



How to Keep Your Child Healthy - in Child Care Centres

To Prevent Illness

- Handwashing is the best way to stop the spread of germs. Teach children to wash their hands always before eating and after using the toilet. Show them how to wash thoroughly with warm and soapy water for 10 seconds.
- Remind children to cover their mouths and noses when they cough or sneeze and then wash their hands.
- Talk to the child care centre staff about your child's health. Tell them if your child has been with someone who has an infectious disease like chicken pox, pertussis (whooping cough) or strep throat. The staff will watch your child for signs of the disease.
- Learn about your centre's rules for dealing with health problems.
- Help children stay strong and healthy by making sure your child eats nutritious food, gets plenty of exercise and lots of sleep.

If Your Child is Ill

- Children should stay at home if they don't feel well enough to take part in everyday activities at the centre.
- Children with colds may come to the centre if they feel well enough to take part in the activities. Colds are most infectious **before** the runny nose, cough, or other signs appear.

- Children with a rash should see a doctor. Keep your child at home until your doctor says it is okay to return to the centre.
- Children with diarrhea should stay at home until bowel movements are normal or until the doctor says it is okay to return.
- Sometimes the child care centre staff may call and ask you to pick up your sick child. They do this because:
 - your child will be safer and more comfortable at home
 - your child may pass a disease to other children or caregivers
 - the staff are not able to do their work and also care for a sick child at the centre.

For more information:
see *Sneezes and Diseases*, a resource book
for caregivers and parents,
[http://www.vch.ca/documents/
sneezes-and-diseases.pdf](http://www.vch.ca/documents/sneezes-and-diseases.pdf)

Contact your Public Health Nurse or your
local Community Health Office/Centre
www.vch.ca

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