

School Nurse Health Tips for Families during COVID-19

Updated 033120

Dear University City Families:

Your school health care team is here to assist with resources for your families. You can reach your [school nurse by email](#) for any health-related question. Please find below a few simple [first-aid tips](#) approved by Dr. Campbell, our school district's medical consultant.

Additional concerns may include food insecurities and loss of health insurance due to layoffs. We are offering a few suggestions for support - but please contact your SDUC school social worker, counselor or nurse as needed.

FIRST AID:

- **Bruises:** Apply cold compresses or ice pack to the injured part for 10 minutes and elevate the area.
- **Burns:** Flush with cool water for up to 10 minutes. Do not break blisters, if it breaks, clean with soap and water and apply triple antibiotic ointment and a clean dressing. If it is a third-degree burn involving muscle and bone, call 911. If you feel it requires medical care, call your doctor before going to the emergency room.
- **Cuts & Abrasions:** Wash the area with soap and water and apply antibiotic ointment and band-aid, if necessary keep the area clean and dry.
- **Puncture Wounds:** Wash wound with soap and water for 5 minutes and apply antibiotic ointment. Apply a clean band-aid or clean dressing. **To control bleeding:** apply direct pressure over the wound for 5 minutes with a clean dressing wearing gloves if available. **If bleeding continues** longer than five (5) minutes, call 911 (emergency). Follow up with your child's physician as needed for any type of puncture wound. Puncture wounds are sharp and pointed objects through the skin that usually cause a small opening such as a nail. They can easily become infected.
- **Animal Bites:** Clean the bite and surrounding area with soap and water and then apply antibiotic ointment and a clean dressing. Notify the police and county animal control at **314-615-0650**, if the animal is unknown.
- **Ear Ache:** Check temperature. May give acetaminophen (aka Tylenol) for comfort, cool compress to the outer ear and follow up with a physician.
- **Fever:** Give acetaminophen (aka Tylenol) as directed by a physician and plenty of fluids for a temperature of 100.4°F or above. Additional symptoms to consider are cough, runny nose, body aches, vomiting, and sleepiness or tiredness. Call your doctor as soon as possible.
- **Insect Bites and Stings:** If an allergic reaction should occur and you have an Epi-pen, administer medication and call 911. If you do not have an Epi-Pen and you see difficulty breathing and hives, call 911 (emergency). Treat swelling and redness with a cold compress.
- **Nose Bleed:** Sits up with head slightly forward with nose pinched to close the nostril. Apply pressure for 5 to 10 minutes and breathe through the mouth. If bleeding does not stop in 20 minutes, call your doctor or urgent care.
- **Sore Throat:** Check temperature and gargle with salt water, or give throat lozenges.

INSURANCE: If you are turned away from urgent medical care due to a lack of insurance or in need of health insurance due to life changes, contact Earlene Bolton, Children Legal Services at 314-256-8753. She is working remotely. Leave a message and she will return your phone call.

FOOD: As of March 20, The School District of University City established **Grab & Go meals** for all District children. Plan changes begin week of April 6. Learn more at www.ucityschools.org/GrabAndGo and/or sign up directly at www.ucityschools.org/MealsSupport.

If you need larger quantities of food from a food bank or additional resources, visit <https://www.ucityschools.org/CommunityResources2020>.

If you have any health questions, please email your school nurse:

- Barbara C. Jordan Elementary School:
Nurse Erika Buckels: ebuckels@ucityschools.org
- Jackson Park Elementary School:
Nurse Johnnie Farrell: jfarrell@ucityschools.org
- Flynn Park Elementary School:
Nurse Cherich Jones: cherichjones@ucityschools.org
- Pershing Elementary School:
Nurse Patricia Chandler: pchandler@ucityschools.org
- University City High School:
Nurse Madison Dusenberry: mdusenberry@ucityschools.org
- District Lead Nurse/Julia Goldstein Early Childhood Education Center/Brittany Woods Middle School:
Nurse Patricia Wilson: pwilson@ucityschools.org or 314-651-7268

Visit www.ucityschools.org/CommunityResources2020 for more resource options including your school staff contact information. More information is also available at www.ucityschools.org/DistrictNews.

Stay Safe and Healthy!
School Health Team