



Project STAGE NEWSLETTER

INDIAN RIVER STATE COLLEGE

What is the Coronavirus?

Coronaviruses can make people sick with a cold or cough. There is a new type of coronavirus making people sick. The illness it causes is called COVID-19. COVID-19 is an illness caused by a virus that can spread from person to person and causes a fever, cough, and trouble breathing. It's a bit like what you would have with a cold or the flu. This virus can be more serious in some people, especially if they are sick or have other health issues.

You can get COVID-19 from others who have the virus. Most often this happens when an infected person sneezes or coughs, sending tiny droplets into the air. These can land in the nose, mouth, or eyes of someone nearby, or be breathed in. Less often, people can get infected if they touch something with the virus on it and then touch their own nose, mouth, or eyes.

For many people, COVID-19 just feels like a mild cold or flu. But for a small number of people, it can make them very sick and need to go to the hospital. That is why it is important to try and not get the virus at all.

How to prevent COVID-19.

- ◆ Practice social distancing;
- ◆ Wear a face mask/shield cover in public;
- ◆ Avoid touching eyes, nose and mouth;
- ◆ Cover coughs and sneezes;
- ◆ Clean and disinfect “high-touch” surfaces; and
- ◆ Stay home if you are sick, except to get medical care

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Special points of interest

- Project STAGE Facebook Page

Keeping Things Clean!

Clean and disinfect frequently touched surfaces daily. This includes tables, door-knobs, light switches, countertops, handles, keyboards, toilets, faucets and sinks. Use detergent or soap and water, then a sanitizer, if you have any, like Lysol, Purell or Hello Bello.

Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, after blowing your nose, coughing, or sneezing. If soap and water isn't handy, use hand sanitizer. Avoid touching your eyes, nose and mouth with unwashed hands.

If students, faculty, or staff coughs or sneezes use a tissue or the inside of your elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.

Adapted from: <https://www.cdc.gov/coronavirus/2019-ncov/index.html> and <https://disabilitywebtraining.com/virus-safety-pwd/>

Practice everyday habits to prevent spreading COVID-19

Florida COVID-19 Response, Florida Health

Social Distancing 101

It might seem mean to say don't get too near to people. But germs like to travel from person to person. Have you noticed how people in the same place sometimes get sick at the same time? If lots of people stay home, wear face masks/shields and stay 6 feet apart for a while, it will be hard for the germs to travel to new people.

If you wear a face mask/shield and keep at 6 feet from other people and stay away from people that are already sick, it will be easier for you to stay healthy. So this means for now, to stop giving hugs, handshakes, high fives, or other ways we usually touch other people.

Coronabingo

Mark all the things you have done

Worked from Home	Ordered Food Delivery	Used Zoom	Took A Midday Nap	Read A Book
Baked Bread	Shared a Quarantine Meal	Shopped On-line	Cleaned Cleaned Cleaned	Started A Garden
Cut Your Own Hair	Tried A New Hobby	FREE SPACE	Tried TikTok	Exercised More
Went Into A Grocery Store	Went For A Walk	Listened To A Podcast	Baked Cookies	Found Toilet Paper
Cooked Lunch/ Dinner	Forgot What Day It Was	Slept In Late	Used Google	Binge Watch TV/Movies

Staying Healthy

Good sleeping habits help to fight off germs, so try to get enough sleep so that you feel refreshed when you wake up. It is recommended by the SleepFoundation.org that most healthy adults between the ages of 18 –64 need between 7 to 9 hours of sleep per night to function at their best.

Another way to stay healthy is to eat a healthy diet. Try to eat foods that are good for you, including plenty of vegetables and fruits. Also, drink enough water because it helps your body to stay fit and be able to better fight germs.

Go for a walk or exercise at home. This keeps your body fit and better able to fight off illnesses.

Keeping Happy

Keeping yourself happy is important, especially if you are unable to be with the people you are used to seeing. Try not to be bored. Try doing a craft or a do-it-yourself project around the house, writing a short story or poem or busting out your art supplies to draw or paint. Not sure where to start? Search for inspiration and tutorials online.

Diving into a project can help keep your hands – and mind – busy. Do the hobbies that you enjoy, call your friends on the phone, use video chat (i.e., FaceTime), or watch a movie. It's safe to go outside for a walk, jog or hike. In fact, getting outside and spending time in nature can help boost your mood and reduce stress. Just remember to social distance.

It is very tempting to binge-watch your favorite movies and TV shows all day, getting a workout in can also help boost your mood and reduce stress and anxiety. Your favorite local gym or studio's closed? No problem. While closed, many gyms and studios are streaming classes online to help keep people active and connected. There are also plenty of fitness apps offering free workouts right now. **YouTube** is another great source for streaming a variety of workouts.

Not into traditional workouts? Throw on your favorite album or playlist and have a dance party!

Employment during COVID-19

The COVID-19 virus has spread to so many people, that some businesses have had to close ending jobs. Hopefully this will not last long and people will be going back to work with businesses opening.

Many states and local governments are restricting access to in-dining restaurants, theaters, concert halls, some retail stores and other non-essential businesses where large groups of people risk coming into close contact with one another.

The COVID-19 outbreak is rapidly changing the workplace. Millions of Americans are moving their work spaces to their homes, having flexible work arrangements.

Feeling Sick?

Symptoms of COVID-19 are fever, cough, shortness of breath, chills, repeated shaking with chills, headache, sore throat, new loss of taste or smell, or muscle pain, congestion / runny nose, diarrhea, nausea or vomiting. Symptoms may appear 2-14 days after exposure.

Important Dates

Project STAGE Facebook

Project STAGE has a Facebook

page. Please visit our Facebook page often. Project STAGE posts events that are happening on the campus; as well, as activities that Project STAGE participates in.

Pictures are posted anytime students are engaged in an activity, things happening in class, etc.

[https://
www.facebook.com/
IRSCProjectSTAGE/](https://www.facebook.com/IRSCProjectSTAGE/)

- August 19, 2020 Fall Semester begins
- September 7, 2020 Holiday, No School
- Labor Day
- To Be Determined Parent/Guardian Meeting via Zoom
- To Be Determined Individual STAR meetings via Zoom
- October 24, 2020 Pioneer 5K Run/Walk
- November 11, 2020 Holiday, No School
- Veterans Day
- November 25—27, 2020 Holiday, No School Thanksgiving
- December 8, 2020 End of Fall Semester
- January 6, 2021 Spring Semester begins
- January 18, 2021 Holiday, No School
- Martin Luther King , Jr. Day

“What I, as a person with special needs, longed for was to be taught what role, what purpose, I could have in society, and how to attain a level of independence.”

- Naoki Higashida

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