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Mayo Clinic Minute: The 3 best ways to keep kids healthy when heading back to school

Video	Audio
	There's a few things parents and families can do right now to make sure their kids stay healthy for the upcoming school year. One is to make sure that they are up to date on their COVID-19 and other routine childhood vaccinations.
Nipunie Rajapakse, M.D. **Pediatric Infectious Diseases** **Mayo Clinic**	"During the pandemic, many kids have fallen behind on their routine childhood immunizations. And, so, we really encourage everyone to reach out to their child's health care provider and double-check and make sure that their child is up to date on all of their vaccinations."
	Many different types of infections tend to increase when kids return to school and day care. Respiratory infections and stomach flu can all be prevented quite well through good hand-washing. Dr. Rajapakse suggests getting the whole family involved.
	"Reminding your kids about when they should be washing their hands and how they should be doing it. And demonstrating this at home and maybe doing a bit of practice at home can help to reinforce some of those messages … also really important for parents to be good role models of these types of infection prevention behaviors."
	If your student does start to show symptoms of infection, keep them home.
	"Things like fever, runny nose, cough, sore throat … rashes."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.