



DEPARTMENT OF HEALTH

A School Health Note for Parents and Guardians

**HELP STOP COMMON
RESPIRATORY ILLNESSES**

Respiratory illnesses frequently occur in school-aged children. These common infections are usually caused by bacteria and viruses that can be spread by droplets from coughing or sneezing. If your child is sick, what can you do to keep others healthy?

First, talk to your doctor and follow medical advice! Here are some tips to help stop these illnesses from spreading:



Wash your hands or use hand sanitizers!

This is the most important thing you can do! Help keep the germ off your hands. Always wash after taking care of your sick child and don't forget to wash his or her hands too. Alcohol-based hand sanitizers are also effective.

• Cover that sneeze or cough!

Keep droplets from coughs and sneezes from reaching someone else! Teach kids to cover coughs and sneezes with a tissue or elbow—not their hands!

• Keep your child at home!

Your child can spread these germs at school or daycare. So, children should stay at home until they feel better.

Quick Facts:

Flu is caused by a virus that can be spread by droplets from coughing or sneezing.



You can prevent other respiratory infections by following the same steps for preventing flu.

**For more information, visit www.aahealth.org
or talk to your doctor and school nurse.**