

Te Whatu Ora Health New Zealand

## REMEMBER TC: NASH & DRY YOUR HANDS



STUDENTS HERE HAVE RECENTLY BEEN SICK WITH TUMMY BUGS.

To protect yourself and others, before and after going to the toilet or eating food:

- wash your hands for 20 seconds using soap and water, and
- dry them thoroughly after using a paper towel



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## STAY HOME IF YOU'RE FELING SICK

## PLEASE TELL US IF YOUR CHILD HAS TUMMY BUG SYMPTOMS



## STUDENTS HERE HAVE RECENTLY BEEN SICK WITH TUMMY BUGS.

Tummy bug symptoms include diarhoea (runny poo) and vomiting. People who are unwell should stay home until at least 48 hours after their symptoms have stopped.