



Disease prevention: It's everyone's business!

Newsletter for parents of children attending kindergarten

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Preventing the spread of diseases in school is only possible if everyone participates. The collaboration of parents and students is essential. Here are a few simple steps that can make a difference.

ABSENCES

Inform the school of the reason why your child is absent. This simple courtesy helps the school determine if there are potential contagious diseases and the spread to other children can be avoided.

Here is the information you should give when leaving a message on the school's voice mail system:

- Child's name
- Grade and classroom
- Symptoms and/or medical diagnosis
- Date when the symptoms began
- Date when the symptoms ended, if this is the case
- Please mention if you saw a doctor or if your child required hospitalization



EXCLUSION

To prevent other children from getting sick, your child may be sent home if he or she is:

- Unable to participate in class activities
- Has a fever of 38°C or more
- Has a rash, red patches or spots accompanied by fever
- Vomits
- Has diarrhea
- Has open skin lesions oozing pus unable to be covered with a bandage

If you have questions regarding your child's health, please contact 811.

LICE

Lice are easily preventable in school.

Check your child's head with a fine-tooth comb:

- At least once a week after washing hair
- Every day if the presence of lice has been detected in your child's surroundings
- If you notice your child scratching his or her head or if he or she complains of itchiness

It is important to inform the school if your child has lice in order to reduce the risks of spreading among other children.

Mass lice screening at school is no longer considered an effective practice.

More information can be found in the document *Lice...Lice...Lice... All there is to know about head lice* available at this address:

<http://publications.msss.gouv.qc.ca/msss/fichiers/2019/19-276-01A.pdf>

PROMOTE HAND WASHING

Washing hands with soap and water is the most efficient way to avoid getting sick and to prevent the spread of germs to others.

Teach your child how important it is to wash hands often, especially before eating and after using the bathroom.

Here are the proper steps for hand washing:

1. Turn on the faucet
2. Wet hands and wrists
3. Apply soap and vigorously rub all parts of the hands and wrists for 15-20 seconds
4. Rinse thoroughly with water
5. Dry hands with a paper towel/air dryer
6. Turn off the tap



Sources : Images clipart