

# PARENT HEALTH BULLETIN



**NOVEMBER 2018**

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## THIS MONTH'S TOPIC: PREVENT FAMILY ILLNESS



**D**uring the fall, we tend to gather frequently with family and friends. The holidays are a great time to be together. However, it can also be a time when germs are spread. Here are some tips on how to have healthy habits this fall to keep yourself and family well.

### Wash hands often

Handwashing is the best way to keep you, your kids, and family from getting sick by preventing the spread of germs. Hand washing should take place when you are preparing food and before you eat; after touching a pet or feeding a pet; after coughing or sneezing; after going to the restroom; after cleaning; and after touching garbage.

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# *The best way to protect against the flu is to get vaccinated every year in the fall. It is not too late to get the flu vaccine.*



## ➔ Continued from page 1

It is always good to remind your family when and how best to wash their hands. To stop the spread of germs in your family, make regular hand washing a rule for everyone. To help teach hand washing to your child, you may want to wash your hands together. Hand washing best practices include:

1. Use clean, running water to wet hands.
2. Use soap and lather for 10-20 seconds. Focus on both sides (front and back) of hands, fingernails, and between fingers.
3. Rinse hands thoroughly and dry with a clean towel.

If soap and water are not available, hand sanitizers or waterless soaps are a good alternative. Just like soap, you want to make sure to rub the sanitizer on the back of hands, in between fingers and around the fingernails.

## Get a vaccine

Take steps to prevent the flu. The single best way to protect against the flu is to get

vaccinated every year in the fall. It is not too late for your family to get the flu vaccine.

## Avoid touching eyes, nose or mouth

These are areas where most illnesses and germs enter into the body. When kids encounter germs, they can become infected just by touching their eyes, nose, or mouth. Remind family members to cover both nose and mouth with a tissue when coughing or sneezing and to wash hands after.

Washing your hands often, getting a flu vaccine, and avoiding touching your eyes, nose, and mouth will help you and your family stay healthy this fall.

### REFERENCES:

- <https://www.cdc.gov/Features/HandWashing>
- <https://www.cdc.gov/family/autumn/autumntips.pdf>
- <https://kidshealth.org/en/parents/hand-washing.html>

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