

## Handwashing

Up to 80% of common illnesses, like the cold and flu, are spread on the hands.

Teaching children proper handwashing is the #1 way to prevent the spread of infection.

Soap and water is the best way to clean your hands, especially if there is any visible dirt on them. Alcohol based hand sanitizers are great when soap and water are not available, but should only be used when hands are not visibly dirty and they should be made with at least 60% alcohol.



## Services for Parents and Children

### Triple P - Positive Parenting Program



Triple P is for every parent, whether you have a specific problem or are just looking for advice on common, everyday parenting issues. It provides easy to use tips and new ideas that will help you build confidence as a par-

ent. Triple P offers different ways of helping, including public seminars, parenting groups and individual appointments with a practitioner.



For more information or to speak to a public health nurse, call the Parent Child Information Line at 705-541-7101 or 1-888-537-5741. We are open Monday to Friday from 9:00 am – 4:00 pm.

Watch some helpful video tips:

<http://www.youtube.com/AlgomaPublicHealth>

[www.triplepalgoma.ca](http://www.triplepalgoma.ca)

## Head Lice

Don't be alarmed. Anyone can get head lice no matter how clean and careful you are. If your child has head lice, there is no cause for alarm or embarrassment. Head lice are a nuisance, but do not transmit diseases, nor do they indicate poor hygiene or lack of cleanliness.



### Points to Remember:

- Check everyone that lives in your house and treat only those who have it.
- Two treatments are usually needed one week apart. Repeat the treatment only once. For the alternative, oil and vinegar treatment, it may be repeated as necessary as side effects are unlikely
- Removal of nits by hand/comb is necessary.
- Head lice do not survive on dogs, cats or other animals.
- Keeping hair short will not prevent head lice.
- Check young school-age children regularly for head lice; more often if there is an outbreak.
- Discourage children from sharing hats, scarves, combs, hair accessories, helmets and pillows.

## Building Healthy Schools Together

Health and learning are closely linked. For this reason, the Ministry of Education and Ministry of Health and Long-Term Care have endorsed the Foundations for a Healthy School to help guide health promotion in schools.

A Healthy/Well-Being School is continuously working to create a healthy and supportive environment for students, staff, parents and community members. Health messages taught in the classroom are reinforced throughout the entire school environment, giving students many opportunities to practice healthy behaviours.

Creating a Healthy/Well-Being School requires involvement from the entire school community. An effective way to work together is to establish a Healthy/Well-Being School Committee.

### Healthy/Well-Being School Committees

#### What do they do?

Provide leadership for promoting health in the school by planning and carrying out Healthy/Well-Being School initiatives.

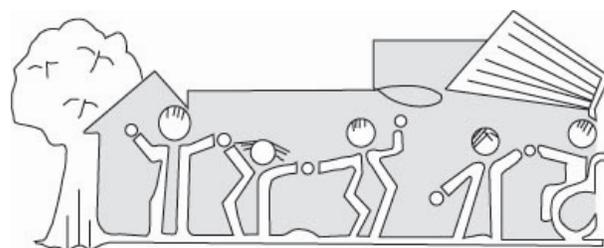
#### Who can be involved?

The entire school community, including students, school staff, parents and community partners.

#### When do they meet?

Committees usually meet monthly during lunch or after school.

Contact the school principal to see how you can get involved in making your school a Healthy /Well-Being School.



**Building Healthy Schools Together**  
**Ensemble, bâtissons des écoles en santé**