



NURSES OFFICE UPDATE

CLICK HERE for COVID-19 Information:



[SELF-CHECK-SYMPTOMS](#)

[TESTING-CENTER-NJ](#)

[FACTS AND UP TO DATE INFORMATION ABOUT COVID-19](#)

***** VERY IMPORTANT: YOU, YOUR PARENT, OR GUARDIAN MUST NOTIFY SCHOOL IMMEDIATELY IF YOU OR SOMEONE IN YOUR FAMILY TESTS POSITIVE FOR COVID 19*****

COVID -19 TIPS

“As we all adjust to our new "normal", it is crucial that we take care of ourselves physically, mentally, and emotionally. Maintain proper personal hygiene, sleep 8 to 10 hours a night, and make healthy choices regarding diet. Maintaining a healthy lifestyle will help maintain proper immunity. Exercise or simply take a walk. Listen to your favorite tunes, read, dance, sing, and divert your attention to other activities to decrease the stress or worry that you may be feeling”.



MEDICATION AT SCHOOL



If you have medication, including asthma inhalers or epi-pens, that you or your parent or guardian would like to have at home during this time, please notify us via email noted below to make arrangements to pick such items up.

NURSE CONTACT INFORMATION

THE NURSING STAFF IS AVAILABLE DURING DESIGNATED SCHOOL HOURS 9:00 A.M. TO 2:00 P.M.



We are available at each school via email at:

Boonton High School:

marcia.tucci@boontonschoolsorg

John Hill School:

kelli.shiels@boontonschools.org

School Street School:

janet.chauhan@boontonschools.org

If needed, appointments can take place through Google Hang Out Conversation/Messaging.

If you have any health questions or concerns that you wish to discuss. We are available to you.

Reach out to your guidance counselor, teacher, or administrator if you have any academic or other questions or concerns.

If you are concerned about yourself, or someone else, or have an emergency please do not wait.

We cannot take this health crisis lightly, and we urge you to make social distancing a priority.

COVID-19 QUESTIONS



Have general COVID-19 questions?

Call 24-Hour Public Hotline: 2.1.1(24/7)

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Call: 2-1-1

Call (24/7): 1-800-962-1253

Text: NJCOVID to 898-211

Text: your zip code to 898-211 for live text assistance

TAKE STEPS TO PROTECT YOURSELF:

- WASH YOUR HANDS OFTEN. PROPER HANDWASHING IS CRUCIAL USING SOAP AND WATER FOR AT LEAST 20 SECONDS. SING HAPPY BIRTHDAY, OR YOUR TUNE OF CHOICE. RINSE WELL. REPEAT OFTEN

- IF SOAP IS UNAVAILABLE USE A HAND SANITIZER CONTAINING AT LEAST 60% ALCOHOL.
- AVOID TOUCHING YOUR FACE. ESPECIALLY YOUR EYES, NOSE, AND MOUTH
- AVOID CLOSE CONTACT AND PROTECT OTHERS
- IF YOU FEEL ILL, ADVISE A PARENT OR GUARDIAN AND HAVE YOUR TEMPERATURE CHECKED.
- YOUR PARENT OR GUARDIAN SHOULD CONTACT YOUR PEDIATRICIAN OR PRIMARY CARE PHYSICIAN AND SEEK ADVICE. ALWAYS CALL BEFORE GOING TO THEIR OFFICE
- IF YOU ARE AROUND OTHERS MAINTAIN SOCIAL DISTANCE OF AT LEAST 6 FEET.
- IF YOU COUGH OR SNEEZE INTO A TISSUE, THROW IT INTO THE GARBAGE RIGHT AWAY.
- IF NOT USING A TISSUE WHEN COUGHING OR SNEEZING, USE YOUR INNER ELBOW AREA.

RESOURCES

Emergency: 911

BOONTON HEALTH DEPARTMENT: provides a wide range of public health services designed to promote and protect the health of Boonton residents.

Boonton PD: 973-402-9371 (Ask for a wellness check)

Zufall Health Center: 973-328-9201

Morristown Medical Center ER – 973-971-5000

Chilton Memorial Hospital ER – 973-831-5000

St. Clare’s Hospital ER – 973-625-6000

Food Pantry: please call **201-230-8606** and Lucille Rockis will assist you.

Loaves and Fishes Hours: Saturdays **9 am - 11 am** & Wednesdays **4 pm - 6 pm** but no longer able to allow people to shop and get food. They will receive a bag of goods at the door. Proof of **NJ resident** is needed.

Lincoln Park food pantry: 10 Boonton Turnpike, Lincoln Park, Nj (P): **973-694-2890**

Second Floor Youth: 888-222-2228, **NJ Hopeline**: 1-855-654-6735

Lincoln Park PD: 973-694-5533 (Ask for a wellness check)

Suicide Prevention Hotline: 800-273-8255

Labor and workforce: [Department of Labor and workforce development](#)

STAY WELL STAY HAPPY STAY ENGAGED

STAY POSITIVE STAY AWARE STAY INFORMED

