

Back-to-school health issues and how to avoid them

ANCHOR LEDE

Summer fun has given way to the back-to-school routine. That means kids are in new spaces and around new people, raising the risk of pesky health concerns that could mean the youngster is home sick watching *The Price Is Right* or *Bluey* instead of learning.

TAKE VO

OSF HealthCare pediatrician Doctor Ameera Nauman says germs run wild in the classroom, so hand hygiene is key. And know the easy, at-home ways to recover.

SOT

Dr. Ameera Nauman (ah-MEER-ah // NAUW-man)
OSF HealthCare pediatrician

"Use a humidifier. Honey is a great natural cough suppressant. You can do steamy baths. Teach your kids the proper way to cough and blow their nose. Teach them how and when to wash their hands. They should be washing as much as possible throughout the day. I also think eating healthy and maintaining good nutrition is key. Make sure the kids get vitamins with their daily intake of food and drink." (:34)

VO TAG

Get your child in a sleep routine now. And be on top of issues like allergies and asthma.