

Illness: how does it happen?

It's a fact of life: once kids start nursery or childminder, they get ill more often. And being the most generous and loving members of the family they love to share illnesses with the rest of the family, that could mean weeks of sneezing and sniffing for them too! Experts claim many viruses that enter the home are brought in from school or nursery by children.

○ **Germs move!**

Germs that cause colds and flu spread easily, and can survive on common surfaces for up to 72 hours. Combine that with the staggering fact that kids can touch and retouch over 300 surfaces in just 30 minutes and you can imagine how a virus can spread from a door to a sink to the climbing frame in less time than it takes to say "Bless you!"

How?

If a sick child touches a desktop, he can leave his germs behind. Then if your child touches that same desktop, she may get the germs on her fingers and could get infected if she transfers those germs to her mouth, nose or eyes.

A few simple tips...

○ The conventional wisdom is frequent cleaning and disinfecting (a daily clean is the best you can expect in a nursery or school leaving surfaces exposed to germs for up to 23 hours), sanitising with a residual sanitiser (such as ToyGuard Surface Sanitiser®), and teaching your child a few simple tricks will go a long way towards helping stop germs in their tracks:

- Get your child in the habit of washing her hands with warm, soapy water, especially before eating meals or snacks and after coming home from nursery/childminder. (And encourage the entire family to do the same to show it is good practice). A hygiene chart for children on hand washing is downloadable from the ToyGuard® web site.
- Make sure your child drinks from separate glasses or cups and uses their own eating utensils, as sharing may spread germs.
- At home, disinfect commonly touched surfaces like telephones, taps, the fridge door, remote and game controls, computer keyboard, doorknobs and toys regularly.
- Teach your child to cover his nose and mouth with a tissue (or in an emergency, sleeve) and not his hands when coughing or sneezing.