

05/05/2020

Journal

Usually Cinco de Mayo, is Am day of dining in a restaurant, with family and friends and celebrating the holiday. This year I stayed in to social distance and try to keep from getting ill. I think I have been in the house with my poor dogs for the last 8 weeks. Actually, my dogs looked at me like, “when are you getting up and going to work, you are cramping our style. Then they would sit on me or wine like I was not paying attention to them, I don’t know how they are going to adjust again to me gone every day again. I go to Frys to pick up prescriptions and get produce. We have all had to get creative with toilet paper and bleach. We still have neither in Frys. And it is ok, we will survive.

I myself am in the high-risk group, and a Nurse. My daughter is a nurse at the hospital, she has been exposed multiple times and I have to distance myself from her and my grandbabies. My son transports patients to clinics he’s been exposed but hasn’t gotten sick. But since I cannot be around anyone, I am not able to see my other grandbabies. Again, you learn to adjust, be creative and I facetime grandkids. I was scheduled to have surgery, but it was put on hold until the restrictions are lifted. I have missed my kids at work and my kids at home, It is very lonely, but I am able to do a lot of catching up on charting, vaccinations, medical alerts, and daily coronavirus updated information, to my superintendent. I think I know more about this virus than most viruses, I have nightmares about it. I wear a mask and gloves if I need to leave the house. I wear them sometimes in the house., when neighbors come by to see if I need anything... or if I can assist them with medical questions. I have referred to Teladoc and urgent care for people that need to have medical assistance. I usually cook for 5 when its only me, and I give food to neighbors I know that are struggling.

I have used google hangouts to do Nurse consulting, I have been able to follow up on medically fragile students this way also. I start my days early and put together updated training programs for my health assistants. I do weekly agendas and online work to help them become better caregivers. I am grateful for this time because I can give personal detail to subjects and procedures that I would not normally be able to. It is almost like an Individual Healthcare plan for health office assistants.

I have been taking care of myself and having my doctors appt’s on video. I do believe we will turn this into a new Normal. I was also thinking about how a lot of our children will be able to reconnect with family, which is a positive. May be we all need to reboot our community’s, slow down, regroup, be kind to each other and get to know what is actually important. Another positive is that Air pollution went down the first 5 weeks, we may have had fresh air for 5 weeks. I really miss the children laughing, the cards and pictures that were given to me on nurse’s day. Our students are our family; our community doesn’t stop being a community when the bell rings. I cannot wait to get back to work at school, I think we all could use a big hug!!! I also need about a kindergarten class full of butterflies to put on the wall of my office. 😊 I will see you all soon, wear a mask and wash your hands!!

Nurse Julie