

BE A GERM FIGHTER!

The Winnebago County Health Department is asking for your help in becoming a community GERM FIGHTER by helping spread the word about washing hands to stop germs from moving on to more people. By following the steps below you can help end the spread of communicable diseases such as flu, colds, and gastro-intestinal disease like shigellosis (which has currently been traveling through our community).

Things you can do in your organization:

1. **EDUCATE** your parents and children members, volunteers and staff with posters, flyers, and in the newsletters about becoming a germ fighter by washing their hands especially after using the toilet or changing diapers, before and after eating, and ask parents to teach good handwashing skills to their children
2. **CLEAN!** Be sure to clean more often places such as the toilets and washrooms, food service areas or any toys or other objects children and parents come in contact with at the facility.
3. **KEEP SUPPLIES STOCKED** such as soap and paper towels in washrooms and food service areas, and hand sanitizing gel throughout your facility especially when entering/exiting a room.
4. **USE OF SICK TIME:** encourage staff and members to stay home when they are feeling sick, especially with active fevers, coughing, and /or diarrhea, nausea/vomiting, severe stomach cramping. Encourage them to contact their doctor if they are sick over a period of 4 days.
5. **SUPERVISE** children washing their hands to make sure they are getting clean by using soap, water, or hand gel.

Be a GERM FIGHTER! Help to keep the children, parents, and staff of your facility healthy!

For more information about educational materials for your staff and patrons please contact the Health Promotion Department at WCHD: 815-720-4264

For more information, visit our website at: www.wchd.org. Like us: [facebook.com/Winnebago County Health Department](https://facebook.com/WinnebagoCountyHealthDepartment). Follow us: twitter.com/Winncohealth. Or Contact us at: Winnebago County Health Department 401 Division Street, PO Box 4009, Rockford, Illinois 61110, or by phone at 815-720-4000.