

# Ways to Keep Our Children Healthy

Suggestions from the: Pennsylvania Dept. of Health  
Pennsylvania Dept. of Education

- Use safe practices all the time.
- Wash hands, wash hands, wash hands – use soap and water, if possible. If not, use an alcohol based hand cleaner. If using this method, rub hands until dry. Keep out of the reach of children, when stored. Do not use if hands are visibly soiled.
- Cover a cough (use elbow)
- Remind children not to touch their eyes, nose or mouth. Germs often spread this way.

## In Schools:

Use EPA approved household disinfectant, EPA registered hospital disinfectant, or Chlorine bleach solution of ¼ cup chlorine bleach to 1 gallon cool water. Apply to surfaces. (We wipe all railings each morning, wash tables before snack and sink facets.)

Thorough cleaning of bathrooms daily, or more often when necessary.

## For Parents:

Keep sick children home.

They should be free of fever (100 degrees) for 24 hrs, without medication.

They should be free from vomiting or diarrhea for 24 hours.

Seek doctor's advice for respiratory illness with cough, coryza (runny nose), or sore throat in the absence of a known cause other than influenza.

\*Please notify the school of any contagious and/or infections conditions.  
(i.e. strep throat, pink eye, head lice.)