



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Veritas Risk Services

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CHILDREN'S HEALTH:

GERMS

Whether it's washing hands thoroughly, learning to cover your mouth when you cough or keeping a healthy distance from others when sick, there are good habits that can help keep the germs away and result in healthier and happier kids. Here are some quick tips for children to help stop the spread of germs.

Hand-washing

Most adults understand that washing their hands is the most important way to keep from getting sick; set a good example for your children. They need to understand the importance of hand-washing and have it reinforced frequently. Germs get transferred in many ways, such as touching the face and putting infected items, such as toys, in the mouth.

When to Wash

Germs are easily spread directly to others or onto surfaces that people touch. Remind children to wash their hands:

- Before, during and after food preparation
- Before and after eating
- After using the bathroom
- After handling animals or animal waste, such as cleaning a cage or litter box
- Whenever their hands are dirty or after playing outside
- More frequently when anyone around them is sick

Covering Coughs

Show kids how to cough or sneeze into their sleeves or the crooks of their arms—not into their hands. Because kids are not usually near a tissue when the urge to cough or sneeze occurs, it's much easier to spread infectious germs to others. And, unlike adults, young and active

children are less likely to immediately wash their hands following a cough, sneeze or wipe of the nose. Consider turning "cover your cough" into a game or type of positive reinforcement when kids are caught covering their cough correctly. Encourage older kids to create health posters and other lessons to hang up in the classroom and at home.

Avoiding Contact

Try to keep children away from others who may be fighting a cold, the flu or any other infectious illness. If you or your child is sick, encourage others to keep their distance to minimize the spread of the illness. If possible, stay home from school, work, day care and other public places so others will not be exposed.