



TIPS to keep kids germ-free at school

WASH YOUR HANDS.

Scrub hands in warm, soapy water while either singing the alphabet song or counting to 20 before rinsing.



EAT YOUR FRUITS AND VEGGIES.

A nutritious diet can give young immune systems a healthy boost.



HANDS OFF.

Keep hands to self, with fingers out of mouths, noses and ears.



DON'T SHARE.

This applies to personal items, such as water bottles, earbuds, hats, hairbrushes and lip balms.



SKIP THE WATER FOUNTAIN.

If allowed, use a personal water bottle. Otherwise, use the fountain without putting mouths on the spigot.



COVER SNEEZES AND COUGHS.

Sneeze and cough into the crook of the arm or into a tissue - not into hands.



GET THE FLU SHOT.

This is the single best way to protect your kids from influenza every year.



GET ENOUGH SLEEP.

Sleep helps keep kids' immune systems strong. Follow these guidelines per night:
Ages 10 to 17: 8.5 to 9.5 hours
Ages 5 to 10: 10 to 11 hours
Ages 3 to 5: 11 to 13 hours



STAY HOME FROM SCHOOL.

Sick kids' weakened immune systems may make them vulnerable to even more germs - and they need to avoid infecting others.

