



Boosting Children's Immunity and Preventing Infection at School

Boosting Children's Immunity and Preventing Infection at School

Why are infections common at school?

School is a crowded environment where children have direct contact, increasing the chances of infection transmission.

Disease Prevention Steps:

- Teach your child the correct way to wash hands (20 seconds with soap and water)
- Use a tissue when sneezing and coughing
- Avoid sharing personal items
- Good ventilation in the classroom and at home

Important Vaccinations Before Returning:

- The annual flu vaccine is recommended for children over 6 months.
- Review the basic vaccination record and ensure they are completed.

When should your child be kept home?

- If they have a fever, severe cough, or diarrhea.
- If a contagious rash appears.
- If they are too tired to participate.

Nutrition and its role in boosting immunity:

- A balanced diet rich in vegetables and fruits.
- Reducing sweets and processed foods.
- Drinking enough water daily

فقيه.

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

