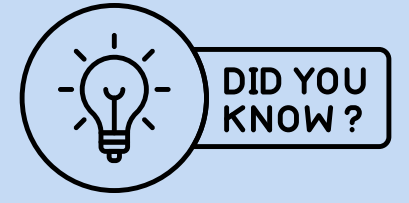




UPCOMING
EVENTS

- Sept 14: Chaska Fire Dept Open House
- Sept 19: Our Health Matters Minneapolis
- Oct 1: Excelsior Fire Dept Open House
- Oct 3: Brooklyn Park Fire Dept Open House
- Oct 6: Minnetonka Fire Dept Open House
- Oct 8: Brooklyn Park Living Well Resource Fair
- Oct 10: Stillwater Fire Dept Open House



Children may need to take medicine at school. Check with your school about their medicine at school policy. Children may start to manage their own medicine around age 11. It's important to teach older children and teens about using medicine safely

- Teach older children and teens how to read medicine labels and to follow dosing instructions.
- Teach children never to share medicine. Medicine that isn't meant for them may be harmful.
- Inform the school of your child's medicine and how often it is taken
- Avoid sending medicine in backpacks or lunch boxes.

Back to School Hand Sanitizer Safety

By: Kaleb Vang PharmD, University of Minnesota College of Pharmacy



Kids use hand sanitizer more than ever at school, sometimes 25 times a day! While it helps stop germs, there are important safety tips every parent and teacher should know.

What Can Go Wrong?

Hand sanitizer can be dangerous for young children. Here are the main risks:

- Swallowing it: Many hand sanitizers smell like desserts, candy, or fruit. Kids may taste it because it smells good. Swallowing hand sanitizer can cause stomach pain, dizziness, drowsiness, and trouble breathing.
- Eye exposure: Kids may rub their eyes after using hand sanitizer, which can cause redness and pain.
- Skin problems: Using too much hand sanitizer can cause dry, cracked, or irritated skin.
- Potential Contaminants: In recent years, some hand sanitizers have been found to contain methanol, a toxic alcohol that may not be listed on the label.

How to Keep Kids Safe

Talk with children about hand sanitizer safety:

- It is NOT food or drink, even if it smells yummy
- Use a small amount (about a pea size)
- Never put it near your mouth or eyes
- Ask an adult for help if you're not sure

For parents and teachers:

- Watch young children when they use it
- Keep bottles out of reach at home
- Choose unscented sanitizers when you can
- Avoid products with cartoon characters or bright colors that attract kids

Need Help?
If a child swallows hand sanitizer or gets it in their eyes, call the Poison Help Line at **1-800-222-1222** for free, fast, expert advice 24/7.