



### Cold Prevention

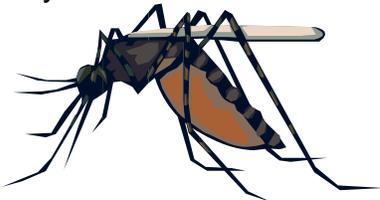
As school starts you will notice that your children experience more colds, fevers, and sore throats. There are three ways, according to the Mayo Clinic, that germs can spread and cause disease.



1) Direct Contact: Disease is spread by person to person contact, including transmission through touch and contact with body fluids.



2) Indirect Contact: Transmission of germs through droplets and particles in the air. Droplets are expelled into the air every time you sneeze or cough. Tuberculosis is spread in this way.



3) Vector and Vehicle transmission: Insects can spread disease injecting bacteria into their victim's body,

while food can spread germs by entering into your gastrointestinal tract.

So how do you prevent exposure?

- Wash your hands before and after preparing food, before eating, and after using the toilet.
- Make sure hard surfaces where you place food are kept clean.
- Make sure your vaccinations are up to date.
- Stay home if you have vomiting, diarrhea or fever. These are signs of infection and your child will be sent home from school if they exhibit these signs to prevent illness spreading to other students.
- Don't share toothbrushes, combs, drinking glasses, dining utensils or razor blades.
- Travel only when you are not sick. You could infect other people in close quarters like an airplane. Check to see if any special immunizations are needed if going to another country.
- Keep your pet healthy and give them a clean area to live in and a healthy diet.
- Air your house out daily to prevent the build up of viruses in your home.

Staying healthy is the best way to stop the spread of disease.

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