

Prithvi Tosh, M.D.
Infectious diseases
Mayo Clinic

Sick kids transcription

Respiratory hygiene :13

"If they have a cold, they have a cough, rather than coughing into their hands, learn to cough into their sleeves, but also, in general, good hand hygiene, washing their hands before they eat and things like that. "

Spreading infections :31

"If children are sick, they really should not be going to school. These outbreaks occur often because kids are going to school while a little bit sick and they pass it on from person to person and then, of course, they take it home and give it to their parents and their grandparents and things like that. So it's a combination of good respiratory hygiene but also hand hygiene and social distancing, keeping sick people out of public areas."

Fever: stay home L21

"The general rule of staying home or staying away from school until the fevers are gone for a good 24 hours is a good rule of thumb. Looking at certain infections such as influenza, people are really less contagious or not contagious at all after their symptoms are resolving and their fevers have been gone for about a day."