

Center for Policy, Planning and Evaluation Administration  
Division of Epidemiology – Disease Surveillance and Investigation

## Information for Parents/Guardians

The District of Columbia Department of Health (DOH) would like to share important information on keeping children stay healthy. With your help, we can reduce the number of children who become sick.

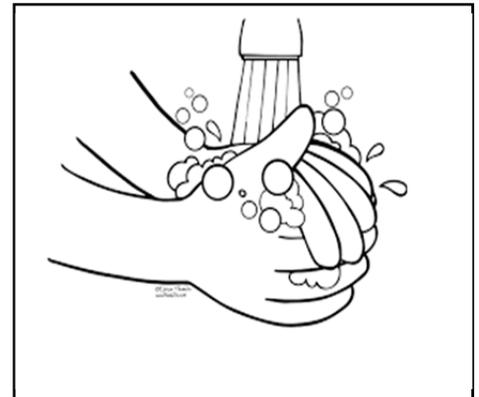
### How Can You Help Keep Children from Getting Sick?

#### 1. Vaccination

It is better to prevent an illness than to treat it. Before vaccines, many children died from illnesses that vaccines now prevent. Making sure a child receives all recommended vaccines not only protects that child, but also helps protect the health of the entire community.

#### 2. Handwashing

Handwashing is one of the best ways to prevent illnesses and the spread of germs. Children should wash their hands before eating and after using the toilet, blowing their nose, coughing or sneezing, and touching toys, animals, animal feed and waste.



#### How to wash hands properly:

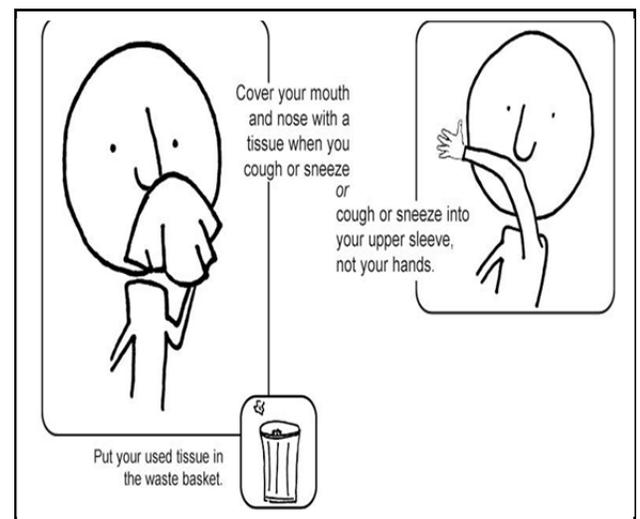
- **Wet** hands with clean, running (warm or cold) water and apply soap.
- **Rub** hands together with soap to work up lather to the backs of hands, between fingers and under nails.
- **Scrub** hands for at least 20 seconds (to make it fun have children sing the “Happy Birthday” song twice), then
- **Rinse** hands under clean running water.
- **Dry** hands using a clean towel or an air dryer.

#### 3. Limiting the spread of germs

Encourage children to use a tissue or their sleeve to cover their cough and sneeze.

#### What Should You Do When Children Get Sick?

- Consult a health care provider regarding treatment options.
- Keep children at home when recommended to prevent the spread of germs.



For more information about School Health please visit our website at:

<http://doh.dc.gov/service/school-health-surveillance>