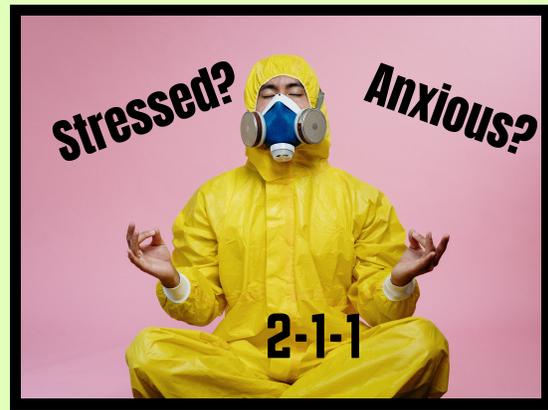




## DY Nurses are here for you!

While everyone is hard at work navigating and adapting to these unprecedented times, the DY Nurses want each of you to know we are still here for you! In the field of nursing, one of the first and most important, valuable lessons we are taught is **SAFETY**. This being said, we want to each and every one of you to know, you are not alone in learning to adapt to this forever changing new norm, and we want to make sure you are all doing your part to stay safe yourself, as well as protecting those around you. Although the government plans to soon start various phases of re-opening the state, its extremely important we don't lose focus of what's important.... everyone's safety. We would like to share with you some videos we found to help teach yourselves and your children about various safety measures we can all implement to stay safe.

[Click](#) the pictures to view helpful videos and slides





**Map to public resources**

**Talking to kids about COVID-19**



**COVID-19  
Resource Hub**

**#DY-STRONG**



**How to Help Children Cope**

# Resources and Links

## School Nurse emails:

Dennis Yarmouth District Nurse Leader: **Kristin Dwyer**- [dwyerk@dy-regional.k12.ma.us](mailto:dwyerk@dy-regional.k12.ma.us)

Station Avenue Elementary School Nurse: **Sharon DiPrete**- [dipretes@dy-regional.k12.ma.us](mailto:dipretes@dy-regional.k12.ma.us)

Marguerite E. Small Elementary School Nurse: **Colleen Santos**- [santosc@dy-regional.k12.ma.us](mailto:santosc@dy-regional.k12.ma.us)

Ezra H. Baker Innovation School Nurse: **Jana Vojtasova**- [vojtasoj@dy-regional.k12.ma.us](mailto:vojtasoj@dy-regional.k12.ma.us)

Nathaniel H. Wixon School Nurse: **Kathleen Downing**- [downingk@dy-regional.k12.ma.us](mailto:downingk@dy-regional.k12.ma.us)

Mattacheese Middle School Nurse: **Susan Williams**- [williams@dy-regional.k12.ma.us](mailto:williams@dy-regional.k12.ma.us)

Dennis-Yarmouth Regional High School Nurse: **Geoffrey Tammaro**- [tammarog@dy-regional.k12.ma.us](mailto:tammarog@dy-regional.k12.ma.us)

## For information from a trusted source

- Visit <https://www.mass.gov/covid19> for the latest news, case counts, and lab testing results
- Call 2-1-1 with questions
- Text the keyword COVIDMA to 888-777 to receive notifications to your phone
- Take care of your emotional health and help others do the same. If you need emotional support during these stressful times:
  - Call 2-1-1 and choose the "CALL2TALK" Option
  - Samaritans is continuing operations 24/7, as always. During this unprecedented time, it can feel overwhelming to receive constant messages about COVID-19. Call or text their 24/7 helpline any time at 877-870-4673.
  - The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

**Social Media-** Follow and retweet DPH on Twitter @MassDPH, updated several times per day

Free Online tool to help residents assess symptoms & find the right care: <http://buoy.com/mass>

## Other Helpful Links:

[Mass.Gov/covid19](https://www.mass.gov/covid19)

[Massachusetts Emergency Management Agency](#)

[Unemployment & COVID-19](#)

[Dept. Of Transitional Assistance Online Portal](#)

[Emergency Childcare Site](#)

[MBTA.com/covid19](https://www.mbta.com/covid19)

[Complete List of Emergency Orders & Guidance](#)



## **Interested in donating blood?**

American red cross is facing a severe blood shortage. Those who are healthy, feeling well and eligible to give blood or platelets are urged to make an appointment to donate as soon as possible by using the Red Cross Donor APP, visiting: [RedCrossBlood.org](https://www.RedCrossBlood.org), or calling 1-800-RED-CROSS (1800-733-2767)