

BACK-TO-SCHOOL: AVOIDING ILLNESS
Carol Nwelue, MD, Internal Medicine, Baylor Scott & White Health

{**ON CAM**}

IT'S BACK-TO-SCHOOL SEASON. THAT MEANS A NEW TEACHER ... NEW CLASSMATES ... AND MOST LIKELY, NEW GERMS.

{**TAKE VO**}

THE START OF A NEW SCHOOL YEAR OFTEN MEANS AN UPTICK IN ILLNESSES AS KIDS CROWD TOGETHER INDOORS ... BUT THERE ARE SOME THINGS YOU CAN DO TO REDUCE THE RISK OF GETTING SICK.

INTERNAL MEDICINE PHYSICIAN CAROL NWELUE (UH-WAY-LUH-WAY) RECOMMENDS PARENTS TALK TO THEIR CHILDREN ABOUT NOT SHARING UTENSILS ... OR PERSONAL CARE ITEMS LIKE COMBS OR MAKEUP WITH FRIENDS AT SCHOOL.

AND IT MAY SEEM OBVIOUS – BUT IT'S ALSO EFFECTIVE: EMPHASIZE THE IMPORTANCE OF HAND WASHING.

{**TAKE SOT**}

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“Remind them to wash their hands before and after eating. They should use water then soap, lather up very well, rinse their hands, dry them with a clean towel or air dry them.”

{**ON CAM**}

IF YOUR CHILD DOES BRING AN ILLNESS HOME FROM SCHOOL, WHEN IS IT OKAY TO SEND THEM BACK? NWELUE (UH-WAY-LUH-WAY) SAYS TALK TO YOUR DOCTOR FIRST ... BUT A GOOD RULE OF THUMB IS TO ENSURE YOUR CHILD IS FEVER-FREE ... AND NO LONGER CONTAGIOUS BEFORE RETURNING TO CLASS.