

Trunk Kit for Teachers *(Helpful ideas from an ICU nurse)*

1. SHOES

Stop bringing your shoes from work into the house. I changed my sneakers before and after my shift, at my car in the parking lot and put them in my trunk in a shoe box size Rubbermaid container. They barely saw the light of day. Or at least keep them in a designated closet. Don't walk around your house with them on.

2. STORAGE

Keep an area in your car as a dirty area (I use my trunk). Do the same in your house, a closet or laundry room. Throw your work clothes right into the wash and then shower when you get home.

3. EYE PROTECTION

If you wear contacts. Start wearing your glasses. If you do not wear prescription glasses, get some fakes. Blue light blocking glasses are all the rage. Get some. Keeps the COVID out, supposedly helps with blue light win. They also decrease the amount of times you will touch your eyes. Especially for the 2nd grade and under teachers, where kids are not required to wear masks. If you are going to wear a face shield put a name tag on it. I had a hard time recognizing people I have worked with for almost 20yrs.

4. VITAMINS

Take your vitamins. Multi vitamins, C, zinc, D3, B12, probiotic.

5. MASKS

- A. Get some head bands with buttons to hook your mask ear loops on. Your ears will thank you!
- B. Do not touch the front of your mask. When you take it off to eat or drink grab the ear loops and put it face down into a bag or Tupperware container.
- C. Wash your hands before and after touching it.
- D. Wash your mask everyday.
- E. Consider having more than one mask each day. One in the morning and one in the afternoon.
- F. [Mask use video](#)

6. FACIAL WIPES

Facial wipes are your friend. Wiping your face every few hours when you get a break from your mask will be the best part of your day, I promise.

7. BLEACH WIPES & HAND SANITIZER

If you do not already, keep some bleach wipes and hand sanitizer in your car. Wipe your keys, ID badge, watch and phone down. Keep as much as you can in your trunk, bring as few things as possible into your house.

8. ASK QUESTIONS

Ask your administrators, coworkers, school nurse, me! You deserve answers. We are dealing with a nasty novel virus. There are no stupid questions and chances are someone else is wondering the same thing.

9. SHARE

Get a group text going with your most trusted teacher friends. So, you can support each other through this. Share what works for you in your classroom with them. Share your anger, your fear, your sadness. Also share inappropriate memes that you would otherwise get fired for posting on social media. Try to find the humor in whatever you can, I cannot stress enough how important it is to laugh. This group text will be your best therapy and talking to people who understand exactly what you are going through will be invaluable.

10. SLEEP