

School Health Services

QCS Nursing Office

QCS Is Going Pink



Many students have heard or know a person that has experienced breast cancer. According to the CDC, breast cancer is the second most common cancer among women in the United States (some kinds of skin cancer are the most common). Black women and white women get breast cancer at about the same rate, but black women die from breast cancer at a higher rate than white women. Men can also be diagnosed with breast cancer. It is important to encourage annual and monthly self screenings to help detect the early stages of breast cancer. Every Wednesday in October, we will be wearing pink for Breast Cancer Awareness Month.



How to Wear A Face Covering



It is so important that we wear our mask correctly when we are not able to physical distance (6 ft apart). If you have any questions about the proper way to wear your mask, please contact me, Nurse Massey, and I will be happy to assist.

Protect Yourself and Others from COVID-19

HOW TO WEAR A FACE COVERING



- Wear your face covering so it comes all the way up close to the bridge of your nose.
- Make sure it covers your all the way down under your chin.
- Do your best to tighten the loops or ties so it's snug around your face, without gaps.

HOW NOT TO WEAR A FACE COVERING



DON'T: Wear your face covering so it is below or covers just the tip of your nose.



DON'T: Leave your chin exposed.



DON'T: Push your face covering under your chin to rest on your neck.



DON'T: Wear your face covering loosely with gaps on the sides.

ph.lacounty.gov/Coronavirus



How to Select When selecting a mask, there are many choices. Here are some do's and don'ts.

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

Special Situations: Children



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin



Do NOT put on children younger than 2 years old



Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



Evaluation is on-going but effectiveness is unknown at this time

Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

Important Updates From the Nursing Office

- All faculty/staff, students, and visitors will be Screened as they enter campus by having them use sanitizer upon entering the building, taking their temperature, and having them complete a Covid 19 exposure questionnaire.
- **If you have not done so already, please contact Nurse Massey by phone at 229.334.4298 or via email at oshaugnessy.massey@quitman.k12.ga.us if your student will be taking medications on campus for the 2020-2021 school year.**
- If your child is experiencing medical issues, please contact nurse Massey at your earliest convenience.



How to Contact Nurse Massey

✉ oshaugnessy.massey@quitma...

☎ 229.334.4298