

DVD Worksheet

Spreading Germs

It's easy to spread germs in a family. Your child may cough or sneeze without covering his mouth, sending germs airborne. He may also cough or sneeze into his hands and then spread those germs onto surfaces that others touch. Those germs get picked up onto hands and infect others. It's a vicious cycle. Here's what you can do to help stop this:

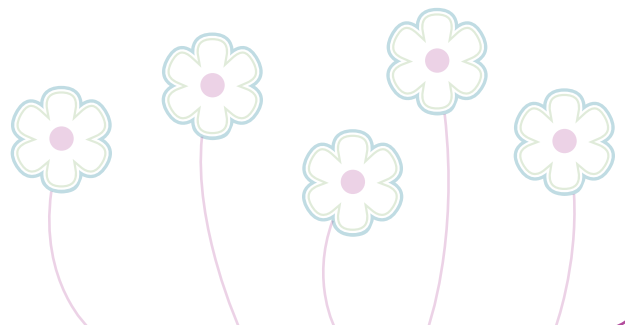
1. Wash hands frequently, and teach children to wash their hands after using the bathroom, or after they cough or sneeze into them.
2. Have a hand sanitizer available for quick hand cleaning.
3. Teach all family members to cough into their elbows or into a facial tissue.
4. Keep your home as germ-free as possible by wiping down contaminated surfaces.
5. Get a flu shot.



Only treat your child's fever if she is miserable. Otherwise, let it do its job of fighting the infection.



1. _____ cause illness. They infect your child when they either _____ in air that contains germs from someone's cough or sneeze, or when they _____ their eyes, nose, or mouth with germey hands.
2. Fevers and dehydration are _____ that result from illness or infection.
3. If your child is _____, then treat their fever with an age-appropriate fever and pain _____, such as acetaminophen.
4. Dehydration occurs when your child's body _____ too much water. Fluids lost from vomiting, diarrhea, or fever can quickly cause it.
5. Respiratory _____ include fevers, coughs, stuffy noses, sore throats, achiness, and _____ congestion.
6. By age _____, your child will likely get _____ to _____ colds.
7. Over-the-counter cold medicines can be _____ to children under the age of _____.
8. Keeping your child _____ is super important when they have a stomach bug. Just remember to start with _____ sips of water or ice chips and build up _____ over several hours as tolerated.
9. Knowing what caused a _____ will determine the right _____, and using the wrong treatment can aggravate it.
10. Conjunctivitis, also known as _____ eye, may be caused by a _____, a virus, allergies, or a _____, such as chlorinated pool water.

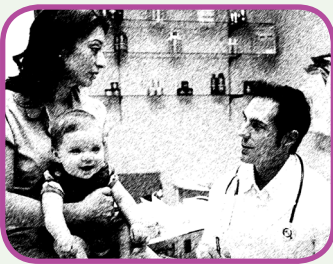


DVD Worksheet Key

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It's easy to spread germs in a family. Your child may cough or sneeze without covering his mouth, sending germs airborne. He may also cough or sneeze into his hands and then spread those germs onto surfaces that others touch. Those germs get picked up onto hands and infect others. It's a vicious cycle. Here's what you can do to help stop this:

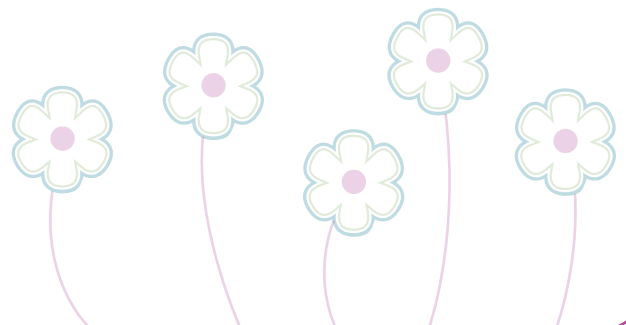
1. Wash hands frequently, and teach children to wash their hands after using the bathroom, or after they cough or sneeze into them.
2. Have a hand sanitizer available for quick hand cleaning.
3. Teach all family members to cough into their elbows or into a facial tissue.
4. Keep your home as germ-free as possible by wiping down contaminated surfaces.
5. Get a flu shot.



Only treat your child's fever if she is miserable. Otherwise, let it do its job of fighting the infection.



1. **Germs** cause illness. They infect your child when they either **breathe** in air that contains germs from someone's cough or sneeze, or when they **touch** their eyes, nose, or mouth with germey hands.
2. Fevers and dehydration are **symptoms** that result from illness or infection.
3. If your child is **uncomfortable**, then treat their fever with an age-appropriate fever and pain **medicine**, such as acetaminophen.
4. Dehydration occurs when your child's body **loses** too much water. Fluids lost from vomiting, diarrhea, or fever can quickly cause it.
5. Respiratory **symptoms** include fevers, coughs, stuffy noses, sore throats, achiness, and **chest** congestion.
6. By age **two**, your child will likely get **eight** to **ten** colds.
7. Over-the-counter cold medicines can be **harmful** to children under the age of **four**.
8. Keeping your child **hydrated** is super important when they have a stomach bug. Just remember to start with **small** sips of water or ice chips and build up **slowly** over several hours as tolerated.
9. Knowing what caused a **rash** will determine the right **treatment**, and using the wrong treatment can aggravate it.
10. Conjunctivitis, also known as **pink** eye, may be caused by a **bacteria**, a virus, allergies, or a **chemical**, such as chlorinated pool water.



Homework

Watch and Learn!

Typically, most illnesses will just run their course and can be treated at home. But if your child's symptoms worsen, if he isn't progressively getting better, or if he spikes a high fever, then call your medical provider. Try not to stress too much, and do give your child lots of love and snuggles. Your child's body is well-designed to fight an infection and heal!

Watch the short recap of the video, *Toddler Illness*, at www.reviewonline.org, or use the information sheet to answer the following questions.

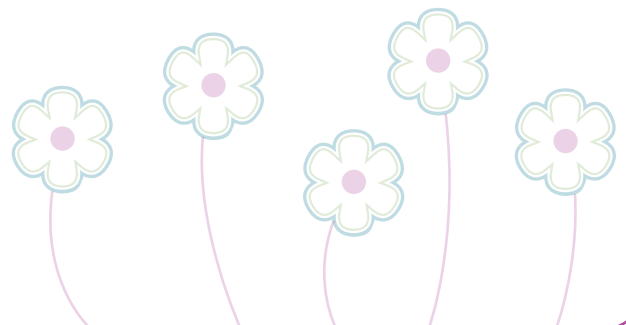
There are many things you can do to treat your child at home. Let's look at a few:

1. If your child is _____, then treat their fever with an age-appropriate pain and fever _____, such as acetaminophen (Tylenol).
2. You can treat dehydration by giving your child small _____ of water or ice chips frequently. If your child has trouble keeping anything down, then start with about one ounce of water and slowly increase it until they can finally drink normally.
3. Use _____ or saltwater sprays to help _____ their noses.
4. Give children _____ age one, a half to one teaspoon of honey as needed to help reduce coughing. Never give honey to a child _____ age one.
5. For children age _____ and over, rub a thin layer of _____ rub on their _____ and neck.
6. How should you treat constipation?

7. What is eczema, and how can you treat it?



Give out lots of hugs and kisses to help your child feel better.



Homework Key

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Watch the short recap of the video, *Toddler Illness*, at www.reviewonline.org, or use the information sheet to answer the following questions.

There are many things you can do to treat your child at home. Let's look at a few:

1. If your child is ***uncomfortable***, then treat their fever with an age-appropriate pain and fever ***medicine***, such as acetaminophen (Tylenol).
2. You can treat dehydration by giving your child small ***sips*** of water or ice chips frequently. If your child has trouble keeping anything down, then start with about one ounce of water and slowly increase it until they can finally drink normally.
3. Use ***saline*** or saltwater sprays to help ***clear*** their noses.
4. Give children ***over*** age one, a half to one teaspoon of honey as needed to help reduce coughing. Never give honey to a child ***under*** age one.
5. For children age ***two*** and over, rub a thin layer of ***mentholated*** rub on their ***chest*** and neck.
6. How should you treat constipation?

Encourage the child to drink plenty of water and feed them high-fiber foods such as fruits, cooked veggies, beans, and whole grains. Keep them active.

7. What is eczema, and how can you treat it?

Eczema is a condition where the skin develops itchy, dry, and inflamed patches. It is typically treated with topical steroids during an outbreak. You can also treat it with emollients such as petroleum jelly, creams, or oils to hydrate the skin.



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