

Tips to Stay Healthy

Keep hands clean:

Remind your child to clean their hands often with soap and water and to avoid touching their face throughout the day.



Cover your cough or sneeze:

Teach your child to cough and sneeze into a tissue or their sleeve & discard used tissues. Germs can travel two meters with unguarded coughing or sneezing.



Don't share personal objects:

Remind your child that some things are not meant for sharing. Items such as water bottles, eating utensils & straws or anything that has been in contact with saliva, nose or throat secretions should not be shared.



Keep common surfaces in your home clean:

Regular cleaning and disinfecting of commonly touched objects and surfaces will help to remove germs. Increase cleaning and disinfection when someone in your house is ill.



Stay home when sick:

Keep children home when they are sick or feeling unwell or as directed by your health care provider/public health.



For guidance on when to stay home, use the [Self-assessment](#) | [Ontario.ca](#)

Keep up to date with immunizations:

Some diseases are best prevented by vaccination. Speak to your health care provider to ensure your child is up to date with their vaccines.



Practice a healthy lifestyle:

Help your child eat healthy, get enough sleep and stay active throughout the day!



Notify the Health Department when your child receives an immunization. For more information visit [Child Immunization and School Clinics](#).