



Summit County Public Health

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This is the season for respiratory and gastrointestinal illnesses including: **colds, influenza, pertussis** (whooping cough), **pneumonia, stomachaches** and **diarrhea**.

Tips for Respiratory Etiquette

- ✓ Wash hands frequently; may use hand sanitizer gels if soap & water is not available.
- ✓ Avoid touching your eyes, nose, and mouth. Unwashed hands carry lots of germs!
- ✓ Cough or sneeze into a disposable tissue and throw away promptly.
- ✓ When a tissue is not available, turn head and cough or sneeze into shoulder or elbow
- ✓ Clean shared surfaces (door knobs, telephones, etc.) frequently

Tips to prevent spread of GI Illness

Gastrointestinal illness can be highly contagious, especially in close environments such as daycare centers and school. It can be easily passed person to person by contact by contaminated surfaces, objects or through food prepared by someone who was recently was ill with gastrointestinal illness and did not wash their hands well.

Good handwashing is key to prevention of the spread of germs.

- ✓ after using the bathroom
- ✓ before eating or preparing foods
- ✓ or touching animals

Report Necessary Diseases and Outbreaks to Health Department

If you have any questions, concerns, or need additional information please do not hesitate to call the Summit County Public Health Communicable Disease Unit at **330-375-2662** and ask to speak to a nurse.

Please see attachment, *Is Your Child Too Sick for School?*