

# Staying Healthy

## U-maya-neika a-batsaga (wash your hands)

The health and safety of all children at Bishop Indian Head Start is very important to us. Please help us at school by encouraging good health habits at home.

**Proper handwashing means:**

1. Wash your hands with warm water
2. Use soap and wash the backs of your hands, between your finger and up to your wrists in a twisting motion for 10-20 seconds (singing Twinkle, Twinkle Little Star or the Happy Birthday song is a good way to measure that enough time has gone by to rid germs from our hands).
3. Rinse your hands thoroughly with warm water
4. Use a paper towel to dry your hands
5. Use the paper towel that you dried with to turn off the running water.

We do our best to teach children to cover their coughs and sneezes. This does not always happen, and children do tend to sneeze and cough on each other. We are asking that if your child is exhibiting symptoms of illness that he or she stays home for 24 hours and until they feel better. If there is a concern about your child's illness, you may be asked to provide a note from your physician that says your child may safely return to school. The following are conditions of short term exclusion from Bishop Indian Head Start.

(BIHS Illness/Exclusion/Re-Admission Policy)

**Symptoms of illness can be:**

- Fever of 101 or greater
- 100 auxiliary (under arm) or higher
- Sore throat
- Uncontrolled coughing
- Vomiting
- Earache
- Diarrhea
- Rash
- Signs of irritability or confusion, lethargy
- Persistent crying (behavior changes that could indicate illness)
- Difficulty breathing or wheezing
- Mouth sores
- Eye discharge or pinkeye (medical diagnosis to rule out bacterial infection or 24 hours after antibiotics)



If your child is sick, please call Bishop Indian Head Start at (760) 872-3911 to let us know if your child is absent due to illness. If you have any questions about your child's illness please talk to your child's health care provider. If your child does not have a medical home, please let Head Start know and we can help you locate a medical home for your child or family. Thank you.