



SAINT ANDREW SCHOOL

11 TIPS

For keeping your child **HEALTHIER,**
HAPPIER and
MORE PRODUCTIVE

With cold and flu season upon us, below are some tips from the National Association of School Nurses on how to prevent your child from getting sick.

How can I prevent my child from getting sick?

- Teach your child to wash his or her hands frequently using plenty of soap and warm water. Proper hand-washing should take about 20 seconds or the time it takes to sing "Happy Birthday" twice.
- Teach your child to cover coughs and sneezes with a tissue or their sleeve
- Try to minimize the time your child spends with other children who have cough or cold symptoms
- Pack easy-to-use products like disinfecting wipes and hand sanitizers in your child's backpack to use when he or she is at school
- Keep surfaces like door knobs, phones, remote controls, toys, and keyboards clean
- After your child is feeling better, clean all surfaces; wash the bedding and air out the room
- Serve a balanced diet with lots of fruits and vegetables. Giving a daily vitamin may be recommended by your pediatrician
- Keep the child's environment tobacco free.
- Keep an annual well-child exam to follow changes in your child's health
- Keep all of your child's immunizations up-to-date. (The Centers for Disease Control and Prevention guidelines now recommend a flu vaccine for most children aged 6 months up to their 19th birthday.)
- Always make sure to consult your school nurse or doctor if you have any questions

Does my child have the flu?

The flu is serious! Call your pediatrician at the first sign of flu symptoms, which typically come on suddenly, including:

- High fever
- Chills
- Head ache, body aches, ear ache
- Nausea, vomiting
- Dry cough