

## **Protect Your Child against the Common Cold & Flu**

The most important thing you can do against the flu is get a flu vaccine for yourself and your child. For more information please contact Mary H. Patton, Family Nurse Practitioner @ CHRISTUS School Based Clinics, 832-331-3637 email: [mary.patton@christushealth.org](mailto:mary.patton@christushealth.org)

### *Everyday steps you can take to help protect you & your child.*

- Cover coughs & sneezes with a tissue, and then throw the tissue in a trash can. If you don't have a tissue, use your upper sleeve or elbow.
- Wash hands often with soap and water. Lather up for 20 seconds using warm water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- If someone in your household is sick, try to keep them away from others in the household, if possible.
- Keep flat surfaces such as table tops and counters, especially in the kitchen & bathroom, clean with a household disinfectant according to product directions. Also, children's toys.
- If an EPA-registered disinfectant is not available, use a fresh chlorine bleach solution:
  - Add 1 tablespoon of bleach to 1 quart (4 cups) of water, or ¼ cup bleach to 1 gallon (16 cups) of water.
  - Apply the solution to the surface with a cloth.
  - Let it stand for 3-5 minutes.
  - Rinse the surface with clean water.

### **If your child is sick**

Remember the Nurse Practitioner with CHRISTUS School Based Clinics is available Monday-Friday and can diagnose and treat most common illnesses and prescribe medications.

### *Easy at home steps you can take to help you or your child.*

**Sore Throat:** Gargle – Fill an 8oz glass with warm water & mix 1 teaspoon of table salt. Gargle for at least 1- 2 minutes 4 times a day or as needed for discomfort.

**Nasal Congestion:** Normal Saline nasal spray – 2-3 sprays each nostril & blow, 4 times a day or as needed if unable to breath through nose.

**Headache:** Take a 30 minute nap. **Achy Muscles:** Relax for 15 minutes in a warm bath.

**Stomachache:** Drink a glass of ginger ale or a cup of warm ginger tea. Ginger helps settle the digestive tract.