

How to Prevent the Spread of Respiratory Illnesses



Our children and grandchildren grow up exploring things. They do this by touching things and then putting their hands in their mouths. They come in contact with lots of germs this way. Germs can make them sick.

Parents and Grandparents - What can we do to keep our children healthy?

- ➔ Teach your children to **wash their hands often with soap and water**. Wash before they touch food. Wash after going to the bathroom.
- ➔ **Washing hands is the best thing parents and children can do to prevent colds**. Wash for about 20 seconds with soap and water! Regular hand soaps work just as well as antibacterial soaps.
- ➔ Teach children to **cover their mouths when they cough or sneeze**.
- ➔ Cigarette smoke can irritate the throat and make your child's cough worse. **Avoid being near people who smoke**.
- ➔ As a family, eat a **healthy diet** and get **regular exercise**.
- ➔ **Don't drink** from someone else's cup **or share** eating utensils (forks, spoons, etc.).
- ➔ **Wash surfaces**, like sinks, tables, cutting surfaces and desktops **with a disinfectant cleaner**.
- ➔ **Get your flu shot** each year.



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