

Healthy Habits to Keep Your Child Well



Remind your child to wash his/her hands after using the restroom, before eating, and throughout the day.



Teach your child to keep his/her hands away from his/her eyes, nose, and mouth. This helps to reduce the transmission of germs.

Instruct your child to cough and sneeze into his/her elbow instead of his/her hands.



When your child is sick, keep them at home; even if there is a big test at school or a project to turn in. A student with a fever, vomiting, or having diarrhea is contagious and is infecting the other students. Your child will probably not perform well on the test if he/she has a fever, has been up all night vomiting, or is constantly coughing. In addition, his/her body needs time to recover.



