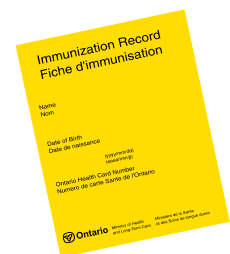


Helping Your Child Reduce the Spread of Illness

Steps taken at home can help reduce your child's and other family member's risk of infection.

- Remind children to clean their hands regularly using soap and water or hand sanitizer:
 - ✓ [Frequent handwashing](#) is the most effective way to prevent the spread of illness, especially after using the washroom, before eating or serving food, after coughing and sneezing and after cleaning up body fluids such as vomit and feces. Scrub hands for 15-20 seconds or sing "Happy Birthday" twice.
 - ✓ [Hand sanitizer](#) may be used when handwashing facilities are not available. It is recommended that it contain 60% to 90% of alcohol. Hand sanitizer is not effective on hands that are visibly soiled. When using hand sanitizer, apply enough to wet entire hands, and rub solution until completely dry.
- Teach your child the appropriate way to sneeze or cough into their sleeve or a tissue.
- Clean frequently touched surfaces such as door knobs, light switches and bathroom taps to prevent the spread of illness in your home. Increase cleaning when someone in the house is ill.
- Keep children home when they are ill to prevent the spread of germs to others.
- Consider wearing a well-fitted, high quality mask in crowded indoor public settings with poor ventilation, especially if you or people around you are at a higher risk of illness from a respiratory virus.
- Keep vaccinations up-to-date. Follow the schedule for vaccines as closely as possible. Notify [Peterborough Public Health](#) when your child receives an immunization to keep their record current. To view, print or update your child's immunization record visit [Immunization Connect Ontario Portal](#) and click "Get Started".
- Improving indoor air quality at school and home is another way we can reduce the risk of spreading airborne diseases. Learn how here! →



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**Peterborough
Public Health**

Serving the residents of **Curve Lake** and **Hiawatha First Nations**, and the **County** and **City of Peterborough**

