Good health at school

As a parent, we have all had the days when our child was too sick to go
to school. And as we re-arranged our schedule to accommodate staying home with
them, we probably thought about where they could have caught the bug. Most
likely, we will place the blame on the school. But at the same time, how often
do we send our children to school with a little cough or runny nose? It's a
double-edges sword. Here are some basic guidelines to follow when deciding
whether to keep your child home or not.
Assess how they are feeling. If they are tired and lethargic, or
running a fever - they need to stay home. Fevers are a good sign that your
child is contagious and can make other children sick. Be courteous to the other
children and their families and keep your child home. Your kid will thank you
and so will the other moms.
If your child is feeling okay but has some common symptoms such as a
runny nose, give them a cold medicine to help with the symptoms and teach them
some basic hygiene tips. When they blow their nose, have them throw away the
tissue and wash their hands. Or place a small bottle of hand sanitizer in their
backpack and have them rub some on. If they are sneezing, teach them to use
their upper arm to block the sneeze. This will help keep the germs from
spreading and keep them off their hands.
Proper hygiene can help prevent your child from getting a cold or sick
bug from someone else at school. Have them always wash their hands after using
the bathroom and before eating. We can't prevent all the germs from getting to
our children but we can do our part.