

# GERMS SPREAD FROM DIARRHEA

## PREVENTING ILLNESS AT HOME

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Bacteria that cause infection are in human feces (poop) and can get on hands when using the toilet or changing diapers. Infection spreads easily when unclean hands touch food, the mouth, toys and other things.

### STOP THE SPREAD OF INFECTION AT HOME

1. **Wash your hands** after going to the bathroom or changing diapers, and before preparing food or drinks.
2. **Throw away dirty diapers** in a closed lid container or bag.
3. **Clean diaper changing areas** after each use with disinfectant wipes or spray, or diluted chlorine bleach.

### IF A CHILD HAS DIARRHEA, STOP THE SPREAD TO OTHERS

1. **Keep them out of child care or school** for at least 24 hours after the diarrhea has stopped. This may be longer for some types of illness, like Shigella.
2. **Keep his/her toys separate and wash them** with hot, soapy water daily.
3. **Do not allow swimming** in pools or water parks until two days after diarrhea has stopped. This may be longer for some types of illness.
4. **Do not give them baths with other children.**
5. **Wash their laundry separately** using hot water.

### MAKE HANDWASHING A HABIT

1. **Teach by example** by washing your hands with them.
2. **Put a picture of handwashing** by the sink to remind them.
3. **Reward them** when they wash until it is a habit.
4. **Teach** children to wash their hands for as long as it takes them to sing their ABCs or “Happy Birthday” twice.

