



## Diarrhoea and vomiting in children

Despite your best efforts to prevent it, your children will end up sick at some point or another. As unfortunate as this is, it happens to everyone. The key to quickly coming out of this situation is keeping the germs from spreading to the rest of the family. Disinfecting the house is one of the best ways to prevent anyone else from contracting the illness. Here are some tips of how to clean your house in the event that someone comes down with a sickness bug that's easily spread.

- ✓ Start by cleaning the items that are most frequently touched, like door knobs, remote controls, phones, light switches and fridge door/handle
- ✓ **If it's sunny outside, lay your pillows and bedding outdoors in the sun to disinfect them.**
- ✓ Wash any soft surfaces, like stuffed animals, and dry them in a hot dryer to kill the germs.
- ✓ **Since the bin will be filled with germ-filled tissues, empty them all out and wash them.**
- ✓ When you're dealing with a stomach virus it's important to soak or replace the sick person's toothbrush. Replace bath sponges and flannels.
- ✓ **Invest in disinfecting wipes and constantly wipe down any and all surfaces in your home.**
- ✓ After cleaning surfaces make sure you open up the windows to get some fresh air inside.
- ✓ **Wash your bedding in hot water frequently during illness and especially after it.**
- ✓ Sterilise your child's lunchbox and water bottles.
- ✓ **Vinegar or baking soda can remove the smell of sick from soft furnishings.**

### Contact your GP if:

- Your child has diarrhoea and is vomiting at the same time
- Your child has diarrhoea that's particularly watery, has blood in it or lasts for longer than two or three days
- Your child has severe or continuous stomach ache.

**Passmores Academy Policy states: Students can return to school once they are 24 hours clear of their last incidence of sickness or diarrhoea.**

