

Keep Kids Healthy

There are several ways parents and caregivers can promote health and help protect children from getting sick:

- Offer healthy foods like low-fat dairy, whole grains, fruits and vegetables every day to children.
- Don't allow smoking in areas where your child spends time—in your home or your car.
- Make sure children get plenty of sleep. Develop a regular routine before bed, like a story after bathtime. Set a regular bedtime and stick to it.



Handwashing

Make sure every one in the family thoroughly washes their hands!



Thorough handwashing with liquid soap for at least 10 seconds using warm running water lifts germs off the skin and rinses them away. Encourage children to wash hands before eating, after using the bathroom and before preparing food.



With the possible exception of immunization, handwashing is the most effective disease-prevention measure anyone can practice.

Ralph Cordell,
U.S. Centers for Disease
Control & Prevention

OTHER WAYS TO PREVENT COLDS AND FLU

Teach younger children to give coughs and sneezes “the cold shoulder” by coughing or sneezing into their shoulder. Children rarely get a tissue between their hand and a cough or a sneeze in time...and if they do, they usually contaminate their hands.



- Do not allow children to share toys that they have put in their mouths.
- Teach older children to use a disposable tissue when they cough or blow their noses—and then throw the tissue away.
- Do not allow children to share common personal items like silverware and cups, combs, towels, and food.
- Keep children's fingernails clean and trimmed and discourage nail biting.



When kids are sick, keep them at home

Do not send ill children to nursery school, day care, or school who have any of these symptoms:

- Fever 100° F or higher
- Cold-like symptoms with fever
- Sore throat
- Difficulty swallowing and swollen glands
- Coughing and difficulty breathing
- Nausea, vomiting, or diarrhea
- Stomach ache with fever
- Pink eye
- Unusual rashes or infected skin patches
- Headache and stiff neck
- Body aches and pains



Health Department of Northwest Michigan

*Serving Antrim, Charlevoix, Emmet and
Otsego counties*

1-800-432-4121
nwhealth.org



Children in families without health insurance that earn up to \$3,925 per month (family of 4), may be eligible for FREE or very low cost health insurance. To learn more, about MICHild/Healthy Kids, visit nwhealth.org or call 1-800-432-4121.

Your child or family may also be eligible for low-cost insurance through the Health Insurance Marketplace. Call the Health Department or visit healthcare.gov to learn about coverage options.

N-281; 10/13



Keeping Kids Healthy

