Cleaning Products

When wanting to be sure our homes are clean and sanitized, it might seem like a good idea to mix different cleaning products to get double the power to clean up messes. However, many cleaning products contain chemicals, that when mixed with other chemicals from a different product, can create something toxic. Before you start scrubbing down your bathroom or giving your kitchen countertops a much needed clean, make sure you know about these cleaning products you should never mix.

A list of safe cleaning products to use to disinfect and sanitize was included in the SDUC School Nurse Health Tip Issue #3 (updated April 15, 2020).

These supplies may be in short supply in the store, but mixing some cleaning products can lead to irritated airways, respiratory problems, or burns to skin, eyes, throat, nose, and lungs. Some gases created from combined cleaning products could cause damage of the nervous system, eyes, lungs, skin, liver, kidneys, and even death. Please handle all cleaning products with care!

Help Keep Children Safe

As school nurses, we have a few health tips especially for early childhood families and our future learners. Young children are the most curious and eager to learn. This curiosity is one way our early learners explore their world. It is important as adults we make their world as safe as possible. Remember to clean and sanitize all toys. If supplies are stored low, please remember to keep cabinets locked.

Communication from the School Nurses

If you have medication at school, you will be receiving a letter or phone call from your school nurse to make arrangements to pick up your child’s medication. A few students were also fitted for glasses by Kids Vision for Life. Your school nurse will also be contacting you concerning your glasses. Crown Vision is not available for eyeglass replacement until further notice.
Pandemic Preparedness: At-Home Essentials

What to do when a pandemic is declared? How do we prepare? If I get sick or someone in my household is sick, how much and what should I purchase?

1. Purchase enough supplies to last you and your family for about 2 to 3 weeks.
2. Masks and gloves are necessary for carrying for the sick. If worn correctly, a mask and social distancing can provide protection.
3. Give Acetaminophen (Tylenol) for an elevated temperature. Do not give Aspirin to children.
4. If you get sick do everything possible to avoid passing it to others.
   ● Remain inside and away from people and pets until you are well.
   ● Wear a mask to prevent passing the disease.
   ● Drink plenty of fluids.
   ● Walk outside at a safe distance, if you are feeling well enough to exercise.

Need a Little Help?

Different insurance plans offer different resources for their members. Home State Health offers Aunt Bertha as a community resource directory to help find food, housing and job training programs. More details can be found at AuntBertha.com... just enter your zip code for more details regarding food, goods, housing work, education, transit, legal money and health.

For a 24/7 Nurse Advice Line visit www.homestatehealth.com/members/medicaid/nurse-on-call.html

MissouriCare (www.wellcare.com/missouri) also offers resources at no cost for their members who are seeking additional services.

The School District of University City has a team of school counselors, social workers and nurses available for our students and families. Their contact information along with a variety of additional local resources including food and housing is available at www.ucityschools.org/CommunityResources2020.

For any questions or suggestions regarding SDUC School Nurse Health Tips, please call 314-290-4029.