

CAUTION!

COLD AND FLU SEASON

It's a good time to review with your child how to reduce his/her risk of becoming ill and the prevention of spreading infection.

- ◆ Teach your child to wash his/her hands often and thoroughly with soap and warm water. This is the one of the most important steps in preventing the spread of germs and staying healthy. Lathering up and scrubbing for at least 20 seconds is ideal (that's about as long as it takes to sing the alphabet - ABC's song). Rinse and make sure he/she dries his/her hands.
- ◆ Teach your child the proper use of hand sanitizer when soap and water aren't available. Gels, rubs, and hand wipes all work well as long as they contain at least 60% alcohol. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- ◆ Teach your child to keep his/her hands away from his/her face and avoid touching his/her mouth, nose, or eyes.
- ◆ Teach your child to cover coughs and sneezes with a tissue and then throw it away. No tissue? Use the inside of his/her elbow/sleeve—not his/her hands!
- ◆ Drink plenty of water.
- ◆ Eat a balanced diet. Good nutrition is important in helping the body resist infection.
- ◆ Help your child to learn these healthy habits by setting a good example and always doing them yourself.

If your child becomes ill, it is often appropriate to keep him/her home from school. Your child should be fever free, without the use of medication such as Tylenol, for 24 hours before returning to school. A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff.

Please call the Health Office at 631-878-1033 if you have any questions or concerns.