



IS MY CHILD SICK?

Should I send my child to School?



Watch for Signs of Illness

Chills or Fever
Headaches

Skin eruption
Runny Nose

Cough
Vomiting

Sore throat
Unusually flush



When your child shows signs of illness it is important to keep him/her home from school and to notify the school of the nature of your child's illness. If symptoms persist call your family physician.

Diseases are often caused by bacteria and viruses which can be easily spread by sneezing or coughing in the presence of others. Diseases can also be spread through infected food or water, or by touching contaminated surfaces.

To Help Prevent the Spread of Disease

- Make sure your child washes his/her hands often or uses a hand sanitizer containing at least 60% alcohol. This is especially important when preparing food, before eating and after using the toilet
- Make sure your child covers his/her mouth when coughing or sneezing, and washes his/her hands afterwards
- Make sure your child's vaccinations are up to date. Check with your doctor if you have questions.

Visit our website for more information and directory of services

<http://www.miottawa.org/Health/OCHD/>

CDC website

<http://www.cdc.gov/>



Ottawa County Department of Public Health

Holland Public Health
12251 James St., Suite 500
Holland, MI 49424
(616) 396-5266

Grand Haven Public Health
1207 S. Beechtree, Ste. B
Grand Haven, MI 49417
(616) 846-8360

Hudsonville Public Health
3100 Port Sheldon Rd.
Hudsonville, MI 49426
(616) 669-0040