#### **Keep Kids Healthy**

There are several ways parents and caregivers can promote health and help protect children from getting sick:

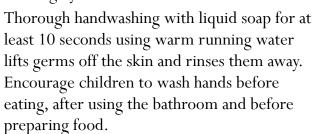
- Offer healthy foods like milk, breads and cereals, fruits and vegetables every day to children.
- Don't smoke with children present—at home or in the car
- Make sure children get plenty of sleep.
  Develop a regular routine before bed,
  like a story after bathtime. And set a
  regular bedtime and stick to it.





#### Handwashing

Make sure every one in the family thoroughly washes their hands!





With the possible exception of immunization, handwashing is the most effective disease-prevention measure anyone can practice.

Ralph Cordell, U.S. Centers for Disease Control & Prevention

## OTHER WAYS TO PREVENT COLDS AND FLU

Teach younger children to give coughs and sneezes "the cold shoulder" by coughing or sneezing into their shoulder. Children rarely get a tissue between their hand and a cough or a sneeze in time....and if they do, they usually contaminate their hands.



- Do not allow children to share toys that they have put in their mouths.
- Teach older children to use a disposable tissue when they cough or blow their noses—and then throw the tissue away.
- Do not allow children to share common personal items like silverware and cups, combs, towels, and food.
- Keep children's fingernails clean and trimmed and discourage nail biting.



### When kids are sick, keep them at home

Do not send ill children to nursery school, day care, or school who have any of these symptoms:

- Fever 100 F or higher
- Cold-like symptoms with fever
- Sore throat
- Difficulty swallowing and swollen glands
- Coughing and difficulty breathing
- Nausea, vomiting, or diarrhea
- Stomach ache with fever
- Pink eye
- Unusual rashes or infected skin patches
- Headache and stiff neck
- Severe itching or scratching of scalp
- Body aches and pains



# Health Department of Northwest Michigan

Serving Antrim, Charlevoix, Emmet and Otsego counties

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