

# Top 3 Tips



From Public Health

On how to keep your children healthy during the Cold, Influenza and Norovirus season.

Keep Kids Healthy-to-Keep Kids In School

## Tip #1

### Proper Handwashing

Frequent hand-washing is one of the simplest, and most effective, ways to stay healthy.

For some highly contagious and common viruses (such as Norovirus), hand sanitizer will not effectively 'clean' hands.

Public Health's #1 Tip is to wash hands with soap and water and dry hands using a paper towel.

## Tip #2

### Stay Home When Sick

Any student with symptoms of norovirus (vomiting, diarrhea, fever) will be sent home.

It is recommended that your child stay home 24 hours AFTER symptoms (vomiting, diarrhea, fever) have disappeared.

## Tip #3

### Clean and disinfect frequently touched surfaces at home when someone is ill.

Norovirus can stay on surfaces for weeks and is not destroyed by many disinfecting products. Use a bleach-based cleaner (i.e. Clorox, or Lysol) to regularly disinfect commonly touched surfaces.



If your child is ill and staying home from school, please remember to call your school and include the symptoms your child is experiencing.

If you have any additional questions please contact your school nurse or Olmsted County Public Health Services 507-328-7500



Keep Kids Healthy-to-Keep Kids In School

powered by

