### Communicable Disease Prevention



**Prevention of illness:**

· Wash hands frequently, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

· Keep hands away from your nose, mouth or eyes.

· Stay away from people who have colds or the flu.

· Avoid sharing towels, utensils, food, drinks, telephones, and keyboards.

· Cover your coughs and sneezes with tissues and dispose of used ones promptly. If unable to use a tissue, cough or sneeze into your elbow.

· Exercise, get sufficient sleep, and eat well-balanced meals.

**Recommendations of when to keep your child home:**

· **Fever**- 100 degrees or higher- A fever is a sign of illness. The child should be free of fever for 24 hours before returning to school

· **Sore throat/Colds/Cough**- Minor cold symptoms shouldn’t interfere with your child attending school. A frequent cough and/or constant thick nasal drainage is a sign that your child might be contagious and more comfortable at home.

· **Rash**- A rash may cover the entire body or only one area. If the rash is draining, has open areas or is causing the child to itch excessively your child should not attend school. They should also stay home for a rash that is accompanied by other symptoms like fever, sore throat, irritability, or vomiting.

· **Vomiting/Diarrhea**- A child who has vomited should wait 24 hours and be able to retain solid food before returning to school. A child with frequent diarrhea should not go to school.

**When to seek help:**

· If cold symptoms last more than 10 days.

· If coughing is severe, uncontrollable, painful, or brings up gray-green material.

· If sore throat is severe for 2 days or more, or if white spots are present.

· If breathing is persistently painful, wheezy, or difficult.

· If there is severe earache or discharge, or pain in the face or forehead.

· If there is fever of 102 or greater.

· If there is not prompt improvement of diarrhea, vomiting, or rash.