

# Help Your Child's School Prevent the Spread of Infections

You can play an important role in helping your child have a healthy place to learn. The Centers for Disease Control and Prevention (CDC) developed **guidance** for schools to help students, families, and school staff keep kids healthy and learning. Here are some ways you can help your child's school stop the spread of germs:



**1.** Encourage your child to practice healthy habits, like [washing their hands](#) often and covering their mouth and nose when [coughing and sneezing](#).

**2.** Make sure your child goes for their [yearly check-ups](#) and [gets the recommended routine vaccines they need](#). This helps keep your child healthy and in school by reducing the spread of germs in school and making sickness shorter and milder.



**3.** Know when your child is well enough to go to school and when they should stay home because of their symptoms. Some reasons to have your child stay home include fever, vomiting, diarrhea, and respiratory symptoms that are getting worse or not improving. [Guidance on staying home when sick](#) can also help you decide whether your child needs to stay home. Ask your child's school if they have specific policies for returning after being sick.



**4.** Help make decisions about how your child's school is preventing illness, by taking steps for cleaner air, for example. You can join a school or district committee such as a school health advisory committee (SHAC), wellness committee, or parent teacher association (PTA). These committees help set the policies for health and wellness, work to include language about infections in school policies and practices and inform emergency operations and recovery plans.

**5.** Volunteer for school or community activities that support a healthy education environment. You can also attend, or support meetings and training events offered by your child's school or district to learn more about how schools can help prevent the spread of infections.

