

Protecting your child from contagious infections

Teach Healthy Habits!

- wash your hands every time you use the toilet, blow your nose, and before and after you eat
- cough or sneeze into your elbow
- do not share hats, combs, toothbrushes, forks or spoons
- do not share food that you have already touched or put in your mouth
- throw away tissues after you use them
- dry your hands after you wash them, only use dry paper towels, don't use paper towels or tissues used by other children
- do not touch blood or other bodily fluids, tell an adult if there is blood or a bathroom accident

For more information visit:



myalbertahealth.ca

Children under 2 years old need your help!

- wash their hands
- disinfect shared toys

More tips

- get vaccinated!
- keep your child home until the contagious period has passed - talk to a doctor if you are unsure
- keep your child away from second-hand smoke
- limit contact with people who are sick - don't be afraid to ask someone not to touch your child!