

What's Up, Edison?

April 27 - May 1, 2020

What's up Hornets, Knights, Jaguars and Challengers? The MSNs are back for Week Six, so let's talk about "gross things" our bodies do.

What has no legs but never stops running? Your nose, of course! Have you ever wondered why your nose runs when you've got a cold? Or why you have boogers at all? Well, grab some tissues and let's get ready to learn all about snot and other gross things our bodies do!

Stay safe and healthy,

Your Middle School Nurses,

Carol Martinez, RN, MS, CSN, HHMS

Jasmine Cromartie, RN, BSN, CSN, JAMS

Nicole Montilus, RN, BS, CSN, TJMS

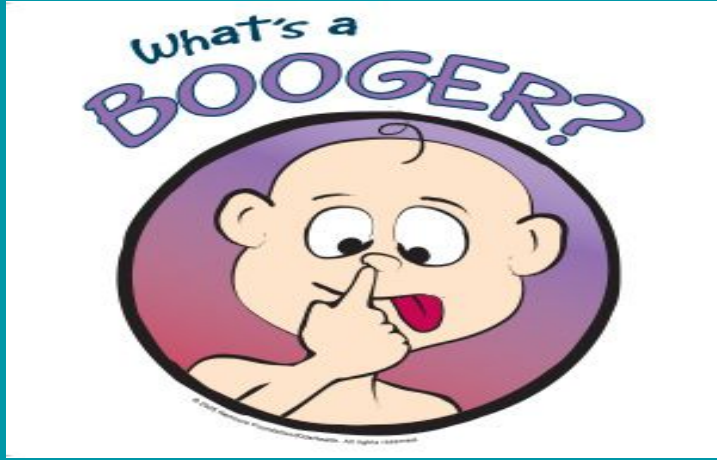
Roulla Fanik, RN, MSN, CSN, WWMS

Kristine Walters, RN, BSN, CSN, District Nurse



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All boogers or snots are mainly dried out mucus. Watch the SciShow Kids video. Then click below and read or listen to the Kids Health article about boogers.

<https://kidshealth.org/en/kids/booger.html?ref=search#catnutrition>



Boogers, Boogers everywhere! No! Say it ain't so, the "Eyes" have it too! Everybody's Got It! Boogers, Boogers! Sing along!

<https://www.broadjam.com/player/player.php?mediaID=71650&embedded=small&autoplay=false>

(Click arrow at site when you get there!)

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Did you *hear* our ears have “boogers” too? Watch this WebMD video to hear all about it.



Check out this SciShow video to learn more about ear wax or ear boogers. Learn what it is made of, why we have it, and how it leaves our bodies.

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WHAT'S THE COLOR OF YOUR MUCUS?

(And, What Does It Say About You?)



CLEAR

Awesome.
You're healthy.



WHITE

Bummer.
That's a cold.



YELLOW OR GREEN

Uh-oh.
It's a sign of a bacterial infection.



BROWN OR ORANGE

That's a sign of dried red blood cells
and inflammation. AKA a dry nose.

Be sure to contact your UPMC primary care physician if:

- You're producing a lot mucus and having a hard time breathing.
- You have any concerns about the color of your mucus.

UPMC | HEALTH
BEAT

Fun Facts about SNOT

You make about 1 liter of snot every single day.

Snot is made up of water, protein, and salt. Yummy?

Animals and pets get them too.

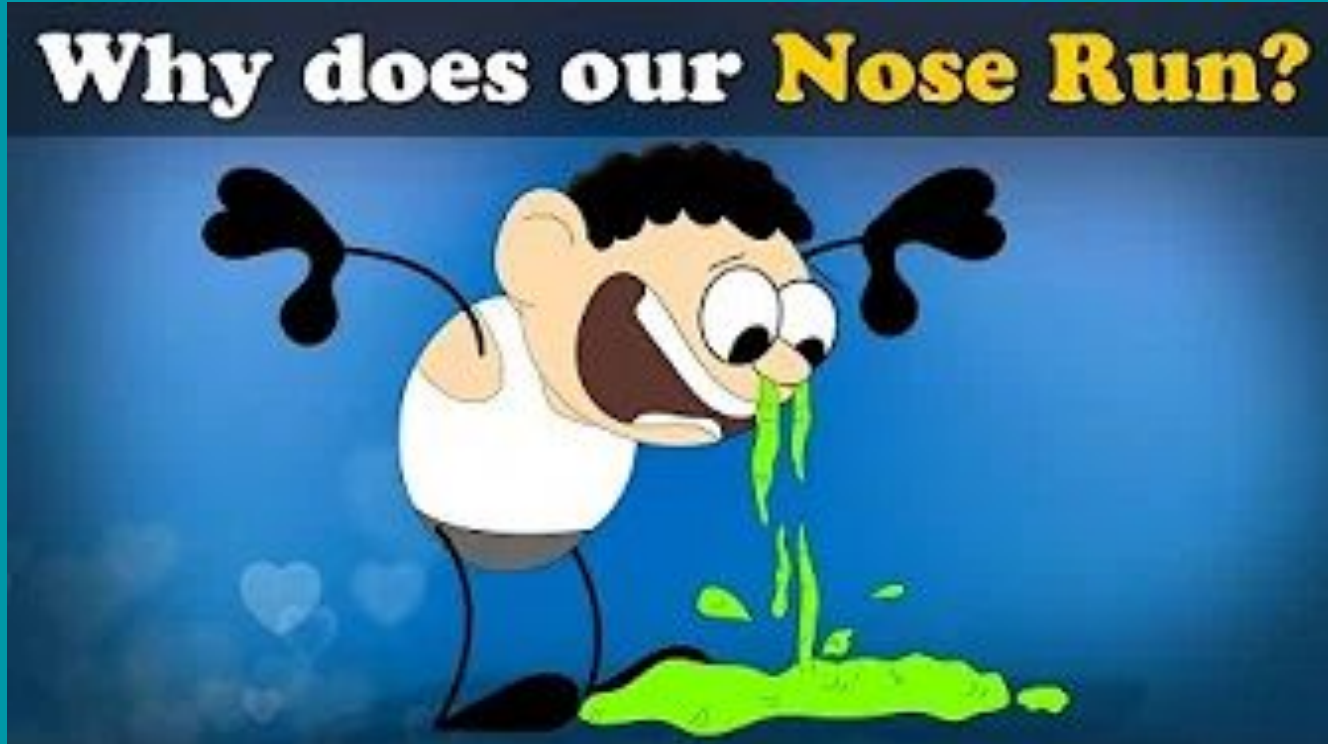
Click left to learn what the color of your mucus means and then below on how it keeps us healthy. Take the quiz.



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We are not trying to be too "nosey", but here is another fun video about all the things your nose can do.



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Well that was totally gross! But the MSNs are not done! We will be sending more gross things your way next week! It will not be pretty!

