

# Public Health Communicable Disease Messages for Schools and Parents

## 1. What should schools do to protect children from communicable diseases?

- Schools should continue to promote healthy habits and opportunities for infection control (hand washing, hand sanitizers, clean surfaces, etc.).

## 2. What can I do to protect my child from communicable diseases?

- Instruct your child to properly wash his or her hands with soap and water for at least 20 seconds each and every time they wash their hands. See <http://www.cdc.gov/features/handwashing/> for more detailed instruction.
- Use hand sanitizers when soap and water aren't available.
- Cover your cough, preferably by coughing into your elbow.
- Keep your child home if he or she is sick.
- Vaccinate your child for communicable diseases in which vaccine is available (flu, pertussis, etc.).
- Vaccinate yourself to prevent the spread of communicable diseases to your children, friends, and colleagues.
- Contact your healthcare provider if you have any health concerns for your child.

## 3. Is my child currently at risk for Ebola?

- No. Only persons with a recent travel history to the countries of Liberia, Sierra Leone, or Guinea, or persons who have had repeated direct contact (such as household members or healthcare providers), are considered at risk for Ebola.

## 4. What can I do to support my child during the Ebola outbreak and other similar world events?

- Monitor and limit your kids' exposure to troubling world news events that they may be too young to fully understand.
- Talk to your kids about their concerns regarding troubling world events. Assure kids of their safety. Teach, model, and encourage a healthy perspective of troubling world events.

## 5. Where can I get more information?

- The best source of information for the prevention of communicable diseases is the Centers for Disease Control and Prevention (CDC), <http://www.cdc.gov/>. Specific information on Ebola is located at <http://www.cdc.gov/vhf/ebola/>.