

Simple Steps to Keep Children Healthy at Home, School and Daycare

With the return to school comes the spread of viruses (germs) that can cause fever, vomiting, diarrhea and breathing problems. Help stop the spread of germs that can make children sick:

- **Cover your cough.** Use a tissue to cover coughs and sneezes. If you don't have a tissue, sneeze or cough into your sleeve, **not** your hands.
- **Stay home when sick.** Rest can help you and your child get better sooner, and it helps prevent the spread of germs. Children with diarrhea or fever should stay home until the diarrhea has stopped (stools are formed) and the fever is gone, or until their doctor says it is okay to go back to school or daycare. Children with breathing problems should stay home until the cough is gone. ***If your child is having difficulty breathing, call your doctor right away.***
- **Wash hands often.** Washing your hands with soap and water stops the spread of germs. If soap and water are not available, use hand sanitizer. You should always wash your hands:

BEFORE

- Coming into contact with small children
- Touching food
- Eating

AFTER

- Using the bathroom
- Helping a child use the toilet
- Wiping your nose or your child's nose
- Coughing or sneezing
- Changing a diaper

Wash Your Hands for 20 SECONDS

How long is 20 Seconds?
As long as it takes to sing
your ABC's!



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