

THE ABC'S OF BACK TO SCHOOL HEALTH

Plan ahead this fall season by developing these simple hygiene habits to prevent the spread of germs.

A Always Ask. Get to know the teachers and nurses at school. Ask them about their efforts to disinfect the classroom.

B Build Immunity. Promote a healthy lifestyle by demonstrating a well-balanced diet, exercising, and getting plenty of rest.

C Complete a Physical. Children should have yearly physicals with up-to-date immunizations and screenings.

Keep hands away from your face. Do not touch eyes, nose, and mouth to avoid the spread of germs.

Proper Cough & Sneeze Etiquette. Be sure to cough or sneeze into a tissue or into your elbow.

Wash hands. Teach children to wash their hands for at least 20 seconds.

Bring your own set of school supplies. Sharing pencils and crayons can spread germs.

Do not share food or drink. Instead, teach kids the safe way to sample food such as using a new cup to pour a drink.

Avoid sharing clothing, hats, and hairbrushes. This will help prevent the spread of lice and other pesky pests.

