



UAS WELLNESS TEAM

May 6, 2020

From our Nurse Elisa:

We are all living a complex and different reality since we have to stay at home as much as possible. I would like to share some information about Accident Prevention at Home, in order to avoid accidents, especially with children.

Parents, grandparents and kids, we all have many responsibilities, new routines, and need to share the house every day. This makes us more vulnerable to accidents inside our home, mostly small ones. We share some useful tips for prevention and care at home.

Falls

- Exercise, make your body stronger and improve your balance.
- Remove tripping hazards around your house.
- Talk to your doctor about taking Vitamin D supplements and enjoy the sun whenever possible.

Store medicines, cleaning products or disinfectants out of the reach of kids

- Label all the above-mentioned items.
- Stock them in small amounts.

Store tools such as hammers, drills or other, out of the reach of kids: These items may call the attention of the little ones, so it is highly recommended to keep them in a locked toolbox.

Burns: electrical, fire or hot object/liquid

- Make sure all the electrical supplies, electrical cords and plugs are in good condition.
- Have a fire extinguisher available at home.
- Never hold a hot beverage while holding your kid.
- Pay special attention if you use a spill-proof container since they might give a false sense of security.



- Children are always welcome to help in the preparation of a nice meal in the kitchen. Adults need to be very alert to avoid burns and cuts.
- Never leave your kids unattended in the kitchen.

Playtime

- Use age-appropriate games or toys.
- Actively supervise while kids are outside in the garden handling the playground equipment.
- Make sure the games are in good conditions and do not represent any hazard to the kids.

First Aid Kit and Emergency Medical Service

- [It is highly recommended to have a ready to use First Aid Kit at your home.](#) The link shows an example of a very complete kit, but you can adapt it according to your family's needs.
- Make sure to have the number of your EMS in a visible place.

From our Nutritionist Eloísa:

This week we would like to share some healthy and delicious ideas, healthy and delicious eating can go hand in hand. Physical isolation will not become an excuse to throw your health overboard. Keep Cooking and Carry On!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jamie Oliver family lasagne	Fainá de zapallitos with quinoa	Golden sea bass with salad	Baked cheese & tomato risotto	Stuffed pumpkin with chicken & veggies