



Grant County Health Department

111 South Jefferson Street, Floor 2

Lancaster, Wisconsin 53813-1672

www.co.grant.wi.gov

Phone: (608) 723-6416

Fax: (608) 723-6501

Respiratory Illness Season

Parents and Guardians,

With respiratory illness season upon us, please take a few minutes to remind your children of some of the simple things they can do to avoid spreading germs and prevent illness.

Cover your Cough: Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Frequent Handwashing: Keeping hands clean is one of the most important steps to prevent the spread of germs and illness. The CDC (Center for Disease Control and Prevention) reminds us when to wash our hands (<http://www.cdc.gov/handwashing/when-how-handwashing.html>).

Wash your Hands:

- Before, during, and after preparing food
- Before and after eating
- After using the toilet
- After contact with body fluids or changing diapers
- After blowing your nose, coughing, or sneezing
- Before or after treating a sick or injured person
- Before touching your eyes, mouth, or nose

If there is no Running Water and Soap: Use an alcohol-based hand-sanitizer (at least 60% alcohol). It can reduce the number of germs, but does not eliminate all types of germs.

When to Stay Home from School:

If your child is not feeling well or has the following symptoms please keep him/her home.

- Fever of 100 degrees F within the last 24 hours, without the use of fever-reducing medications ("Tylenol" or Ibuprofen type medications)
- Diarrhea or vomiting within the last 24 hours
- Uncontrolled cough.
- Mucus/sputum that is green or yellow and cannot be contained
- Strep (may return to school 24 hours after start of antibiotic)
- Chicken Pox (may return when pox are crusted over)
- An open wound that cannot be covered

Please inform the health office if your child has been diagnosed by a medical provider with any contagious disease, such as Strep or Influenza. The information will be kept confidential, but is important to prevent spread of disease.

For more information about Influenza:

It is not too late to get a flu shot! But if you do get the flu, see the tips to protect yourself and others.

<https://www.health.state.mn.us/diseases/flu/basics/flufacts.html>

If you have any further questions please call the Grant County Health Dept.