Dear Parents and Carers,

Over the next few weeks your child will be participating in Dettol's Handy Helpers experiment at school. This is a fun, engaging and interactive hand washing programme, designed to change pupils' attitudes and habits towards washing their hands. At Dettol we believe in the power of good hygiene education because this protects children from illness and promotes better health for all the family during the Cold and Flu Season.

Good Hand Hygiene

The most effective way to prevent the spread of cold and flu germs among children is good hand hygiene. The aim of the Handy Helpers programme is to reduce the number of sick days and increase pupil attendance. When your child is healthy, they can learn, have fun and make progress at school.

To reinforce our message, we'd like to get families involved in the programme by following these simple steps.

Handy Helpers at Home

1) Please read the information sheet overleaf and follow the five simple steps to help protect your family from the spread of cold and flu germs around the home.

2) Complete the homework activity sheet with your child to see how many 'hot spots' can be found within your home. These are the places germs like to live in and multiply. Discuss the following statements as you explore each room:

- Lingering in the bathroom – an innocent sneeze followed by a trip to the bathroom for a tissue can leave cold and flu germs lingering on surfaces including towel rails, toilet roll holders, door knobs and sinks.
- Creeping in the kitchen – germs live on kitchen surfaces and appliances. Families tend to congregate in kitchens and pass germs on to the next person who touches them.
- Lurking in the living room – your shoes carry germs from the outside world into the comfort of your home, which means as your child plays on the living room floor, they carry these germs around the house.
- Hiding in the cupboards – if the cloths and brushes stored in the cleaning cupboard have come into contact with germs, and are not cleaned properly, the germs could multiply and spread throughout the home.

3) Ask your child if they remember the hand washing song from school. Watch the video at https://vimeo.com/299420513 together and sing the song with your child every time you wash your hands.

Lastly, we'd like to thank you your involvement in the Handy Helpers programme. With your participation, and by following healthy hand hygiene routines within your home, it can make all the difference to your family's health and wellbeing.

Yours sincerely,

The Dettol Team

Mission
for Health

What to do when your child has a cold or flu

Here are five simple tips to help contain the spread of germs and care for your child

Unsure if it's cold or flu?

In addition to typical cold symptoms (runny nose, sore throat, cough), it's probably flu if…

- your child feels unwell, weak or very tired
- they have a sudden high temperature (over 38°C), and aches and pains
- your child doesn't feel like eating.

A severe cold can also cause aches and a high temperature, so it can be hard to tell the difference. Generally though, flu symptoms come on much more severely and will also include periods of chills and sweats.

The flu vaccine is given to children (over the age of six months) with certain long-term medical conditions such as a weakened immune system, asthma or diabetes. Currently, it is also offered to all healthy children aged two and three as part of the NHS childhood vaccination programme.

Contact info

If you are worried about your child's health and don't know what to do, telephone the NHS for advice:

NHS 111 (England & Scotland) or 0845 46 47 (Wales)

1. Teach good hygiene habits

Show your child how to sneeze or cough into a tissue and put it straight in the bin, washing their hands afterwards. Make sure you are setting a good example by doing this yourself. Remind them if they forget.

Supervise good hand washing, using soap under warm running water. Be sure to dry hands properly with a clean, dry towel.

2. Clean and disinfect surfaces you touch often

At home, you can help by cleaning and disinfecting surfaces that your family often touch, such as door handles, hand rails, light switches, taps and the toilet flush handle. Wash toys after your children have used them.

3. If it's flu, keep them at home

If your child has flu, chances are they'll feel too poorly to go to nursery. It's best to keep them away so they will not pass it on to others (for 5–6 days after symptoms began), even if they start to feel better.

When your child has a cold, they only need to stay away from nursery if they feel unwell.

4. Offer lots to drink and plenty of rest

If your child is generally healthy, you can usually manage the symptoms of cold or flu without seeing a doctor. Let them rest at home, keep them warm and offer lots to drink. If they are hungry, let them eat.

Speak to your pharmacist regarding medicines to help relieve your child's aches and pains.

5. Contact your doctor if you are concerned

Whether it's a cold or flu, see your doctor if your child has:

- a chronic condition, such as asthma or diabetes
- a temperature of 40°C or higher (38°C or higher if less than 3 months old)
- other symptoms that concern you, such as severe headache/earache, difficulty breathing or tummy pain
- symptoms for more than 10 days, particularly if your child is coughing up green, yellow or brown mucus.

Working together to promote good hygiene in nurseries

NDNA
PROMOTING QUALITY IN EARLY YEARS

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