

Parent Pages

Prevent the Spread of Germs at Home

Flu season is from October to May. Use these tips to help your family lower the risk for getting and spreading the flu and other germs.

Stay safe

- Make sure your family gets their seasonal flu shot.
- Try not to touch your eyes, nose and mouth without first washing your hands.
- Avoid close contact with others. If someone in the family gets sick, make sure other family members keep their distance.
- Your child should stay home if he has:
 - A fever higher than 100.4°F
 - Vomited more than once
 - Diarrhea
 - Frequent cough
 - Pain that does not go away (throat, head, stomach, ear, etc.)

Children who do not have a fever and only have a mild cough, runny nose or other cold symptoms can go to school without any harm to themselves or others. A runny nose is how many children respond to pollen, dust or a cold virus. If your child has a fever, he should stay home until he has been fever-free without medicine for at least 24 hours.

Stay clean

Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after coughing and sneezing.

Teach your family how to wash their hands properly:

- Wet hands with warm running water.
- Rub hands together with soap and scrub all areas.

- Continue to rub hands together for 15 seconds (or as long as it takes to sing a verse of *Happy Birthday*).
- Rinse well under warm running water, then dry hands with a clean paper towel.
- Use your elbow or towel to turn off water.
- Use hand sanitizers when soap and water are not available. (Soap and water are best if hands look dirty.)

When should you wash your hands?

- Before and after making meals
- Before and after eating
- After using the restroom
- After spending time outdoors
- After handling animals
- When hands look dirty
- If someone in the family is sick
- After touching door handles and other objects, especially in public areas

Stay covered

Cover your nose and mouth with a tissue when coughing or sneezing and throw away the tissue after use. When tissue is not available, teach your child to cough or sneeze in his elbow.

Visit www.choa.org/buildingbridges for more tips.