

Help Your Child Be a Germ Stopper!

How germs spread

People catch the flu by:

People who have the flu usually cough, sneeze, and have a runny nose. This makes droplets with virus in them. Other people can get the flu by breathing in these droplets or getting them in their nose or mouth. You can also get the flu by touching a hard surface such as a desk, doorknob, phone, or toy that has germs on it from a cough or sneeze and then touching your eyes, mouth, or nose before you wash your hands. We know that some viruses and bacteria (germs) can live for 2 or more hours on these hard surfaces.

What can you do to stop the spread of germs? Take these 3 simple steps today!

Step 1: Cover your mouth and nose when you cough or sneeze. Teach your children to do the same.

How? Cough or sneeze into a tissue and then throw it away.

No tissue? Cough or sneeze into:

- Your sleeve (elbow) or shirt (shoulder)



Step 2: Clean your hands often. Teach your children to do the same

Wash your hands with **soap** and warm water. Do it for 20 seconds.

How long is 20 seconds?

- Count slowly to 20. Or wash long enough to sing the “Happy Hand Washing” song twice or our special version of “If You’re Happy and You Know It.”

No soap around?

- Use hand gel or hand wipes.



Step 3: Remind your children to use good hygiene.

Follow up with your children to make sure they follow the rules of good hygiene:

- Set a good example.
- Praise children when they practice these ways to stop germs in their tracks.

