



Healthy Habits = Healthy Children

Healthy habits that decrease the spread of germs and help keep children and families well:

1. **Handwashing** is one of the best ways to keep from getting sick
 - Wet hands with running water.
 - Add soap & rub hands together for 20 seconds.
 - Rinse.
 - Dry hands with clean paper towel.
 - If soap & water aren't available, use an alcohol based hand sanitizer.
2. **Cover that sneeze and cough** - Coughing and sneezing spread germs. Cover your nose and mouth with a tissue or the inside of your elbow to prevent spreading germs to your hands.
3. **Get Moving** – Exercise helps the body fight off simple illnesses. Include active play in your child's schedule.
4. **Sleep** – Getting the right amount of sleep will help fight off colds and infections.
5. **Healthy Eating** – Good nutrition is vital for good health. Provide a variety of foods, including plenty of vegetables, fruits and whole grains at meal and snack times.
6. **Keep your Child Home when Sick**- Children should stay home until they feel better



When Do I Keep My Child Home From School?

(Although no comprehensive list is possible, the following conditions may be appropriate reasons to keep a student home from school)

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| Temperature 100° or greater | Suspected fracture |
| Vomiting, diarrhea | Severe pain |
| Shortness of breath, wheezing | Undiagnosed rash |
| Abdominal pain | Productive cough and fever |
| Red, draining eyes | Suspected communicable disease |
| Chest pain | Head injury |
| Earache | Adverse medication effect |
| Nuisance condition not currently treated e.g., ringworm, scabies, head lice | |

Anne Arundel County Department of Health
School Health Services