

**YOU CAN HELP
PREVENT INFECTIOUS
DISEASES**

WASH YOUR HANDS

many times every day ...

- Every time you use the bathroom
- Before and after you handle food
- If you have been in public places (the mall, school, on the bus)
- If you visit the hospital
- After handling family pets
- Encourage good hand washing habits with the whole family



**Infection control Put s
SAFETY FIRST**

- If you are sick please reschedule appointments and stay home. (Do not visit KidsAbility, or elderly grandparents ☹)
- Get immunized; talk to your doctor
- Don't share drinking cups or toothbrushes
- Clean the toys with soap and water; don't share toys if you are sick
- Use alcohol-based hand sanitizers when you see them
- Cough & sneeze into your sleeve!

**Child Safety
is no
accident**



Safety is everybody's Job



For more information contact us at
519-886-8886 Waterloo
519-621-7580 Cambridge
519-780-0186 Guelph
Toll Free 1-888-372-2259

'HOLD FOLLOW WATCH'

* Adapted from Region of Waterloo Public Health's Hold Follow Watch child supervision model

- Prevent a child's fall.
- *Buckle up* children for safety! Always use safety straps.
- Hold their hand, and don't let go in busy places.
- Observe their steadiness, or lack of.
- Ask for help when more hands and eyes are needed.
- Follow as they explore. Always use good judgment.
- Supervise and watch! Even in our waiting room. Ask for help if you need it.



Understand Your child's Treatment

- Ask questions; write them down in advance. Take notes when things are explained.
- Bring someone with you to the Centre to help you speak up.
- Know what program you need to do at home and follow through. When concerned about a program, STOP and ask.
- Know how to care for special equipment, and have equipment repaired as necessary. Ask for help if you need it.
- If you are seeking peer support from other parents then contact the Waterloo Region Family Network . wrfn@kidsability.ca 519-885-8886 Ex 565



Medication Safety

- Keep medications away from all children.
- Ask questions about possible side effects.
- Never give someone's prescription drugs to someone else
- Replace expired EpiPens.
- Always have emergency contact information beside the phone.
- Follow instructions carefully; review the 5 RIGHTS:
 - Right child. Right drug. Right dose.
 - Right route. Right time.
- **KidsAbility is Allergen Free !** No NUTS, perfume or latex please.

