feet distance between groups of towels.
8. Wear sunscreen even though you are wearing a mask.