

NHS

Key advice for parents and carers:

In the home the risk of catching or spreading flu/cold like illness can be reduced by:

- Regular hand washing with liquid soap and running water
- Covering nose and mouth when coughing or sneezing
- Using a disposable paper tissue, disposed off immediately after use.
- You can teach your child to sneeze into the 'crook' of their arm rather than their hands, if they don't have a tissue. <https://www.youtube.com/watch?v=mQINuSTP1jI>
- Good general cleaning of surface that everyone touches often e.g. TV remote, light switches, door handles, toilet flushes and tap heads.
- <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/common-cold>
- <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/flu>

Children should not return to school until completely well and 48 hours after symptoms have