

STAYING HEALTHY


IS YOUR CHILD TOO SICK TO GO TO SCHOOL?

Keep children at home if they have...

- a fever of 38° C (100° F) or more—and then keep them home for 24 hours after the fever is gone
- vomiting or diarrhea—and then keep them home for at least 24 hours after the last episode
- a severe sore throat—particularly if you can see white or red spots at the back of the throat or if your child also has a fever
- rashes of unknown origin—these may be contagious
- a deep, hacking cough—along with a runny nose and headache
- untreated infections of the eye, ear or skin—watch for symptoms such as redness, swelling, or discharge
- different behavior from normal (acting unwell)
- little energy to participate in school activities.

Talk with your family doctor or public health nurse if you have concerns.

Hand Washing



Hand washing is the most important thing you can do to help stop the spread of germs. You can't avoid getting germs on your hands, but you can reduce the chance of infecting yourself and others by washing your hands frequently.

What is a Good Way to Wash Your Hands?

1. Wet your hands under warm, running water.
2. Add soap and scrub all parts of your hands for 15 seconds.
3. Rinse under warm, running water for 15 seconds
4. Dry with a clean cloth or paper towel.
5. If you are in a public restroom, use the towel if available to turn off the tap.
6. Use hand lotion after washing to prevent skin from getting sore.

If soap and water are not available, waterless hand sanitizers (alcohol-based) are an easy way to clean your hands. They are effective as long as your hands aren't visibly dirty. Young children should be supervised when using hand sanitizers.

HealthLink BC

**Any time of the day or night,
every day of the year**

Easy access to non emergency health information; speak with a nurse about symptoms, consult with a pharmacist about medication questions, or get healthy eating advice from a dietitian.

You can also find the publicly-funded health services and resources closest to you.

**Dial 811 or go online to
<http://www.healthlinkbc.ca/>**

Interior Health Website

Have you visited the Interior Health Website? For school health information go to:

<http://www.interiorhealth.ca/YourHealth/SchoolHealth/YourHealth/SchoolHealth/Pages/default.aspx>