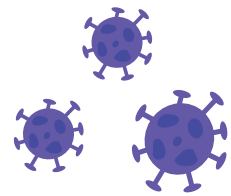


Helping Your Child Reduce the Spread of Illness



Take steps at home to help reduce the risk of infection for your children and other family members.

- ✓ Remind children to wash their hands regularly using soap and water or hand sanitizer:
 - [Washing hands often](#) with soap and water is the best way to prevent the spread of illness.
 - Scrub hands for 15-20 seconds or sing “Happy Birthday” twice.
 - Always clean your hands:
 - after using the washroom,
 - before eating or serving food,
 - after coughing and sneezing, and
 - after cleaning up body fluids like vomit or feces.
 - [Hand sanitizer](#) may be used when a handwashing sink or soap is not available. It should contain 60% to 90% alcohol.
 - Use enough hand sanitizer to wet entire hands. Then rub hands together until completely dry.
 - Hand sanitizer is not effective on hands with visible dirt.
- ✓ Teach your child the appropriate way to sneeze or cough into their sleeve or a tissue.
- ✓ Clean frequently touched surfaces such as door knobs, light switches and bathroom taps to prevent the spread of illness in your home.
 - Increase cleaning when someone in the house is ill.
- ✓ Keep children home when they are ill to prevent the spread of germs to others.
 - For cold and flu symptoms:
 - Stay home until symptoms have improved for at least 24 hours.
 - Stay home until no fever for 24 hours.
 - For symptoms of nausea, vomiting, diarrhea:
 - Stay home until symptoms have improved for 48 hours.
- ✓ You may choose to wear a well-fitted, high quality mask:
 - in crowded indoor public spaces,
 - when a space has poor airflow, or
 - if you or people around you are at higher risk of respiratory illness.
- ✓ Keep vaccinations up-to-date:
 - Follow the schedule for vaccines as closely as possible.
 - Contact [Lakelands Public Health](#) when your child receives an immunization. This helps keep their record current.
 - To view, print or update your child’s immunization record visit [Immunization Connect Ontario Portal](#) and click “Get Started”.
- ✓ Improving indoor air quality at school and home is another way we can reduce the risk of spreading airborne diseases. Learn how [here!](#)

