

# Reach-Up Head Start Early Head Start The Whistler

## August 2019

Now that your kids are back in school and we're back to embracing morning routines (and nightly homework), we must also prepares ourselves for the inevitable: the back-to-school illnesses. Close quarters, sharing of toys and seasonal viruses lend to this phenomena of those back-to-school bugs. Arm your family with some simple preventive measures and knowledge about some of the most common back-to-school germs.

**Colds:** This is number one on my back-to-school illness list for good reason. It's the most common and most contagious illness your child will encounter. The good news is that most colds are mild with runny/stuffy nose, mild sore throat and cough. While a bit annoying to your child, she usually is up to going about her day (this includes school). Just remind your child to sneeze and cough into the crook of her elbow and wash her hands frequently throughout the day to reduce the spread of this virus to her classmates. Any child with a fever should remain home until they are fever free for 24 hours.

**Pink eye:** Eye discharge is one of those things that makes everybody squirm and start washing their hands religiously. Hand washing is good because this infection is highly contagious and seems to spread like wildfire when kids are in close quarters. Yellow/green eye discharge and waking up with one or both eyes sealed shut are good indications that your child indeed has pink eye (aka bacterial conjunctivitis) and will need antibiotic eye drops prior to returning to school.

**Strep throat:** This bacterial infection (caused by Group A Strep) causes fever, severe sore throat, headache and loss of appetite. It's highly contagious and needs to be treated with oral antibiotics to prevent serious complications.

**Prevention:** When it comes to these common back-to-school illnesses, hand washing is one of our best defenses. Washing after playing outside, before eating and after using the restroom with good old soap and water will go far in preventing many of these contagious viruses and bacteria.

Now is the time to ask your child's doctor about the flu shot. Many pediatric offices have already received their seasonal supply. Remind your children not to share drinking or eating utensils and to sneeze/cough into the crook of their elbows.



### Back to School Illnesses

It is normal for kids to get as many as 3 or 4 separate illnesses in a given school year. Illnesses tend to cluster in the fall and winter, so it may seem like they are sick all the time, but are actually just having multiple normal illnesses at close intervals. Read more....

More info at [Doc4Kids.com](http://Doc4Kids.com)

