Children's Mercy KANSAS CITY

Stewardship SCHOOL

Preventing Illness in the 'Germy' Months

A new school year often means exposure to new germs! It's common for kids to get sick in the school year, but check out the following tips to help keep the germs away!

Get Up To Date on Vaccines

Vaccines can prevent both common or severe illness. Back to school is a perfect time to catch-up on recommended vaccines!

Don't Forget About Seasonal Vaccines!

Get your flu and COVID-19 vaccines to prevent severe illness. Watch for COVID-19 vaccine updates! Some adults and babies may be eligible for a RSV vaccine this season too.

Wash, Wash, Wash Your Hands

Handwashing can prevent spread of infection. Teach kids how to wash appropriately and to cover their mouths when coughing/sneezing.

Educate Yourself About Antibiotics

If you or your child do get sick, remember antibiotics aren't always needed. Use them appropriately to prevent resistance or side effects.

Use the QR code to take a quick quiz!

Author, Annie Wirtz, PharmD, BCPPS, is the pharmacist director of the Antimicrobial Stewardship Program. She enjoys spending time with her boys, Charlie and Ollie, outside of work!