

As we go into winter, common illnesses can keep children and teenagers away from their classmates and studies. One of the best things we can all do to avoid illness is to practice good hand hygiene.

Good hand hygiene helps stop infections from spreading, which means less disrupted learning time.

Teach your child to wash hands properly for 20 seconds and stay away from others when sick. The [e-bug resources](#) for all ages can help you to explain and discuss hygiene habits – and why they are important - to your child or teenager.

To avoid catching bugs or passing it on to others wash your hands frequently and thoroughly with soap and warm water. This is most important following an episode of diarrhoea or vomiting, after using the toilet, before eating or preparing food, after changing nappies, as well as cleaning up vomit or diarrhoea. Alcohol-based hand sanitisers are not effective against some infections.

Anyone who has diarrhoea and/or vomiting should stay at home. Do not return to work or send children to school until 48 hours after the symptoms have stopped and do not visit your GP or hospital while symptomatic. If you are concerned about your symptoms, talk to your GP by phone, contact NHS 111 or visit the [NHS web pages](#). For useful handwashing tips please have a look at the [following NHS video](#)