



Dear Parents/Guardians:

We hope you and your families are healthy and finding creative ways to get through this difficult time.

The Holliston School Nurses are available to answer general questions about COVID-19. Please email your school nurse and she will respond within 24 hours. If you have an emergency health related question, please call your primary care physician.

Lynne Bowler RN, CPNP

Nurse Leader, Holliston Public Schools
Miller School Nurse
bowlerl@holliston.k12.ma.us

Catherine Harkin RN, BSN

Placentino Elementary School Nurse
harkinc@holliston.k12.ma.us

Sarah Holmes R.N. BSN

Placentino Elementary School Nurse
holmess@holliston.k12.ma.us

Jennifer Olsen RN, BSN

Robert Adams Middle School Nurse
olsenj@holliston.k12.ma.us

Tereza O. Rodrigues, RN, BSN

Holliston High School Nurse
rodriguest@holliston.k12.ma.us

Resources/Information regarding COVID-19:

Stop the Spread of Germs like Flu and Covid-19

<https://youtu.be/HhUpkGxyjS4>

Help Prevent Covid-19 by Social Distancing

<https://youtu.be/Wa7EboJvUy4>

Exempt Emergency Child Care Programs:

https://eeclead.force.com/apex/EEC_ChildCareEmergencyParents

Massachusetts Department of Public Health:

<https://www.mass.gov/info-details/about-covid-19>

<https://www.mass.gov/info-details/frequently-asked-questions-about-covid-19#is-it-safe-to-attend-events-and-gatherings?>

National Association of School Nurses:
[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

Spark Kindness

<https://www.sparkkindness.org/>

American Academy of Pediatrics:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Working-and-Learning-from-Home-During-the-COVID-19-Outbreak.aspx>

If you feel sick, the CDC recommends:

- Calling your primary care physician **before** visiting them in person
- Staying home and limiting your contact with others
- Wearing a facemask if you are sick. Masks are not recommended for widespread use by healthy people.

You can help prevent the spread of COVID-19 by following these steps:

- Wash your hands often with soap and water for at least 20 seconds including under your fingernails. Alcohol-based hand sanitizer (at least 60% alcohol content) can be used when soap and water are not available.
- Keep your hands away from your face.
- Cover your nose and mouth when sneezing and coughing with a tissue and discard it immediately. Cough into the sleeve over your elbow instead of your hand. Wash your hands often when coughing and sneezing.
- Stay away from people who are sick and stay home when you are sick.

For more information, visit the DPH website by [clicking here](#) and the CDC's website by [clicking here](#).

Additional Information

Holliston Youth and Family Services is available to support students and families. Community members can call the office line at 508-429-0620. For more immediate assistance, please feel free to call Jackie Winer, Director of HYFS directly at 508-306-4507.

For immediate crisis related services and/or counseling, **INTERFACE Referral services** continue to be available. The William James INTERFACE Referral Service is a mental health and wellness referral Helpline available Monday through Friday, 9 am-5 pm, at 888-244-6843 (toll free).