

## RESPIRATORY DISEASE PREVENTION

Dear Parents and Guardians,

With Pandemic Influenza hitting the news more and more, please take a few minutes to remind your children about some of the simple things they can do to stop the spread of germs that make themselves or others sick.

One of the best ways to prevent the spread of this illness is through frequent hand washing and proper technique.

- Use soap and warm running water.
- Rub your hands vigorously as you wash for 20 seconds.
- Wash all surfaces (including backs of hands, wrists, between fingers and under thumb nails).
- Rinse well and leave the water running until after drying your hands.
- Dry hands with a single use towel.
- Turn off the tap using the single use towel.

It is important to wash your hands frequently, including:

- Before and after eating.
- After using the toilet.
- After contact with body fluids or changing nappies.
- After handling raw meat, poultry or fish.
- After touching animals, including your own pets.
- After blowing your nose.
- After coughing or sneezing.
- Before and after treating wounds or cuts.
- Before or after treating a sick or injured person.
- Before you touch your eyes, mouth or nose.
- After being in a crowded public space.
- After handling rubbish.

Other good habits, such as getting plenty of sleep, engaging in physical activity, managing stress, drinking water, and eating good food, will help you stay healthy all year.

If you, or your child, have symptoms of a respiratory infection (e.g. coughing, body aches, fever etc.) the Ministry of Health (MoH) recommends:

- Staying home from work or school to reduce the risk of exposing others.
- Cover your nose and mouth with a tissue whenever you cough or sneeze. Place the used tissue in the waste bin.

For more information visit:

[www.moh.govt.nz](http://www.moh.govt.nz)

0800 855 066