

KEEP YOUR KIDS HEALTHY

PREVENT THE SPREAD OF GERMS

TEACH YOUR CHILDREN TO:

- ✦ Wash their hands often especially after they use the toilet, cough or sneeze.
- ✦ Cover their coughs and sneezes. If a tissue is not available, tell them to sneeze or cough into the inside of their elbow.
- ✦ Avoid touching their eyes, nose or mouth with unwashed hands.
- ✦ Stay away from people who are sick.

IF CHILDREN ARE SICK:

- ✦ Keep them home from daycare and school.
- ✦ Contact your health care provider.

YOU CAN HELP KEEP YOUR CHILDREN WELL:

- ✦ Keep their vaccinations up to date.
- ✦ Disinfect frequently touched surfaces (such as toys, doorknobs, handles, light switches, bathroom surfaces and bedside tables).
- ✦ Make sure kids get plenty of sleep, are physically active, and eat healthy food.

For more information, contact your healthcare provider.

